

NORTH STATE Parent

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JUNE/JULY 2026
VOLUME 33 NO. 7



SOMETHING FOR EVERYONE IN OUR
COMPLETE SUMMER CAMP GUIDE

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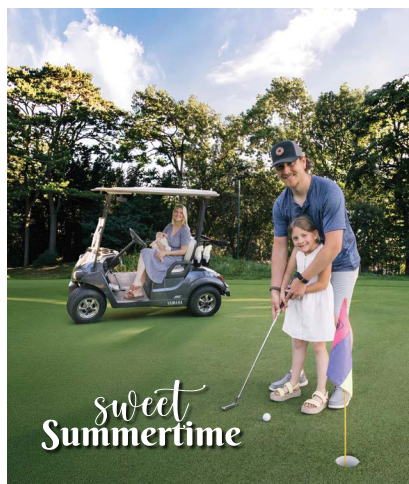
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On the Cover: When David and Delphine Jespersen, with their daughters Aili and Callie, aren't running their business, Northern Star Mills, they look for ways to unwind together and Beyond Golf in Chico provides that fun and relaxation for the whole family.

Photo by: Missy Bee Photography. Based in Northern California, but always willing to travel. For weddings, family, birthdays, graduations and much more, she's there to capture all your special moments.

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DEAR READERS

We are happy and excited to share with you our summertime edition filled with fascinating stories and suggestions for fun family adventures close to home.

With current gas prices in mind, many families are reevaluating their summer plans and we are here to help! Our summer edition is packed with suggestions and tips to keep your family engaged and happy all summer long – right here in the North State.

You'll find info on rock climbing, river rafting, kayak adventures, hiking locations, summer outdoor concerts, family group camp adventures you can join and so much more. If swim lessons or summer camps are on your agenda, this issue has all the details you'll need to guide you to exceptional experiences for your child.

I'm forever grateful for living in the upper California region of the North State and the variety of outdoor experiences here to enjoy in summer and in every season. Don't forget to consult our popular online Family Calendar at northstateparent.com/calendar for daily information about special events.

Happy Summer!
In gratitude for letting us serve you,

Pamela Newman and the North State Parent Staff



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SERVING FAMILIES IN BUTTE, GLENN, SHASTA, SISKIYOU & TEHAMA COUNTIES

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Read our current & past digital magazines at www.northstateparent.com

The mission of our **be the change** column is to feature community members from the North State who are actively making a difference in community life as it relates to children and youth. If you would like to nominate someone who is making a difference, please write to pn@northstateparent.com.

MOUNT SHASTA'S Rotary Interact

CONNECTS YOUTH WITH THE COMMUNITY

For over a century, thousands of people eager to make positive change in their communities have banded together to form [Rotary International](#), a service-minded philanthropic organization with clubs across the globe. Sometimes, these service-minded people choose not to wait until they are “all grown up” to start making the world a better place. In nearly 15,000 clubs across 145 countries, over 340,000 students ages 12-18 volunteer their time and teamwork through [Interact](#), Rotary’s youth branch.

As the name implies, Interact empowers students to interact in meaningful ways with the world around them, the communities that raise them and each other.

Mount Shasta High School’s thriving [Interact Club](#) began in 2011, initiated by Allison Titus, who was a student at the time. Today, Allison’s father, Patrick Titus, continues as Mount Shasta Interact Club’s Rotary sponsor, offering support for the organization he saw so deeply impact his own daughter.

Although the size of the club ebbs and flows, approximately 20 students participated during the 2025-26 school year, making it one of the largest clubs on campus. Autumn Funk and Sarah Clifford, both parents of Interactors, have stepped into leadership in the last couple of years, motivated by how they have seen Interact cultivate their own children’s confidence, leadership and kindness.

Putting service above self at home and internationally

Interact intentionally develops the next generation of leaders to understand the power of “service above self.” Each year, clubs participate in at least one local service project and one international awareness project.

Mount Shasta Interactors, however, can’t seem to get enough of serving.

Locally, they volunteer at the humane society, food pantries, holiday events, environmental efforts and community festivals such as Mount Shasta’s Rotary-hosted [Blackberry Festival](#), (to be held this year Sept. 6 in Shastice Park). The group even made a special weekend trip to serve the Redwood Park Conservancy, braving ankle-deep mud and the pouring rain to help clear trails. “Experiences like

that build grit and determination in people,” Sarah says. Pat adds, “Every time you do a service project, it builds the club.”

Participating in local events allows Interactors to become active members of the community, instead of just consumers of what the town has to offer. Sarah’s daughter Cory, currently the Mount Shasta Interact vice president, remembers enjoying the Blackberry festival as a small child, so she delights in being able to help carry on that environment of fun.



Long-time Rotarian and Interact advocate Ken Brummel-Smith led Interact students on a recent trip to a village in Panama where they completed service projects, brushed up on their Spanish and learned social and practical skills that will serve them throughout their lives. Photo by Pamela Newman.

“I got involved because my friends were in Interact and I knew I needed community service hours to graduate,” Cory says. “I knew it is good to be a well-rounded person and Interact builds your resume for colleges and jobs. Now, I’m going to Interact because I’m really invested. I love leadership. I like helping to plan events and help put them on.” Sarah says Cory’s college application essays were filled with reflections on Interact experiences that have stretched her comfort zone and grown her confidence.

“One of the things I think is most valuable about Interact is that the kids start to look outside of their high school bubble,” says Autumn. “High schoolers are known to be a very self-centered age group but Interact brings them back to the core of their human self. It helps them connect so that later in life, they understand that their role isn’t just to go to college and get a job; it’s to do something good. This club takes them outside of that mindset and helps them access this idea of a bigger world.”

Gaining a bigger worldview became a full-body experience for Mount Shasta’s Interact students this year. In past years, the group has traveled to Panama and Mexico to work in orphanages, support medical clinics and help with elder care. In March 2026 the group traveled to Filipina, a village in Panama. Led by Ken Brummel-Smith, a longtime Rotarian and Interact advocate, the students painted dorms that will house future Rotary groups and supported medical students in distributing eyeglasses and offering basic medical care to the people of Filipina.

Throughout the week, the Interactors prepared their own meals, practiced their Spanish with locals and witnessed some extreme contrasts between wealth and poverty. “It’s one of those life-changing trips where your worldview changes even in ways you don’t expect it to,” says Autumn. “It’s something they’ll never forget.”

The next generation is sending out ripple effects of positive change

“People these days are looking for evidence that this generation is just always on their phones – disconnected, isolated and not interested in the community,” Autumn says. “But what we see is that they are very much interested in connecting and serving their community.”

As Sarah puts it, Mount Shasta Interact stirs up care and change within the Interactors themselves, “making ripples” in the North State and abroad. By developing the skills and desire to serve now, these young Interactors ensure that their ripple effect will continue to beautify and strengthen the world around them – wherever life takes them next. ■



Jenna Christophersen is a Chico native who loves her community and can never get quite enough of the arts. She supports fostering creativity in any venue, especially as a part of young people’s daily lives.



Mount Shasta Rotary Interact Club teens support each other and enjoy working together on projects that serve their community, making life-long friends in the process.



Mount Shasta High School Interact Club teens expand their world view and gain invaluable insight into other cultures through international service projects.

LET'S HEAR IT ★ FOR THE ★ **DADS** OF NORTHERN CALIFORNIA

With Father's Day right around the corner, we're proud to celebrate the hardworking dads of Northern California – the men who lead their families with strength, integrity, humor and heart. From coaching their kids' teams and building businesses to teaching life lessons and supporting their communities, local dads make a lasting difference every single day. Here's to the fathers who show up, work hard and make family their greatest priority.



★ LET'S HEAR IT FOR DADS ★



MICHAEL LAUER
Lauer Electric LLC
in business since 2021

As a father and husband, I love owning my own business. Because I work in town, I have more time with my family than if I commuted a long distance to work; which I did for many years. I make it a point to keep weekends open so I can spend quality time with my family.

Integrity, building community and treating people right are integral to my business philosophy. I strive to do good, honest work and provide the best service possible to each customer. My motto is "Do it right the first time or don't do it at all."

I believe as a business owner and an employer that part of providing excellent customer service is treating my employees well. I want to be the kind of boss I wish I had before I became a business owner; one who cares about his employees.

But the most rewarding part of my business is helping people. I love the challenge of solving customers' electrical issues and putting their minds at ease.

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I started Explore California Outdoors to encourage and provide the opportunity for people, youth especially, to spend more time recreating outdoors in this beautiful region. Through guiding these outdoor adventures, I hope to encourage stewardship of natural areas to preserve them for future generations.

I relish the opportunity afforded by running my own business to build a schedule around my family and to include my children in the business process as consultants and workers, thus giving them responsibility and work experience.

Although balancing workloads with family life can be tricky, I manage it by developing efficient systems and by not taking on more than I can chew at any one time. Years ago, early on in my entrepreneurial career, one of my clients pulled me aside and reminded me to prioritize the things that matter the most and the rest will fall into place.

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MATT CARTON
Beyond Golf Chico
in business since 2025

After 10 years as an engineer in the aerospace industry and growing up watching my dad impact so many lives as a teacher and a coach, I was inspired to be a part of a business within the community aimed at changing young people's lives.

I created Beyond Golf to bring the community a fun, family-friendly space with truly affordable golf opportunities. At the heart of our mission is Junior Golf outreach, which goes far beyond the game itself – golf is the hook, but education is the goal.

We are proud to partner with Chico Area Recreation and Park District (CARD) and the Butte County Youth Sports and Education Foundation. These partnerships help us stay true to our mission: keeping youth at the center of everything we do and ensuring accessibility for all.

I love watching people use what we have created. A lot of people and companies in the area chipped in to help build a hard little course, where everyone from scratch golfers to very beginners can have fun.

That dynamic, plus food, allows families to hang out and enjoy the space, creating a really fun culture. It is a true family business and we are all enjoying it. If something is worth doing, it is worth doing well.

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★ LET'S HEAR IT FOR DADS ★



THOMAS HARPHAM
Bricks & Minifigs Redding
in business since 2024

I was inspired to start Bricks & Minifigs by LEGO® lovers in the North State. There was nothing like Bricks & Minifigs north of Chico before I opened my store in February 2024. I wanted to bring something unique to the area that would build community through people's passion for LEGO.

I love seeing the joy and excitement customers experience when they shop at the store. We may sell LEGO, but our business is people. As a busy entrepreneur, maintaining work/life balance is essential. I have an amazing team that I can trust to run my business to my standards when I am not there, giving me the flexibility to spend quality time with my family.

I invite the community to come see all that Bricks & Minifigs Redding has to offer! LEGO enthusiasts can buy, sell and trade their used LEGO, or dive into our vast collection of new, used, retired and unique LEGO sets, minifigures and accessories. Whether you're looking to expand your collection or trade in your old favorites, Bricks & Minifigs is your one-stop shop for all things LEGO.

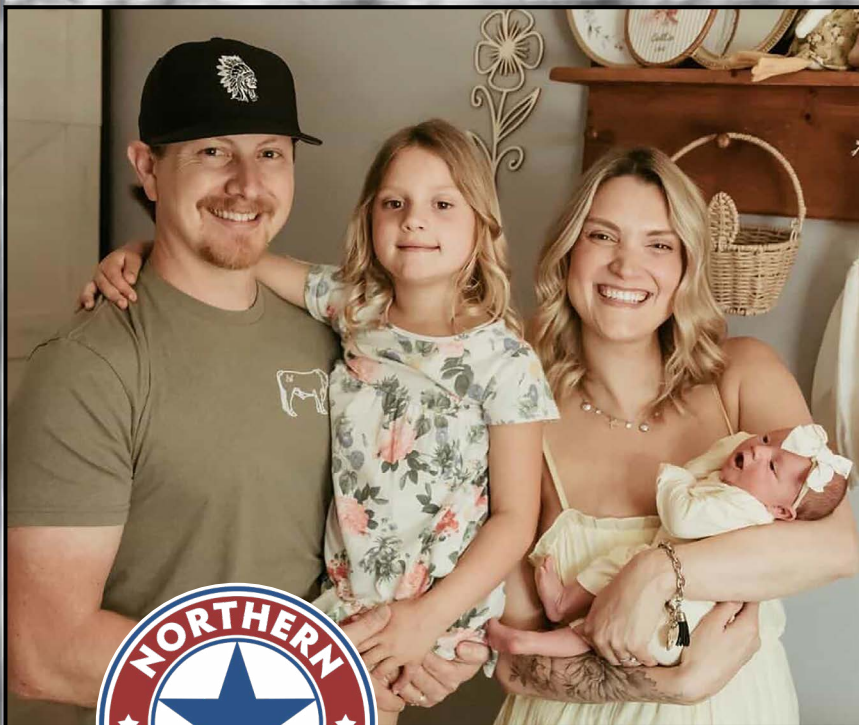
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★ LET'S HEAR IT FOR DADS ★



DAVID JESPERSEN
Northern Star Mills
owned since 2024

Some businesses you start. Others you're trusted to carry forward. Northern Star Mills has been a cornerstone of this community since 1898. I purchased Northern Star Mills in 2024 from John Growdon, whose family had run it since 1928.

I have learned that balancing family with running a business is easier when you merge the two. My wife Delphine handles advertising and keeps us connected to the community. Our six-year-old Aili works the register like she owns the place. Our two-month-old gets carried around by whoever's closest; me, my wife or one of our staff, who are really just family at this point. Northern Star Mills has been a family business for nearly a century. Turns out, we fit right in.

I love owning a legacy business. Every day, someone walks through that door and tells me about coming here as a kid. Seeing the baby chicks, the smell of the place, what it meant to their family. I'm now the person responsible for being part of their kids' memories. That's not something you take lightly, and honestly, it's not something you can put a price on.

When someone hands you 126 years of history and says, "You're the right person for this," don't overthink it. Honor what came before you, take care of the people around you and the rest will follow. I think about that every time I unlock those doors.

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★ LET'S HEAR IT FOR DADS ★



CHRISTOPH HENSELEIT
N Zone Sports
in business since 2023

We realized that there could and should be more youth sport programs available in Redding. My goal in starting N Zone was to make our kids better on and off the field and leverage sports programs to provide space for more community in Redding.

It is so rewarding to design and shape our programs in a way that makes a difference for our little athletes and their families. Our goal is to transform children's lives, fostering teamwork, discipline and leadership and to create a healthy community for families in and around Redding through team sports. We offer youth sports leagues, camps, and clinics for boys and girls in and around Redding.

My family means everything to me and as an entrepreneur, I can plan my hours to fit my family's schedule. I put in extra hours early in the morning, if necessary, so I can be more available to my family during normal family hours.

My business philosophy, which I learned from other successful entrepreneurs and which has stood me in good stead, is 'The customer is KING'. As a business owner, I can only be happy when the customer is happy.

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Children's swim lessons are available throughout the North State

Butte County

Chico Area Recreation & Park District (CARD); Seasonally offers swim lessons at the Pleasant Valley Pool. 2026 season opens in June. chicorec.com. 2320 North Ave. (530)895-4711.

Chico AquaJets & MiniJets; Ages 4-18. Year-round program. Coaches work with swimmers of all levels and ages on stroke technique and endurance. gomotionapp.com/team/caj/page/home.

Dwight Brinson Swim Center; Durham. Group and private summer swim lessons for a variety of levels. Swim classes for all ages. durhamrecreation.recdesk.com. 9451 Midway. (530)345-1921.

Gridley Pool Swim Lessons: Give your child the confidence to swim this summer! 2-Week Sessions, \$60 per child, 8 thirty-minute lessons. Ages 6 mos – 12 yrs. Registration Opens May 1. Print Registration form at buttecountyfair.org/facility-rentals/swimming-pool 199 Hazel Street. (530) 846-0480

Feather River Recreation & Park District; Oroville. Group and private swim lessons for ages 6mos-17 at Nelson pool. frrpd.com/aquatics. 2290 6th Ave. (530)533-2011.

North Valley Swim School; Chico. Year-round swim programs for ages 6 mos and up Small group or private lessons available. inmotionfitness.com/services/swim-school-nvss. 1293 E. 1st Ave. (530)345-6707.

Butte County

Oroville YMCA Pool. Seasonal swim lessons for all ages. Lifeguard certification course. ymcasuperiorcal.org/OrovilleYMCA. 1200 Myers St. (530)533-9622.

Pleasant Valley Pool; Chico. Private and small group swim lessons for ages 6mos-17 chicorec.com/pleasant-valley-pool. 2320 North Ave. (530)895-4703.

Water Sprites Swim School; Chico. Year-round swim lessons for ages 2 mos and up in a heated indoor pool. Small class sizes and comfortable parent viewing area. chicowatersprites.com. 2280 Ivy St. (530)428-5031.



Glenn County

Orland City Pool. Group and private swim lessons. orlandrec.recdesk.com. 120 Roosevelt Ave. (530) 865-1630.



Kari Bullan, ISR Instructor

Shasta County

Anderson Union High School Pool. Swim lessons for infants and up. ci.anderson.ca.us/departments/programs.php. 1471 Ferry St. (530)378-6654.

Life-Saving Swim Lessons-Redding & Palo Cedro. Customized ISR lessons for infants and children starting at 6 months. One-on-one instruction. Self-rescue swim skills/ Effective for all learners, including special needs. ShastaSelfRescue.com. 530-638-7576

Redding Aquatic Center. Swim lessons for ages 6 mos and up. Search Aquatic Center under Parks & Rec. cityofredding.gov. 44 Quartz Hill Rd. (530)245-7248.

Redding Swim Team. Swim lessons for children ages 4 and up, M-Th afternoons at Shasta College, 11555 Old Oregon trail. reddingswimteam.org (530) 246-2666

Shasta Family YMCA; Redding. Year-round group and private swim lessons 6 mo to adults. Diverse Ability Swim Lessons. Swim Team. Lifeguard training. sfymca.org/swimming. 1155 N. Court St. (530) 246-9622.

For children 1-4 years old, drowning is the #1 cause of death, often occurring in home pools or hot tubs.

But drowning is preventable. Children of all ages, including infants, can learn to swim and to "rest float."

Sign your child up for swim lessons this summer or take your baby to Mommy & Me group swim classes.



Shasta County

Sun Oaks Swim School; Redding. Year-round learn-to-swim programs for ages 6 mos & up. Other aquatic programs include: swim team, water polo, junior lifeguard school and mermaid school sunoaks.com/swimschool. 3452 Argyle Rd. (530) 221-4405.

Summer Ducks: Summer swim team for swimmers of all skill levels, ages 5 to 18. Practices available M-Th 9:15 to 10:45 at Redding Aquatic Center, 44 Quartz Hill Road or 5:30-6:30 at Shasta College, 11555 Old Oregon Trail. reddingswimteam.org (530) 246-2666.

Siskiyou County

Dotty Olson Community Pool; Etna. Group and private lessons. facebook.com/DottyOlsenPool. 401 Howell Ave., Etna. (530) 467-5232.

Weed Pool: Weed Recreation and Parks District. Indoor and outdoor swim lessons. All ages. Call for schedule. (530) 938-4701. 450 College Ave. weedrec.org

Tehama County

North State Narwhal Swim Team. Ages 6-18. Practices M-Th, 4-5:30pm at Red Bluff High School Pool, 1515 Douglas Street. \$130/mo. (530) 200-2692 (Coach Julia)

McGlynn Pool; Red Bluff. Group and private lessons for all ages. facebook.com/redbluffrec. 119 W Sycamore St. (530) 527-8177.

SUMMER CAMPS & EPIC MEMORIES

Summer camps are an excellent opportunity for kids of all ages to explore their passions, foster their creativity, learn new skills and make new friends. There are camp and class options that will fit a wide range of schedules and budgets.

Register now as classes fill quickly!



Beyond Golf Summer Camp

DAY CAMPS

beyondgolfchico.com

(509) 860-3938 (Grant Hornbeak)

Golf Chico 3400 Esplanade Chico

beyondgolfjuniors@gmail.com

Ages: 5-17

Cost: \$125

Sessions: Mon- Thurs, 9am-12pm

June 15-19 | June 22-26 | July 13-17 | July 27-31 |

Aug 3-7

Friday 9am-1pm | tournament/lunch

Designed for players of all levels. A fun skill

improvement camp. Course play and lunch

provided on Friday.



Chico Area Recreation & Park District (CARD)

DAY CAMPS

chicorec.gov

(530) 895-4711

Ages: 3.5-17

Cost: Varies

Sessions: June 9-August 12 | Times vary | Venue Varies

Your kids will love our summer camps like Camp Chi-Da-Ca, Camp Chico Creek, Summertime Delight and more! 75+ camps where your kids can explore nature, burn energy, discover new talents and create lifelong memories.

Aquatics Programs: When the summer heat's on, cool off in the pool. Rent the whole pool for a birthday splash.



Chico Racquet Club Camps

DAY CAMPS

chicoracquetclub.com

(530) 895-1881

1629 Manzanita Ave, Chico.

CRC Tennis and Pickleball Camps

chicoracquetclub.com/tennis/youth

Ages: 4-16

Cost: \$65/Day \$230/Week | Member discount with weekly purchase.

Session: June 8-Aug 12 | 10:30am-3pm

The ultimate country club experience. Your kids will enjoy tennis in the morning, swimming and relaxing by the pool mid-day and an afternoon of Pickleball.



Campybara Summer Camp

RESIDENTIAL CAMP

wildcampybara.com

(707) 583-9627

1958 Wild Oak Lane, Chico.

Ages: 9-14

Cost: \$700

Sessions:

Sierra Nevada | June 16-23 (Out of Chico)

Cascades | July 27-Aug (Out of Portland, OR)

Sleep away summer camp rooted in nature appreciation, hands-on outdoor skills and creative expression. Build practical abilities, artistic confidence and a strong sense of community and teamwork. Hiking, swimming, whittling, archery, watercolor painting, fire-starting, linoleum carving, singing around the campfire and much more.



Hope Academy Summer Program

DAY CAMPS

chicohopeacademy.org

(530) 518-4092

2869 Cohasset Rd, Chico

Ages: K-8

Cost: \$600 per session for first child | \$540 per additional student

Sessions: M-F | 8:30am-5:30pm

June 8-26 | June 29-July 17 | July 20-Aug 7

Outdoor activities, water play, art, crafts, music, bible lessons and much more. Open to non-Hope Academy students.



CRC Beach Volleyball Academy-Summer Camps

chicoracquetclub.com/volleyball/summer/camp

Ages: 10-17

Cost: \$100 per camper each camp

Sessions: M-Th | 9am-12pm

Camp #1 June 8-11 | **Camp #2** June 15-18 |

Camp #3 June 22-25 | **Camp #4** June 29-July 2 |

Camp #5 July 13-16 | **Camp #6** July 20-23

All training sessions will be divided by ability, not age. **Skills:** Passing, Digging, Setting, Hitting, Serving and Blocking Tactics: Serve, Receive, Attacking, Transition and Defense Coverage. Match play. Fast double and mini tournaments.



Kinetics Academy of Dance & Gymnastics

DAY CAMPS

kineticsacademyofdance.com/summer-camps-andclasses

(530) 345-2505

627 Broadway Street, Suite 100, Chico
office@KineticsAcademyofDance.com

Cheer Camp | Ages 6-15 | June 15 – 19 | M-Th 12-2:30pm,
Fri 12:30-2:30 | Cost: \$170

TikTok Time Dance Camp | Ages: 6-12 | June 15-18 | M-Th,
12:15-2:45pm | Cost: \$165

Gymnastics Camp | Ages 5 – 12 | June 22 -25, M-Th &
Aug. 3-6, M-Th 12:15-2:45pm | 12-2:30pm | Cost: \$170

K-Pop Dance Heroes | Ages 4-14 | June 22-25 | M-Th
12:15-2:45pm | Cost: \$165

Aerial Arts & Circus Open Gym | Ages 6-16 | June 26,
Friday 12:30-2pm | Cost: \$55

Aerial Arts & Circus Camp | Ages 6-16 | July 13-16, M-Th,
12:30-2:30pm | Cost: \$175 | Aug. 10, Mon | 11:30-2:30pm |
Cost: \$49. Fly high at this unique circus themed camp.

Ninja Fun Camp | Ages 4-8 | June 29 – July 2 | M-Th
12-2:30pm | Cost: \$165

Musical Theater Camp | Ages: 6-15 | June 29-July 2, M-Th
12:15-2:45pm | Cost: \$165

Jumps & Stunts Cheer Clinic | Ages 6-15 | July 3, 12:45-
3:15pm | Cost: \$49

Summer Nutcracker | Ages: 6-17 | July 6-10, M-Fri 10:30am-
12:30pm | Cost: \$175

Dance & Gymnastics Camp | Ages 4 – 12 | July 6-9, M-Th
12:15-2:45pm & July 27-30, M-Th 12:15-2:45pm | Cost: \$165

Dance Team Preview | Ages 6-15 | July 13-17, M-Fri
10am-12pm | Cost: \$150

Back Handspring Clinic | Ages 6-16 | July 17, 12:45-2:45pm
& July 24, 12:45-2:45pm | Cost: \$45 each session

A Wickedly Good Time Dance Camp | Ages: 5-12 |
July 20-23, M-Th 12:15-2:45pm | Cost: \$165

Gymnastics Beyond Basics Camp | Ages 6-15 | July 20-23,
12-2:30pm | Cost: \$170

Unicorn Fairy Ballet | Ages 4-9 | July 27-30, M-Th
12:15-2:45pm | Cost: \$165

Princess Party | Ages: 4-9 | Aug 3-6, M-Th 12:15-2:45pm |
Cost: \$165

Summer Passes (Dance or Gymnastics) | June 15-Aug 25

Gymnastics – OPEN GYM | Ages 5-12 | Aug.14,
12:45-2:30pm | Cost: \$18

Aerial Arts Summer Class | Ages 6-16 | July 19-Aug. 14,
Fridays 11:30-12:30pm | Cost: \$166

Tumble Warriors | Ages 4-7 | June 20 – Aug. 15, Sat
1:30-2:30pm | Cost: \$156

Cheer and Tumble | Ages: 5-14 | June 18-Aug 14, Thursdays
3:30-4:30pm | Cost: \$135

Mini Movers Playtime | Ages: 6mo – 3 | June 25-July 13 &
July 26 – Aug. 14 | Thurs 9:15 10:15am | Cost: \$50



North State Ballet

DAY CAMPS

northstateballet.com

(530) 774-2364

2400 Notre Dame Blvd, Chico

Ages: 3+

Cost: \$125-\$600

Sessions:

June 8-26 | summer session 1 | **June 29-July 3** summer
dance camps and technique intensive 1 |

July 6-24 summer session 2 | **July 27-31** ballet/con-
temporay intensive. Technique intensives with guest
master teachers, Acro intensives, two 3-week dance
class sessions



Chico Creek Dance

DAY CAMPS

chicocreekdance.com

(530) 829-1832

1144 W 1st Street, Chico

Sessions:

Princess Dance Camp | Ages 3-8 |
June 8-12, 9am-12pm | Cost: \$175

Disney Dance Camp | Ages 5-11
June 22-26, 9am-1pm | Cost: \$175

Recycled Art Camp | Ages 7-12 |
June 8-12, 1pm-4pm | Cost: \$175

Harry Potter Art Camp | Ages 5-12 |
June 15-19, 9am-12pm | Cost: \$175

Art Around the World Art Camp | Ages 5-12 |
June 22-26, 1pm-4pm | Cost: \$175

Magical & Mythical Creatures Art Camp | Ages 7-12 |
June 29-July 3, 9am-12pm | Cost: \$175



Forebay Aquatic Center Summer Camp

DAY CAMPS

forebayaquaticcenter.com/summercamps

(530) 774-7934

930 Garden Drive, Oroville

Ages: 8-14

Cost: half day \$185, full day \$285 with flexible daily or
weekly plans.

Sessions:

All camps are half day 8am-12pm or full day 8am-5pm
June 8-12, 15-19, 22-26

July 6-10, 13-17, 20-24, 27-31

August 3-7

As the only aquatic camp in the North State, we offer
8 weekly camp sessions from June to August. Each
week is filled with boating skills, aquatic activities and
environmental education with an emphasis on water
and boating safety. Games, art and music comple-
ment our aquatic fun. Master crafts in a safe and
exciting environment, including kayaking, orienteer-
ing and stand-up paddle boarding. Learn about local
wildlife, learn lifelong skills and work on team-build-
ing activities. Visiting educators include the local fire
department, state park rangers, bird or fish experts
and more! Family Fun Friday your camper can bring
up to four family members and share what they
learned that week, offering an hour of free rentals to
all from noon - 1:00 pm.



Chico Martial Arts Summer Camp

DAY CAMPS

azadsmartialarts.com/classes/summer-camp

(530) 892-2923

313 Walnut St #150, Chico

Cost: Last Advantage Enrollment: \$255/week
(May 1-May 31) | Open Enrollment: \$285/week (June
1 - July 20)

Sessions: M-F, 8am-12pm

Nerf Camp | June 8-12, July 6-10, June 15-19 &
July 13-17

Gladiator Camp | June 22-25 and July 20-24

Space is limited, and our camps sell out fast. Don't let
your child slip into habits of inactivity and excessive
screen time this summer. Invest in their future success
by enrolling them in Azad's Martial Arts Summer Camp
today!



Terrain Park Climbing Center Youth Summer Camp
DAY CAMPS
terrainparkclimbingcenter.com/youth-programs-chico
 (530) 809-0796
 931 W 5th Street, Chico.
Ages: 8-13.
Cost: \$250 | \$215 each if siblings sign up together
Sessions: June 15 – Aug. 7 | Mon-Thurs, 9am-12pm
 Provides young climbers an environment where they can have fun and grow as a climber. Camp is a great way for young climbers to connect with other climbers on a weekly basis. We also get to utilize our new Adventure Center!



Dance Depot 3-Day Camps & Ballet Intensive
DAY CAMPS
dancedepotfamily.com
 (530) 275-9618
 2225 Larkspur Lane, Redding.
Ages: 18 months (Mommy or Daddy & ME) - Adult.
Cost: \$60 - \$130 w/BIG discounts for additional classes
Sessions: Check website in June for times.
3-Day Camps | July 7-9 & 14-16 & 21-23 | (T, W, Th)
3-Week Ballet Intensive | July 7-23 | (T & Th mornings)
August Intensives – Specialty classes TBD
 We offer a variety of dance styles including ballet, lyrical jazz, acrobatics, tap, hip-hop and more, along with Mommy or Daddy and ME classes. Students will be able to jump in and dance with us for just 3 days or for 1-3weeks. Register online starting June 2026 or call (530) 275-9618.



Lassen Volcanic National Park Campout
RESIDENTIAL CAMP
explorecaoutdoors.com/lassen-volcanic-national-park-camping-trip
 (530) 521-1883
 Lassen Volcanic National Park - Lost Creek
Ages: 5-100
Cost: \$225-\$395
Session: June 18-21
 Join us for an unforgettable family camping adventure! Relax, enjoy quality time with your family, and make new friends. We'll provide the gear, delicious meals and plenty of fun activities. Explore volcanic geology, swim, kayak, and hike- there's something for everyone. Just show up and let the good times roll!



NorCal Petting Zoo Farm Camps
DAY AND OVERNIGHT CAMPS
 (530) 605-9263
 1235 Third Street, Anderson.
Ages: 8+
Cost: \$235
Sessions:
 June 22 - 24
 June 29 - July 1
 July 3 Anderson Explodes and Overnight Camp
 July 20 - 22
 July 31 Overnight Camp
 Farm camp lets your child choose activities with guided free play activity stations. They can go swimming in the pond, hit the slip & slide, play with the horses with a leader rope, ride the zip line or hang out at the petting zoo. To register, go to:
form.jotform.com/261179279968074.



NZone Sports Redding
 Summer Sports Academies & Camps
Nzonesports.com/redding
 (530) 691-1401
Ages: 3-14
Cost: \$155 for Academies. \$165 for Camps.
 Fee includes a jersey with name & number.
Sessions:
 Soccer Academy | Sat. mornings | 8 x 1-hour sessions | June 13-Aug. 9
 Flag Football Academy | Sat. mornings | 8 x 1-hour sessions | June 13-Aug 9
 Basketball Academy | Sat. mornings | 8 x 1-hour sessions | June 13-Aug 9
 Volleyball Academy | Sat. mornings | 8 x 1-hour sessions | June 13-Aug 9
 Soccer Camp | July 13-17 | 8:30 - 10:30am
 Flag Football Camp | July 13-17 | 8:30 - 10:30am
 Soccer Camp | July 27-31 | 8:30 - 10:30am
 Flag Football Camp | July 27-31 | 8:30 - 10:30am
 Kick off your summer with a sports experience designed to build skills, confidence and fun! It's a dynamic, clinic-style program, focused on helping young athletes grow through structured training & exciting game play.



The Redding Arts Project's Dance and Theatre Camps
DAY CAMPS
thereddingartsproject.com
 (530) 245-1019
 1726 Market Street, Redding.
Ages: 3 - Adult
Cost: \$18-\$475
Session: June 29 – July 3
 Join us for an unforgettable month of dance and theatre featuring a dynamic 3-Week Dance Intensive in ballet, tap, jazz, lyrical and hip-hop for kids through adults, along with a full mainstage production of Peter Pan – inviting adult performers, teens and children in featured roles. Train, perform and grow in a vibrant artistic community where technique meets creativity and stage magic comes to life. Visit our website for full schedules, auditions, tuition and registration details.



Rare Air Fly Camp

DAY CAMPS

rareairpark.com/flycamp

(530) 221-1206

3625 Old 44 Drive, Redding

Ages: 6-12

Cost: \$150-\$175

Sessions: 8am-12pm | June 22 - June 25 & July 6 - July 9

Come jump, flip and play your summer away! Our Fly Camp Dream Team will lead your kids in an interactive camp that includes team building games, crafts, various trampoline games, fun in the sun, rock wall climbing, etc. Your kiddos are sure to have a blast!



Redding City Ballet Summer & Dance Camps

DAY CAMPS

reddingcityballet.org/events/summer-class-schedule

Redding City Ballet, 935 Locust St., Redding.

(530) 709-1205

Ages: 6 - adult

Costs: \$45 - \$250

Summer Tap and Jazz Week

Sessions:

Children's Basic Tap | Age 6-10 | 1:30-2:00pm

Intermediate Tap | Age 8+ | 2:00-2:45pm

Advanced Tap | Age 11+ | 2:45-3:30pm

Children's Basic Jazz | Age 6-10 | 2:00-2:45pm

Intermediate Jazz | Age 8+ | 2:45-3:30

Advanced Jazz | Age 12+ | 3:30-4:30pm.

Ballet and Dance Classes

June Only:

Beg/Int Adult Ballet | Tuesdays 10-11:30am

Pointe Strengthening | Age 12+ | Wednesdays 5-5:45pm

Int/Adv Ballet | Age 10+ | Wednesdays 5:30-7:00pm

Beg/Int Ballet Choreography | Age 8+ | Thursdays 5-6pm

Stretch and Strengthen | Age 10+ | Thursdays 6-7pm

July Only - Wednesdays

Int/Adv Contemporary Ballet | Age 12+ | 4:30-6pm

My First Dance Class | Ages 3-4 | 4:30-5pm

Improvisation for Dancers | Ages 12+ | 6-7pm |

(This class NOT available for Drop-In)

Mondays June 8-Aug 10

Intermediate Ballet | Age 8+ | 4:00-5:00pm

Intro to Ballet | Ages 4-6 | 4:30-5:00pm

Advanced Ballet | Age 12+ | 5:00-6:00pm

Children's Basic Ballet | Ages 6-10 | 5:00-6:00pm

Teen/Adult Basic Ballet | 6:30-8pm



Redding Fashion Alliance Summer Camps

DAY CAMPS

reddingfashionalliance.org

(530) 215-1350

1698 Market Street, Redding

reddingfashion@gmail.com

Age: 7-15

Cost: Early Bird by May 30: \$140, Standard: \$150. Fee includes supplies. We have plenty of donated fabrics. Students are welcome to bring their own fabrics if they wish.

Session:

Make a Summer Beach Outfit | June 16-18 | 9am-12pm

PJ Pants and Carry Bag | June 16-18 or 22-25 | 1-4pm

Beginning Sewing | June 22-25 | 9am-12pm

Breezy Summer Beachwear - Tablecloth Dress | July 6-9 | 9am-12pm

Beginning Sewing - Aprons and Bags | July 6-9 | 1-4pm

Adventures in Upcycling | July 20-23 | 9am-12pm

Beginning Sewing - Tote Bag and Apron Skills | July 20-23 | 1-4pm

Fashion Accessories | July 13-16 | 9am-12pm

Fabric Artistry | July 13-16 or 27-30 | 1-4pm

Mad Hatters and Bag Tatters | July 27-30, 9am-12pm

Campers will learn to operate the sewing machine, understand sewing terms, follow sewing instructions to create projects, sew straight and curved seams, cut out simple pattern. Learn crafting skills in the Fashion Accessories, Fabric Artistry and Mad Hatter and Bag Tatters classes.



Serene Ranch Horse Camp

DAY CAMPS

(530) 440-1808

Serene Ranch, 3871 Rancho Estates Road, Cottonwood.

Ages: 4-18

Cost: \$60-\$400

Sessions: Running all summer long. Day camps and week camps available.

Kids learn horse care, horsemanship and riding, while building confidence, communication and teamwork. Our lessons foster life skills, self-esteem and lasting friendships—all in a safe, supportive and fun-filled ranch environment. Check us out on [Facebook](#).



Shasta Rock Summer Climbing Camp

DAY CAMPS

shastarockclub.com/summer-camps-2026

(530) 691-4505

Shasta Rock Club, 2325 Athens Avenue, Redding

Ages: 5-12

Cost: 1st child - \$300, additional children - \$275/ea

Sessions: 9am - 1pm

June 15 - 19 | July 6 - 10 | July 13 - 17 | July 20 - 24

Play games, make friends and climb a lot! Our goal is to provide campers with a unique experience that is challenging, educative and teaches teamwork. Leave camp more confident, empowered and courageous. Previous climbing experience is NOT required.



Turtle Bay Summer Camp

DAY CAMPS

turtlebay.org/camps

Ages: 7-12

Cost: \$230 per week for members | \$255 per week for non-members | Extended Care (4-5pm) Fees, \$30 per week per child

Sessions: M-F | 9am-4pm

June 15 - 19 & June 22 - 26 | Movies, Makers & Mythbusters

Take a closer look at what kind of tricks and skills are needed to bring fantasy and sci-fi stories to life in this camp that goes together with our summer exhibition, POPnology!

July 6 - 10 & July 13 - 17 | Built for Survival!

Build mini shelters, learn to use a compass and the sun like true adventurers, filter water and discover how animals & people from the past survived in some of the harshest environments on Earth.

July 20 - 24 & July 27 - 31 | Art Around the World

Travel through time and around the globe as you explore how art connects us to history, from prehistoric cave paintings to the bold styles of ancient Egypt and the renaissance.



4th of July MacKerricher State Park Family Campout

RESIDENTIAL CAMP

explorecaoutdoors.com/mackerricher-state-park-camping-trip

(530) 521-1883

MacKerricher State Park, 24100 MacKerricher Park Rd, Fort Bragg

Ages: 5-100.

Cost: \$225-395

Session: July 3-6

Join us for an awesome 4th of July camp out with other families! While you spend quality time with your family, we'll handle the planning, provide the equipment and serve you tasty meals. Get out and explore the beach, tidepools and more. Celebrate 4th of July on the coast!



Kidder Creek Overnight Adventure Camps

RESIDENTIAL CAMP

kiddercreek.org

(888) 642-2677

2700 S. Kidder Creek Rd., Etna

Ages: 7-18

Cost: \$679-\$1,079

Session: June 7 – Aug. 8

We offer a wide variety of programs including Ranch Camp, Adventure Camp, White-Water Rafting Camp, Backpacking Camp, Mountain Bike Camp and more.



Regenerative Arts Camp

DAY CAMP

radlearningcenter.org

954 N. Old Stage Road, Mount Shasta

Ages: 3-12

Cost: \$60/day

Session: June 23-Aug 7 | Tues-Fri | 9:30-2:30.

Recycled and natural arts and crafts, kids' garden and nature studies, solar cooking, music, movement & more!



College of the Siskiyous Summer Show Choir & Jazz Camp

DAY CAMP

siskiyous.edu/camps/

(530) 938-5373

College of the Siskiyous, 800 College Avenue, Weed.

Ages: 10-18

Cost: \$45

Sessions:

June 25 | Sunday afternoon |
check in and voice/dance placement

June 26 – June 30 | Monday-Friday
9am - 5pm | singing and dancing

July 1 | Saturday morning rehearsal |
12 pm performance.

Spend a full week receiving instruction by the most respected Jazz and Show Choir directors, composers and choreographers in the United States. If you're in middle school, junior high, or high school (5th - 12th grade), come join the fun!



Kids Summer Fun Camp

DAY CAMP

(702) 277-9531

Weed High School & Weed Community Pool,
909 Hillside Drive, Weed

Ages: 3-10

Cost: \$365

Session: June 29 – August 6 | 9am to 4pm

Daily swimming, outdoor games, stem activities, storytelling, nature exploration, arts and crafts, interactive games, reading, hiking, etc. Cost assistance for qualifying families.



Photo provided by Bar 717 Ranch



ScienceWorks Summer Camps

DAY CAMPS

scienceworksmuseum.org

(541) 482-6767

1500 East Main Street, Ashland

Ages: 6-12

Cost: \$310 - \$345 pp per camp

Sessions: All sessions 9am-3pm

June 15-19 | Subterranean Science Camp

June 22-26 | Cosmic Cadets Camp

June 29-July 3 | Curtain Call Academy Camp

July 6-10 | Shark Week Camp

July 13-17 | Minecraft Quest Camp

July 20-24 | Health Heroes Camp

July 27-31 | Sports Camp

August 3-7 | Mythbusters Camp

Give young scientists a chance to explore, create and discover when school is out. With hands-on activities and a focus on curiosity, campers dive into STEAM (science, technology, engineering, arts, and math), make friends and build new skills in a fun, supportive setting.



Ignite Your Flair

DAY CAMPS

igniteyourflare.com

(530) 255-4180

446 Walnut Street, Red Bluff

Cost: \$40 per camp | Registration closes June 1.

Sessions: 4:30-6:30pm

Emotion Explosion | Age: 4+ | June 5

The FarEras Tour | Age: 6+ | June 6

K-Pop Dance Hunter | Age: 6+ | June 6

Broadway Bound | Age: 6+ | June 27

Build skills, grow confidence and stay active in a fun, encouraging environment. Try something new or keep building your skills. We've got something for everyone.



Six Rivers Rafting Junior River Guide School

RESIDENTIAL CAMP

sixriversrafting.com

(707) 599-4221

Hayden Flat Group Campground, Trinity National Forest, Weaverville

Ages: 11-17

Cost: \$500

Session:

9:30am Thursday, June 25 - 4pm Sunday, June 28.

For youth ages 11-17 looking to have fun and learn the basics of guiding a raft and river rescue/safety techniques. Includes an outdoor "classroom" component each morning, but most of our time will be spent on the river with hands-on learning about and practicing whitewater river skills. School will meet the first day at Six Rivers Rafting main office and camping for the families will be provided downriver at Hayden Flat Group Campground free of charge. Families are also welcome to provide their own accommodations.



Camp Trinity on the Bar 717 Ranch

RESIDENTIAL CAMP

<https://bar717.com/>

(530) 628-5992

17197 Hyampom Road, Hayfork

Ages: 7-16

Cost: Two weeks: \$4,585. Four weeks: \$8,920

Session 1: June 14-27,

Session 2: June 28-July 11

Session 3: July 12-25

Session 4: July 26-August 8

Established in 1930, Camp Trinity on the Bar 717 Ranch offers a nature- and community-oriented experience on 450 acres in the beautiful mountains of Trinity County. Campers live, work, and play as part of our big ranch family, and enjoy the independence and creativity of our free-choice programming.



Unleash Your Child's Potential in the Water!



EST. 1952
REDDING
SWIM TEAM

Call us today to learn more about our swimming and swim lesson opportunities.



www.ReddingSwimTeam.org • (530) 246-2666

KIDS SUMMER CLIMBING CAMPS

Rock Climbing Builds:

- Confidence & Focus
- Problem-Solving Skills
- Coordination & Strength

SIGN UP NOW...5-DAY CAMPS!

FOR KIDS AGES 6 TO 12 JUNE AND JULY

CHECK WEBSITE FOR DATES • NO EXPERIENCE NEEDED

SHASTAROCKCLUB.COM/NSP

BIRTHDAY PARTIES • FAMILY MEMBERSHIPS • 24-HR CLIMBING GYM

2325 ATHENS AVE, REDDING • 530-691-4505



SHASTA ROCK CLUB



— REDDING —
FARMER'S
 Markets



REDDING MARKETS

SATURDAYS

April - October
 7:30 AM - 12:00 PM
 November - March
 8:30 AM - 12:00 PM
 Behind Redding City Hall
 777 Cypress Ave

SUNDAYS

May 10th - October 11th
 9:00 AM - 1:00 PM
 800 Sundial Bridge Drive

TUESDAYS

Marilyn Miller Market
 June 9th - October 6th
 7:30 AM - 12:00 PM
 Next to Dairy Queen
 1700 Churn Creek Road

BURNEY MARKET

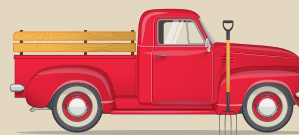
WEDNESDAYS

June 10th - Sept. 23rd
 3:00 PM - 6:00 PM
 37264 Main St., Burney
 ★ new location!

LOCAL FOODS



Scan for the Local Farms and Food Vendor Listing. Eating locally supports our community.



FARM CLUB IN JUNE!

Kids ages 3-15 will receive **FREE** vouchers to shop for fruits and veggies in June!

Visit the Market Manager's booth for vouchers at all market locations, while supplies last!

SHASTA MARKET MATCH

Double Your EBT Food \$
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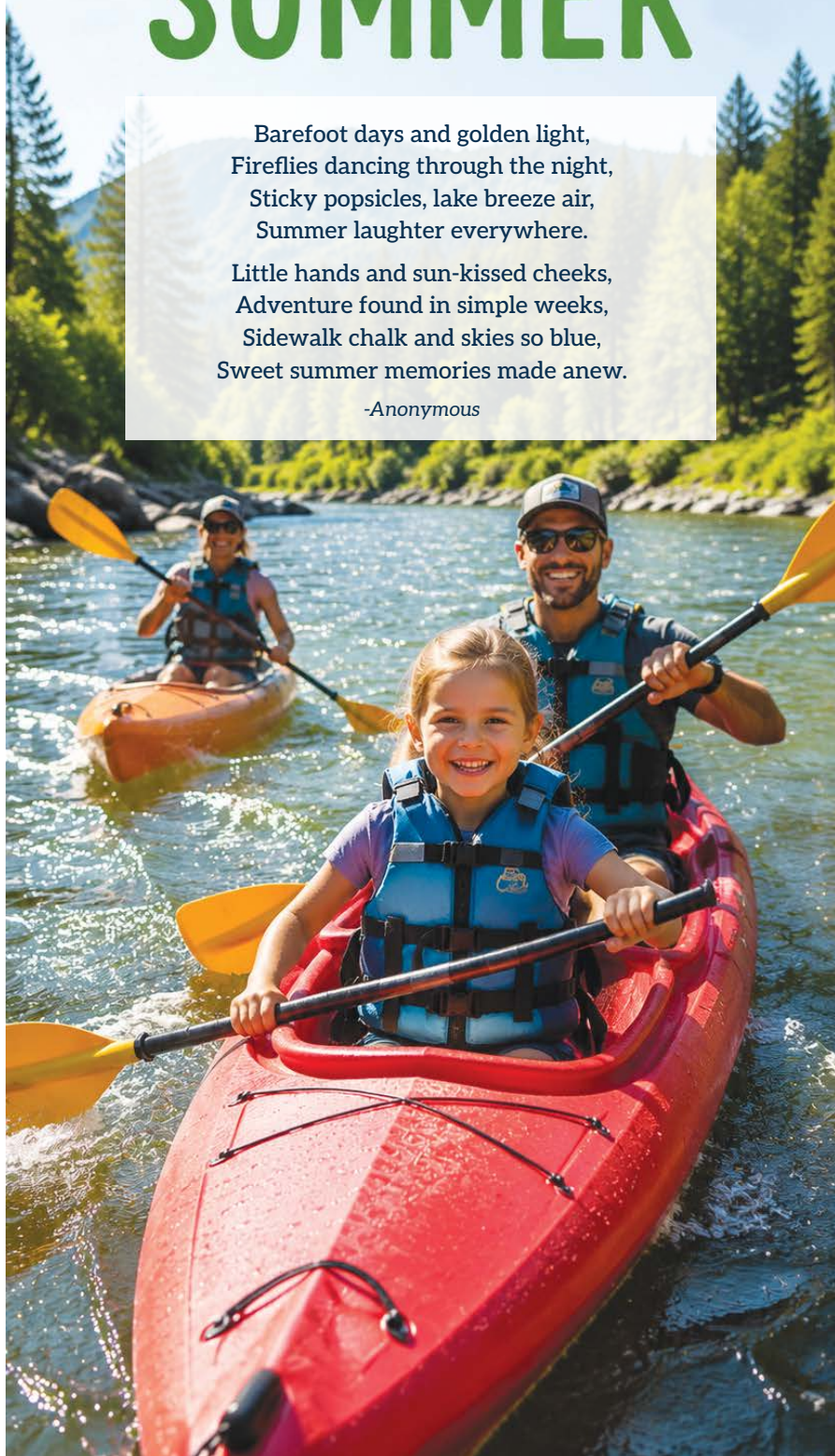


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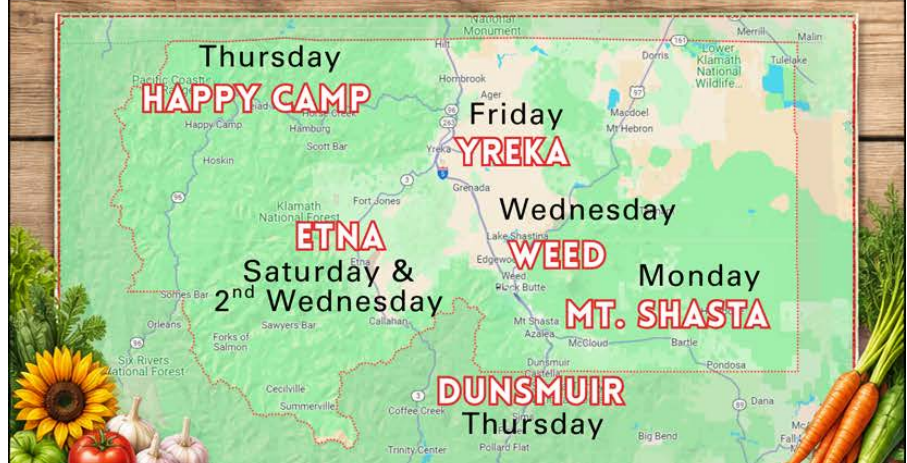
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Siskiyou County News

CULTIVATING CURIOSITY: OUTDOOR EDUCATION IN SISKIYOU COUNTY

Many of us remember school days consisting of hours sitting at school desks, listening to the teacher, studying, reading, sometimes struggling to pay attention, perhaps daydreaming and almost certainly anxiously awaiting the next 20-minute recess.

Today, K-12 education has evolved to include many ways to learn, including outdoor classes that, according to the [California Department of Education](#), improve mental health and physical fitness, increase student engagement, improve cognitive function and provide unique opportunities for team-building. “Swedish scientists have found that children who explore and play in natural environments tend to be less competitive and more cooperative,” says Kayla-Marie Figard, community education coordinator for the Mount Shasta Bioregional Ecology Center and assistant outdoor specialist for the Siskiyou County Outdoor School. “Time in nature helps us focus on the present moment, build awareness using all of our senses, increase physical activity, and helps us slow down and develop a deeper understanding of concepts from multiple perspectives. It regulates our nervous systems and emotions and provides points of access for kids who learn differently.”

Siskiyou County Leads the Way in Outdoor Science Education

Although many schools are just beginning to introduce outdoor education curriculum, Siskiyou County schools have been way ahead of the curve. “In the late 90s the Siskiyou Eisenhower Science and Math grant spearheaded the idea of doing science and natural resources instruction out in the field and in the classroom,” says Jason Singleton, a science specialist who works with the Siskiyou Office of Education (SCOE) to provide outdoor science classes and field trips to schools throughout Siskiyou County.

Inspired by this grant, Jason and his co-worker sought additional grants to expand the program to include more schools, more fully connect field trips to classroom science lessons and teach NGSS (Next Generation Science Standards) in the classroom and out in the field. The outdoor education program now includes a watershed education program, specialized outdoor education programs, an aquarium incubator project, the Wehmeyer Environmental Educational Area and the Siskiyou County Outdoor

School at Kidder Creek (day and residential camps held each spring.) “We currently contract with 19 schools of the 24 districts and two charter schools in Siskiyou County,” says Barry Barnhart, deputy superintendent of Siskiyou County Office of Education who also oversees the Educational Services Department. “We also provide science days to our special needs education department.”

Day and Residential Camps Teach Land Stewardship, Provide Student Mentorship Opportunities

“Kids are so pure and have a lot of enthusiasm,” says science specialist Stacia Anderson, who is also in charge of the Siskiyou County Outdoor School day and residential camps. “There are so many cool things you can do and ways to experience the world and engage in nature.” Spring camps offer two adventure courses featuring ziplining, a ropes course and laser tag, and four field study camps that include stream studies (water quality and macroinvertebrates), geology (stream tables) and forest study.

“In the overnight camps we have high schoolers that volunteer to work as mentors and are in charge of cabin groups,” Stacia says. “Team-building activities teach about stewardship of the land and the impact we have on the environment.” Students go on night hikes and enjoy evening programming and star gazing. An equestrian program rounds out this fun and engaging educational experience.

Aquarium Incubators Seamlessly Coordinate Outdoor and Classroom Science

Combining outdoor science education with classroom science, teachers are trained to raise trout eggs in the classroom with permits from the California Department of Fish and Wildlife. Classrooms are equipped with 10-gallon aquariums that have gravel and stones in the bottom to mimic a riverbed. A filter, water circulator and heating element reproduce the stream flow and maintain optimum water temperature.

“Female fish lay their eggs and cover them with gravel and sand,” Jason explains. “To simulate this, the aquarium is covered with a box to block out the light and incubate the eggs for six to eight weeks through three stages. When they reach the fry stage, students take them to designated release spots.”

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 - Pedro Nogera



Science specialists Christian Burke, Stacia Anderson and Jason Singleton are dedicated to providing science enrichment to Siskiyou County schools through fun, engaging Next Generation Science Standards outdoor and classroom science programs and projects. *Photo by Pamela Newman.*

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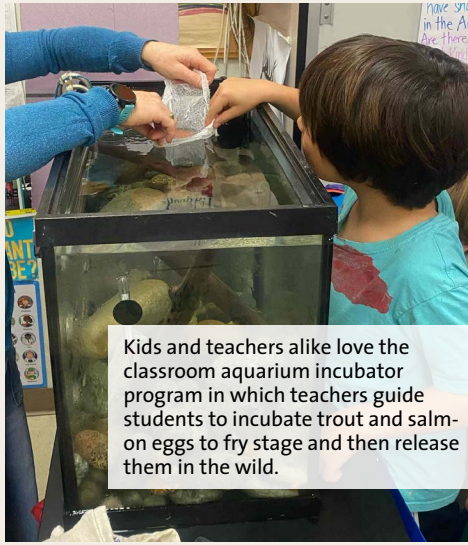
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The Legacy of Larry Wehmeyer

One of the first outdoor education specialists in Siskiyou County, Larry Wehmeyer helped institute science education in the county in the early 1980s. “The curriculum he developed was very high quality and we still use some of it today,” says Stacia.

Larry spearheaded the purchase by SCOE of a beautiful 10-acre parcel of land in Mount Shasta near Lake Siskiyou. “What’s cool about it is that it has five distinct ecosystems: wetland, pond, creek, forest and meadow,” says Christian Burch, science specialist who currently oversees the Larry Wehmeyer Education Center. “Public schools can take field trips there, we take the kids we teach there and it is also open to the public.”



SCOE has partnered with the California Conservation Corps to rebuild bridges and trails. “The engineering that went into these causeways is just amazing,” says Barry. “Our next step is to work with Tom Hesseldenz, one of the founders of the Siskiyou Land Trust who is an expert in aquatic areas, to help us get this project over the finish line by seeking grants and drawing up construction plans for a pier on the pond so kids can take water samples further out in the pond.” Pit toilets are also in the works.

Filling in the Science Teacher Gap

“We are only in a particular classroom once a week or once every two weeks, providing enrichment,” Jason says. “What’s happening in the gap between our visits?” To answer this question, SCOE is instituting a pilot science teacher mentorship program in which each science specialist mentors a teacher. The data-based program provides training and instruction models for the science specialist to train and mentor the teachers with the goal of making teachers more comfortable teaching science in their classrooms.

Engaging Students, Cultivating Curiosity

How do we get kids engaged in school? Barry replies, “I like to quote Pedro Nogera, Dean of the Rossier School of Education at USC, who said, ‘Engagement is the path to achievement, so cultivate curiosity.’ This outdoor program is about cultivating curiosity.” Kayla-Marie adds, “Outdoor education opens doors through art, play and exploration, providing pathways for children that are often left behind in a school setting.”

The outdoor science program has provided a model for an arts program in which an arts teacher visits schools throughout Siskiyou County, providing arts lessons and hands-on arts projects. (See our article about this innovative program in our January 2025 issue at northstateparent.com) “Many of our teachers teach a multigrade classroom and cover all subjects,” says Barry. “To have an arts or science teacher come in and say, ‘Don’t worry, we have the hands-on materials and the lessons and we’ll do all the cleanup’ is a tremendous service to these teachers.”

Outdoor education is revolutionizing K-12 learning. “Time and time again, I’ve seen students who struggle in the classroom completely transform at outdoor school, when given time to play and explore and feel supported by nature,” Kayla-Marie says. “Connection to nature builds both individual and community resilience.” ■



Stacey’s classroom experience consisted of desk learning and recess, but fortunately her parents provided plenty of outdoor educational experiences on summer camping trips in the Sierras.

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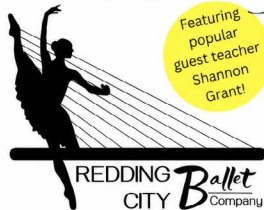
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HOW TO MAKE FATHER'S DAY Meaningful

(WITHOUT MAKING IT ABOUT MORE STUFF)



By the time Father's Day arrives, many families are tired. The school year has just wrapped up. Summer schedules are shifting. Camps are starting. But work has not slowed down at all. And yet, tucked inside all that movement, many families wonder how to slow down and make Father's Day meaningful. Father's Day marketing suggests that the answer is simple. Buy something. Upgrade something. Or surprise him with something.

But when children and dads look back on Father's Day years from now, they are unlikely to remember the grill accessories or the new tie. They will remember how the day felt. And that feeling does not require a shopping cart.

What Children Actually Remember About Father's Day

Research on childhood memory consistently shows that emotional tone shapes long-term recall more than material detail. In other words, children are far more likely to remember moments of connection rather than material objects.

If the goal of Father's Day is connection, then the most powerful gifts are often experiences rather than purchases. Inside jokes stick and being invited into an adult's story lingers.

Shifting From Presents to Presence

Instead of asking, "What should we buy?" consider asking, "What would help Dad feel seen?" For many fathers, what feels meaningful is surprisingly simple: time without multitasking, genuine appreciation and participation rather than performance.

A [Pew Research Center survey](#) found that modern fathers overwhelmingly identify "being a good parent" as central to their identity. Many also report feeling pressure to balance work and family responsibilities. Recognition of that effort can be affirming and greatly appreciated.

Children can be guided to express that acknowledgment in developmentally appropriate ways, like:

- A handwritten note that says, "I like when you play with me."
- A drawing of a favorite shared moment.
- A short list titled "Things I Learned from My Dad."

The more specific, the better. Specificity makes appreciation feel genuine and powerful.

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Invite Kids into Dad's Story

One of the most meaningful Father's Day rituals requires no money at all. Ask Dad about his childhood. What games did he play? What did summer feel like when he was eight? What did he get in trouble for? What was his favorite toy? His favorite book? You might turn this into a simple interview. Let kids ask the questions. Write down the answers. Record them on a phone. Suddenly Father's Day becomes about story, not stuff.

Research suggests that children who know more about their parents' childhoods demonstrate stronger resilience and identity formation. When children understand that their parents were once children too, family bonds deepen.

Recreate a Childhood Joy

Another meaningful option is to do something Dad loved as a child. Maybe it is a backyard water fight, a pickup basketball game or pancakes shaped like animals. When children participate in something that mattered to their father growing up, they step into shared history. The day shifts from consumption to connection. And the memory formed belongs to everyone.

Let It Be Imperfect

There is often pressure on mothers or partners to orchestrate Father's Day flawlessly with the right gift, the perfect meal and a coordinating commercial card. But perfection is not required for meaning. If the kids make the pancakes and they burn slightly, that is part of the story. If the homemade card is misspelled, it will likely be cherished longer than a store-bought one.

Research on gratitude shows that expressing appreciation, even imperfectly, strengthens relationships more than receiving material gifts alone. What matters is the act of noticing.

Make Space for Rest

Sometimes the most meaningful gift is quiet. Fatherhood often includes invisible labor, financial responsibility and worry that no one else sees. Creating intentional space for rest can communicate deep respect. That might mean a long morning coffee alone, an uninterrupted nap or an hour to read or walk without obligation. Rest is not laziness. It is restoration. When families build in rest as a sign of appreciation, they communicate something subtle but important: Your well-being matters to us.

When Father's Day Feels Complicated

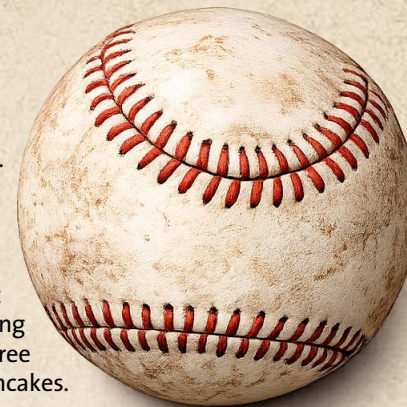
Not every family's story is simple. There are single mothers helping children honor a father who lives elsewhere. There are stepfathers building new traditions. And there are families grieving a loss. In these situations, meaning still lives in small acts. Light a candle and share one memory. Write a letter that may or may not be sent. Thank the mentor, grandfather or coach who shows up consistently. Connection can be honored in many forms.

Keep the Focus Narrow

Father's Day does not need to be a production or a performance. Choose one or two intentional actions. Keep the day simple. Let children participate in planning something small because the goal is not spectacle. It is recognition.

Years from now, your child may not remember what was wrapped in paper. But they may remember sitting on the floor together, listening to Dad describe the tree he once fell out of or laughing over badly flipped pancakes.

They may remember that on that day, their father felt appreciated. And they may carry forward the understanding that love is shown most powerfully not in what we buy, but in how we show up. ■



SIMPLE FATHER'S DAY TRADITIONS KIDS WILL REMEMBER:

Children remember moments. A few simple traditions can turn the day into something kids look forward to every year.

- **The Dad Interview:** Ask Dad the same five questions each year. Write down the answers. Over time, kids create a meaningful family record.
- **Adventure Jar:** Fill a jar with simple activities such as a pancake breakfast, family bike ride, board game afternoon, or ice cream outing. Dad draws one on Father's Day.
- **Annual Dad Photo:** Take one photo of Dad with the kids in the same place or pose every year. Watching the changes over time becomes part of the tradition.
- **Dad Teaches Something Day:** Invite Dad to teach the family a skill he enjoys. It might be grilling, fixing something, throwing a football or building something together.
- **Gratitude Notes:** Each family member writes a short note about something Dad does that makes them feel supported or loved.

Small rituals like these help children see Father's Day as a celebration of connection rather than consumption. Over time, those moments can become the memories families treasure most.



Shannon M. Dean specializes in writing about families. Her son recently enthusiastically replied "Cool mom!" when she confided her dream of writing fiction.



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With our county’s rich currents of history, happenings and hope, this is our crossing place today – where we meet to celebrate our beautiful Tehama County.

Summer Goal...

FIND YOUR GLOW AT RED BLUFF'S WEDNESDAY NIGHT FARMERS MARKET

As a parent, do you make goals for your family during the summer? Goals can help break up the monotony of seemingly endless summer days, where the temptation might be to pass the time on screens. Perhaps your list could include several books to read aloud, nearby hikes you would like to take, frequent plunges into refreshing swimming holes or ways your children could help an elderly neighbor.

For a truly memorable summer, consider making weekly outings to the Wednesday night Red Bluff Chamber of Commerce Farmers Market and an eating plan with fresh food purchased from their vendors.

Not only will your skin glow from the seasonal, fresh foods, but you will also create precious family memories. Let's take a closer look at the GLOW plan for Red Bluff's Farmers Market.

G is for Go

“The Farmers Market is a great space for families and delicious seasonal produce is always a great reason to come enjoy the Market,” Jason Bauer of the Red Bluff Chamber of Commerce says. “The live music, artisan products, food trucks and community atmosphere just add reasons to bring the family and make an evening out of it. The Wednesday Market, running throughout the summer for 13 weeks, features a different band each week and changing produce offerings as the season goes on, so you can come out and enjoy a fresh feel. If you are a

morning person, we also have the year-round Saturday Market by the River, where shoppers can enjoy exactly what is in season and fresh every weekend.”

The weekly Wednesday night Farmers Market in Red Bluff kicks off June 3 and continues through August. The market operates from 5-8pm on the corner of Washington and Pine Streets in front of the old courthouse.

L is for support Local

With just a little effort on our part, we can stimulate our local economy by taking the time to go to our local farmers market rather than stocking up at a big box store. By supporting the vendors at the farmers market, you are supporting the livelihood of small-scale farmers, artists and vendors and their families.

Kathy Brandt, owner of [Julia's Fruit Stand](#), has been bringing fresh produce to the market for 20 years. “The market is a win-win!” she says. “People get fresh-picked produce for a reasonable price, while the farmers cut out the middleman. It’s also good for the environment as produce isn’t trucked for hundreds of miles. We’re very grateful to have the opportunity to sell at the Chamber’s farmers market.”

O is for Out-Schooling

The delight of farmers markets goes well beyond the treasures for sale, as the market also provides a wonderful learning opportunity for your children. A trip to a market can lead to discussions about entrepreneurship, seasonal eating, farming practices, budgeting and the local economy. Once you get home, you can continue having fun with recipe planning and cooking. Your kids will be so engaged, they won’t even



Julia's Fruit Stand and 30-plus producers share their tasty treats each week from June through August.



realize they are being schooled “out of school.” Perhaps they can do chores during the week to earn cash to spend specifically at the market.

Matt and Samantha Haman have been operating [Island Ice](#) in the area since 2020. “Our kids, 9 and 11, have a blast going to the market with us each week and helping in the trailer. It’s a great opportunity for them to learn the business,” Matt says. “Due to the heat, summers can be a bit isolating and this gives us a chance to get out and be involved in the community and work together as a family. What could be better than seeing all the smiles on people’s faces as they order their treats?”

W is for getting out the Wiggles

Hot weather can lead to inactivity, but the farmers market provides an opportunity to get outside and get out your family’s wiggles. People who live nearby can take a slow stroll to the market. Even those who drive can get plenty of steps in as they peruse the vendors and enjoy the tree-lined lawn by the old courthouse. When the music starts, everyone is welcome to dance on the lawn or walkway.

“We have so many videos and pictures of our kids dancing and playing at the Wednesday night markets through the years,” says Luke Parodi, a local musician and father. “The farmers markets are a staple in our family’s summers. There are people that we might not see all year, but we count on seeing them at the Wednesday night concerts. If I am performing, it is such a joy to watch them trickle in with their lawn chairs and blankets. The kids get their snow cones and try hard not to spill them. If it’s not your family’s tradition to attend the farmers markets, I highly recommend starting it this year.”



Luke Parodi and Aaron Peterson perform yearly at the market with their band, Sunday Souvenirs. Their children are among their biggest fans and have made lifelong memories.



What says summer nostalgia like tree-lined streets, swaying to music, a snow cone on a hot day and bringing home a basket of fresh produce? We hope your goal will be to make the Red Bluff Farmers Market a glowing tradition in your family this summer. Visit [northstateparent.com](#) and click on the Farmers Market tab to find a treasure trove of farmers’ markets in the North State. ■



Sunday Souvenirs are part of the wonderful lineup of performers throughout the summer.



Matt and Samantha Haman enjoy teaching their children entrepreneurship by allowing them to help at Island Ice each summer.



Kate Hiller believes that healthy eating, walking, cautiously braving the heat a little each day and breaking a sweat can go a long way toward a simple, healthy life. She finds all of this at her local farmers market.

SCHOOLS OF CHOICE DIRECTORY

The Schools Of Choice Educational Directory focuses on local public schools created through a partnership among parents, teachers and students. These charter and other types of schools aim to involve parents and give teachers and students the freedom to innovate, while providing a personalized learning environment for each student.

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www.HearthstoneSchool.net

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HomeTech is a WASC accredited, personalized learning program serving TK-12. In TK-6, our homeschool model supports parents by providing curriculum and regular meetings with the teacher. Our hybrid program in grades 7-12 integrates classroom learning with independent study. Home study options without weekly classes are also available. Support classes, tutoring and fun enrichment opportunities are available to all students. HomeTech provides a unique and personalized alternative learning environment!



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GRADES 9-12



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GRADES TK-8



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www.forestranchcharter.org

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GRADES TK-12



Golden Eagle Charter School (TK-12) offers flexible, personalized learning through home-based learning, online courses, in-person classes in Mt. Shasta and Yreka, diverse curriculum options, exciting field trips, Career Technical Education (CTE), and dual enrollment with College of the Siskiyous, including our Early College High School Program.



Golden Eagle Charter School
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www.gecs.org

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GRADES 2-8



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NORTHERN UNITED CHARTER SCHOOLS

GRADES K-12



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GRADES K-12



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GRADES TK-12



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www.ourpca.org

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GRADES 6-12



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Chico - (530) 636-4479
www.pivotnorthvalley.com

REDDING SCHOOL OF THE ARTS

GRADES K-12



Redding School of the Arts (RSA) is built on one core belief: the arts are essential to a child's full educational experience. When students engage in music, visual arts, and performing arts, they not only grow creatively – they thrive academically, socially, and emotionally. Research shows that participation in the arts can improve attendance, boost self-esteem, strengthen cooperation with peers, and positively impact performance in other academic subjects.

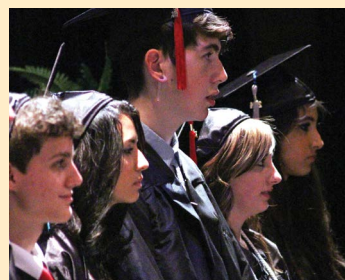
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GRADES 9-12



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GRADES TK-8



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www.sherwoodmontessori.org

TEHAMA eLEARNING ACADEMY

GRADES 7-12



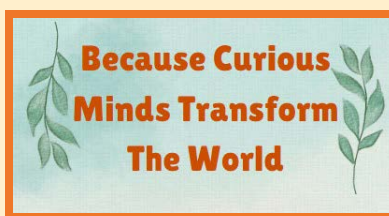
Tehama eLearning Academy is a WASC accredited independent online charter school, with a 7-12 program, that serves Tehama and the adjacent counties. Students at TeLA complete their coursework online or at the Red Bluff Campus. The school has accredited teachers, a-g programs, credit recovery classes, individual education coursework and onsite electives. We also have an adult education school where adults can earn their High School Diploma or GED.



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GRADES TK-8



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SUNDAY	<p>Chico Farmers Market. June-Oct, 9am-12pm. Chicofarmersmarket.com. Farmers Brewing Restaurant and Taproom Parking Lot. 1950 Market Place. (530) 893-FARM.</p> <p>Durham Farmers Market. April-Oct., 9am-1pm. DurhamGrangeNo460@gmail.com. 9386 Midway, Durham. (530) 815-8289.</p>	<p>Sunday Turtle Bay Market. May 10 - Oct 11, 9am-1pm. healthyshasta.org. Sundial Bridge Overflow Lot, 800 Sundial Bridge Dr. (530) 226-7100.</p>		
MONDAY			<p>Mount Shasta Farmers Market. May-Oct., 3:30-6pm. mountshastafarmersmarket.org. Castle Street parking lot between Mt. Shasta Blvd. & Chestnut St. (530) 926-6670.</p>	
TUESDAY		<p>Marilyn Miller Market; Redding. June 9-Oct 6, 7:30am-12pm. healthyshasta.org. Shasta Center parking lot, 1700 Churn Creek Rd. (530) 226-7100.</p> <p>Shingletown Farmers Market. June-Sept, 3pm-6pm. facebook.com/shingletownlibrary. Shingletown Library, 7074 Wilson Hill Rd., Hwy 44. (530) 710-4949</p>		
WEDNESDAY	<p>Chico Farmers Market. June-October, 7:30am-12pm, rain or shine. chicofarmersmarket.com. North Valley Plaza parking lot. 801 East Ave. (530) 893-FARM.</p>	<p>Burney Farmers Market. June 10-Sept 23, 3-6pm. healthyshasta.org. Burney Sporting Goods Parking lot, 37264 Main Street, Burney (530) 226-7100.</p>	<p>Weed & Shastina Community Farmers Market. May 20-Sept. 30, 3:30-6:30pm. www.facebook.com/weedfarmersmarket/. Bel Air Park, 450 College Ave.</p> <p>Yreka Community Farmers Market. June-Oct., Fri. 4-6:30pm. facebook.com/YrekaCFM/. Miner Street Park. (530) 598-2897.</p>	<p>Red Bluff Farmers Market. June-Aug, 5-8pm. 633 Washington St. at the Old Courthouse. (530) 527-6220.</p>
THURSDAY	<p>Chico's Thursday Night Market. April 9-Sept 24, 6-9pm. downtownchico.com. Broadway and 3rd Sts. (530) 345-6500.</p>	<p>Farmers Market at Palo Cedro Park. May-Oct, 3-6pm. 22037 Old 44 Drive, Palo Cedro (530) 710-4949.</p>	<p>Dunsmuir Farmers Market. July-Oct, 4-7pm. DiscoverSiskiyou.com. 4835 Dunsmuir Ave. (530) 925-4355.</p> <p>Happy Camp Farmers Market. June-Oct. 5-8pm. facebook.com/happycampfarmersmarket. Gail Zink Park. happycampfarmersmarket@gmail.com</p>	
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SHASTA COUNTY

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reddingchristian.com.
Preschool: Ages: 2.5-4 yrs • M-F, 7:30am-4:30pm; mid-Aug to beginning of June. 3-5 half or full days.
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Private Christian preschool and pre-kindergarten offers hands-on learning and academic skill-building, focusing on spiritual, academic, social and physical development. Lic# 455406244

Shasta Head Start Child Development, Inc.

375 Lake Blvd. Redding • (530) 241-1036
shastaheadstart.org. ⓓⓈⓂ Ages: 0-5 yrs • M-F, 8am-4:30pm
Private, non-profit provides high quality childcare and social services to low-income children and their families in Shasta, Siskiyou and Trinity counties. Lic# 4455406084

Trinity Lutheran Early Learning Center

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reddingtlc.org. • crystal@reddingtlc.org. ⓓⓈⓂ Ages: 0-5 yrs, M-F, 7:30am-5:30pm. A meaningful Christian education. Experienced teachers teach the love of Christ and curriculum to ensure each child is ready for kindergarten and beyond. Lic# 4151373105

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SISKIYOU COUNTY

Shasta Head Start Child Development, Inc.

710 Everitt Memorial Hwy, Mt Shasta • (530) 918-2550
shastaheadstart.org
ⓓⓈⓂ Ages: 0-5 yrs • M-F, 8am-4:30pm
Private, non-profit provides high quality childcare and social services to low-income children and their families. Locations in Mt Shasta, Weed and Yreka. Lic# 445406084

Siskiyou Child Care Council

Fort Jones, McCloud, Dunsmuir, Lane Street (Yreka)
SisQ Kids (Weed) • (530) 938-2748
tstacher@siskiyouchildcare.org
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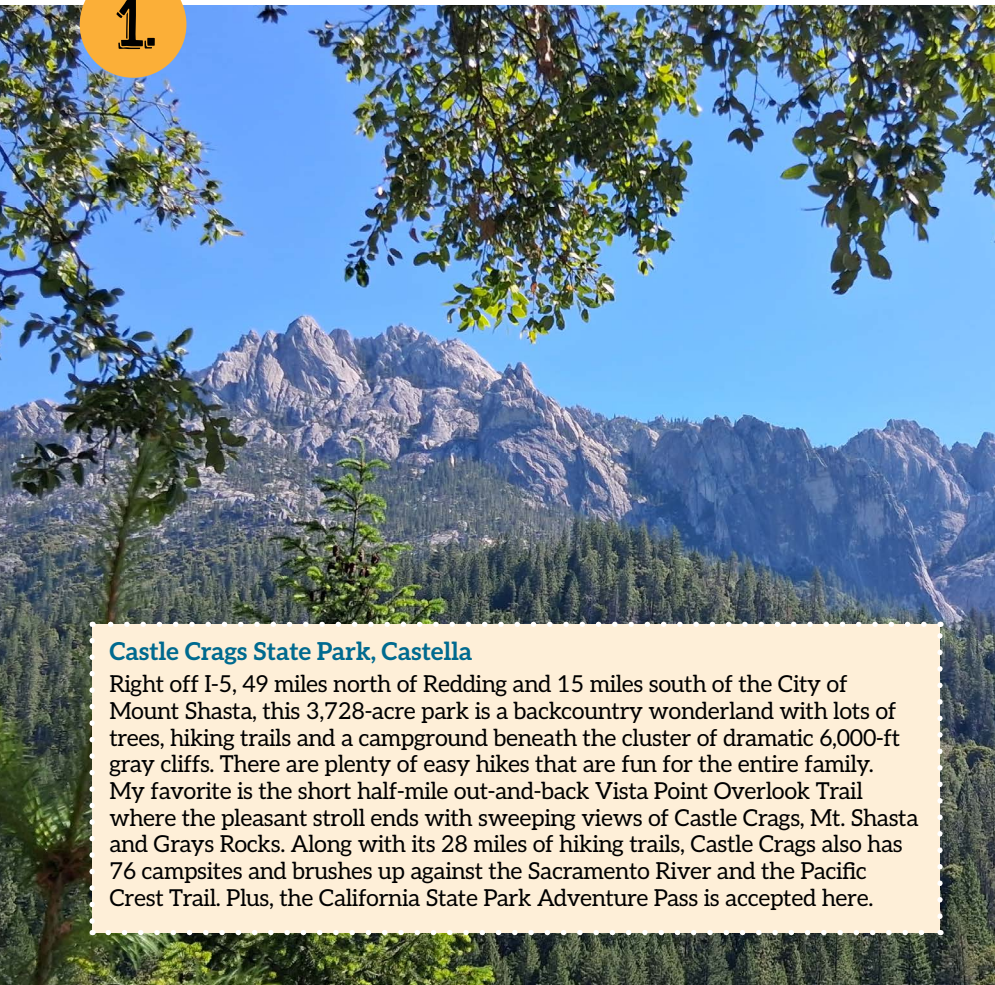
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6 OF THE BEST LOCAL NORTHERN CALIFORNIA STATE PARKS FOR KIDS

In March 2026, one of Moon's newest travel guidebooks *Best of California State Parks* was released, which I co-authored with Jenna Blough. A native of Redding, I grew up camping, hiking and exploring with my family all over the North State. We loved hiking through the redwoods, camping on the cliffsides of Sue-meg State Park in

Trinity, and feeling the mist on our faces at McArthur-Burney Falls Memorial State Park, pulling our 1980s Coleman tent trailer behind us. No matter how you tackle exploring California parks, here are five noteworthy NorCal ones to take the family (within Shasta, Butte and Tehama counties).

1.



Castle Crags State Park, Castella

Right off I-5, 49 miles north of Redding and 15 miles south of the City of Mount Shasta, this 3,728-acre park is a backcountry wonderland with lots of trees, hiking trails and a campground beneath the cluster of dramatic 6,000-ft gray cliffs. There are plenty of easy hikes that are fun for the entire family. My favorite is the short half-mile out-and-back Vista Point Overlook Trail where the pleasant stroll ends with sweeping views of Castle Crags, Mt. Shasta and Grays Rocks. Along with its 28 miles of hiking trails, Castle Crags also has 76 campsites and brushes up against the Sacramento River and the Pacific Crest Trail. Plus, the California State Park Adventure Pass is accepted here.

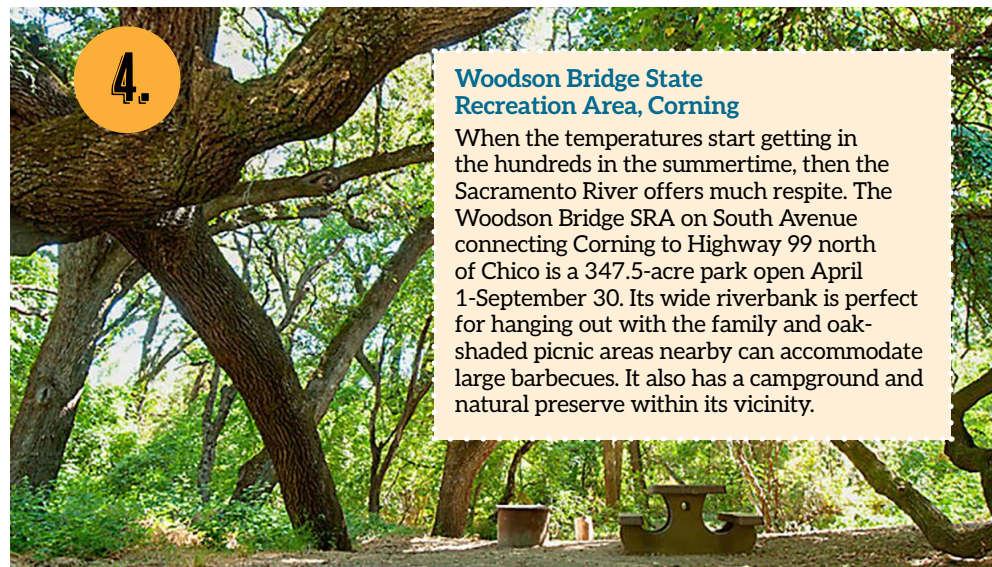
3.



Bidwell-Sacramento River State Park, Chico

The Bidwell-Sacramento River State Park just outside of Chico (six miles off West Sacramento Avenue) is popular for anglers hoping to hook salmon or steelhead. Its four day-use areas are rich with woodlands and riparian habitat, giving families the chance to see statue-like herons intently watching the water for fish action or river otters floating through, oblivious to any goals. Wildlife and bird-watching are big activities here, as well as canoeing, kayaking and floating downstream in inner tubes or rafts. There's also a short, easy 0.7-mile loop trail perfect for small kids since butterflies, bugs and other pollinators are often seen fluttering about on this flat trail.

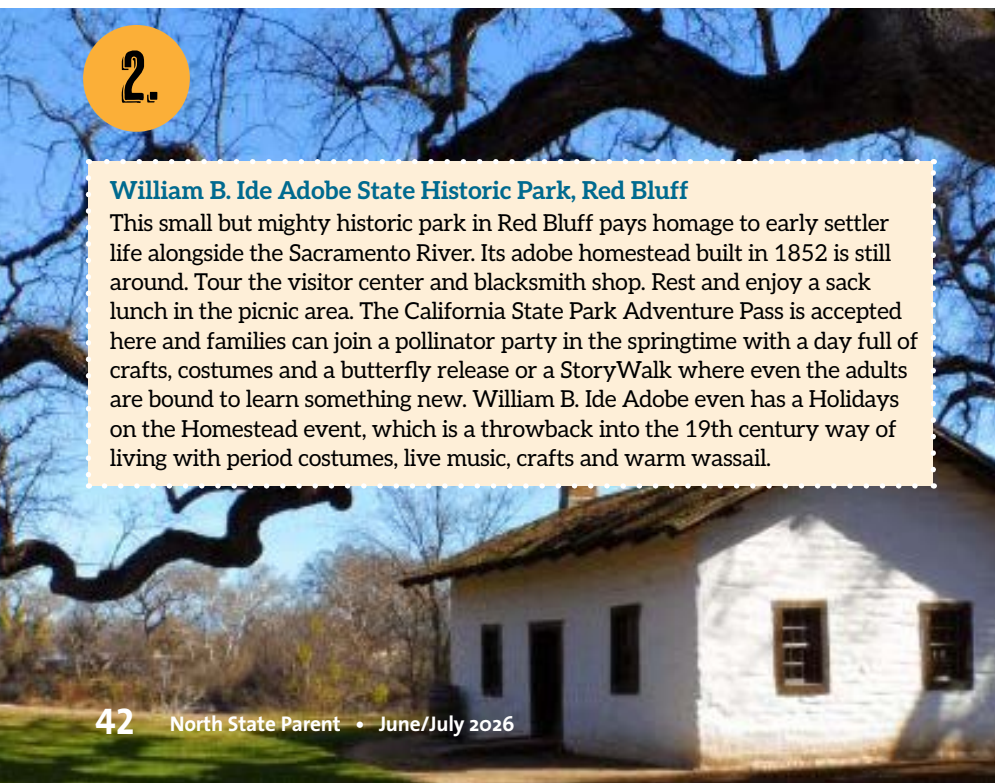
4.



Woodson Bridge State Recreation Area, Corning

When the temperatures start getting in the hundreds in the summertime, then the Sacramento River offers much respite. The Woodson Bridge SRA on South Avenue connecting Corning to Highway 99 north of Chico is a 347.5-acre park open April 1-September 30. Its wide riverbank is perfect for hanging out with the family and oak-shaded picnic areas nearby can accommodate large barbecues. It also has a campground and natural preserve within its vicinity.

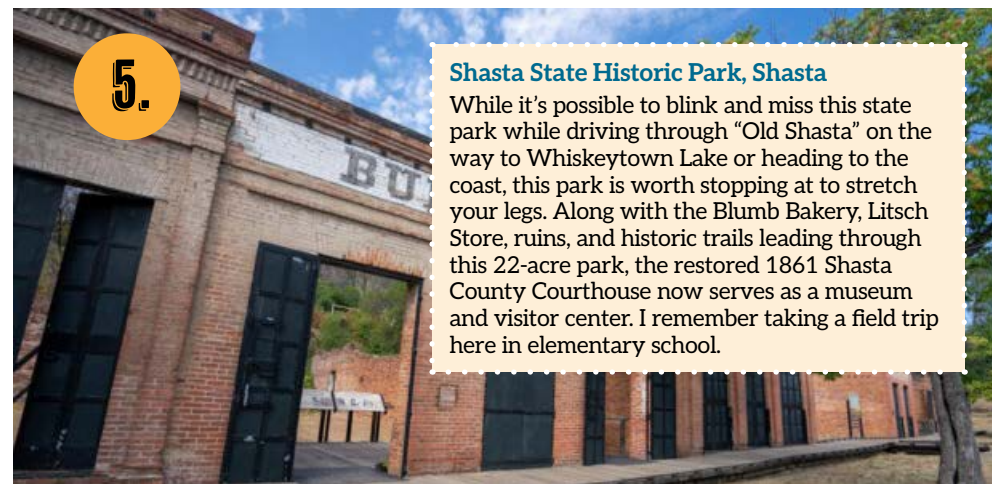
2.



William B. Ide Adobe State Historic Park, Red Bluff

This small but mighty historic park in Red Bluff pays homage to early settler life alongside the Sacramento River. Its adobe homestead built in 1852 is still around. Tour the visitor center and blacksmith shop. Rest and enjoy a sack lunch in the picnic area. The California State Park Adventure Pass is accepted here and families can join a pollinator party in the springtime with a day full of crafts, costumes and a butterfly release or a StoryWalk where even the adults are bound to learn something new. William B. Ide Adobe even has a Holidays on the Homestead event, which is a throwback into the 19th century way of living with period costumes, live music, crafts and warm wassail.

5.



Shasta State Historic Park, Shasta

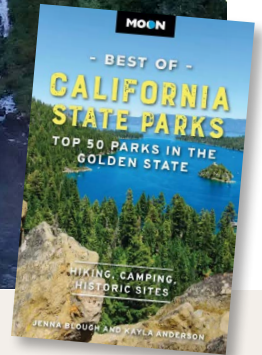
While it's possible to blink and miss this state park while driving through "Old Shasta" on the way to Whiskeytown Lake or heading to the coast, this park is worth stopping at to stretch your legs. Along with the Blumb Bakery, Litsch Store, ruins, and historic trails leading through this 22-acre park, the restored 1861 Shasta County Courthouse now serves as a museum and visitor center. I remember taking a field trip here in elementary school.

6.

McArthur-Burney Falls Memorial State Park

Called the eighth wonder of the world by naturalist and past president Theodore Roosevelt, the powerful 129-ft. flowing cascades are the focal point of this 910-acre park. The 1.1-mile Falls Loop Trail is its greatest attraction, but this state park is popular for fishing and swimming/boating activities at the nearby Lake Briton. Burney Falls also has two campground loops and cabins, which are great to post up at if you want to fall asleep to the soothing sounds of constant flowing water and see the dark skies. Burney Falls is 41 miles north of Lassen National Volcanic Park, which is another close Northern California gem full of natural wonders.

To avoid the crowds, visit the falls Mon-Thurs. As of May 1, advanced reservations will be required Fri through Sun until the end of September, Memorial Day, Fourth of July and Labor Day. Go to parks.ca.gov/post/102 for more info and the link to purchase passes.



California State Parks Resources for Kids

The California State Park system is always expanding its programming, recreational activities and even integrating more land into its fold to further conserve and celebrate its natural resources. Here are some ways kids can get involved:

- **Becoming a Junior Ranger** (ages 7-12): More than 100 California State Parks are stocked with Adventure Guides and staff available to share the park's unique features with young ones through hikes, interpretive talks, games, art and more. Kids who complete an Adventure Guide earn a wooden badge, logbook and unique stamp.
- **Doing your part to keep parks clean:** The Litter Getter program encourages kids to bring a bag and pick up trash as they explore the area to help keep wildlife safe and the park pristine. Kids can log their finds onto the [CSP Litter Getters website](https://www.csp-littergetters.com) to unlock a special activity.
- **California State Library Parks Pass:** Many California public libraries have a State Library Parks Pass which you can borrow and take to one of its 200 parks within a certain amount of time. This is a great way to get introduced to a California State Park if you're a California library patron.
- **Fourth graders get in free:** The CSP Adventure Pass gives public school fourth graders and their families free entry at 54 parks for a year. Sign up at reservecalifornia.com. ■



Kayla Anderson is the co-author of the recently released Moon travel guide, *The Best California State Parks*.

HIKING TIPS | from CALIFORNIA STATE PARKS

Walking and hiking on California's state park trails is safe and healthy fun, if you follow a few tips:

OUTDOOR PLAN: Tell a responsible person back at camp or at home where you are going and when you plan on returning. Ask that person to notify local law enforcement if you do not return on time.

HIKE WITH A BUDDY: Use the buddy system and hike with a friend or family member.

DO NOT WALK OFF-TRAIL: Do not walk off-trail or enter closed areas.

BE COURTEOUS AND OBSERVE TRAIL ETIQUETTE: Communicate with others and step aside to yield, if possible, when others approach you on a trail. Alert those in front if you wish to pass.

TAKE PLENTY OF DRINKING WATER: Drink and carry plenty of water (one quart for every two hours). Don't drink stream, river and lake water. Most contain parasites that will make you very sick.

SHOES: Wear sturdy, comfortable shoes to help prevent injury.

NEVER FEED OR TOUCH WILDLIFE: Do not approach or attempt to move sick or injured wildlife. Please report any encounters with aggressive, sick or injured animals to park staff.

WILDLIFE LIVES IN ALL STATE PARKS, EVEN NEAR URBAN AREAS: Although rare, black bears, mountain lions and rattlesnakes may be seen. Keep your distance, back away slowly and report.

SNAKES: Always know where you are stepping. Be cautious when climbing rocks or picking up firewood. If you see a snake, maintain a distance of at least six feet. Most bites occur when people get too close or try to touch them.

TICKS: Tick populations can increase depending on the season. Take the following precautions to avoid them:

- o Walk in the middle of trails.
- o Tuck your pants into your socks.
- o Always do a "tick check" with a friend.
- o Use insect repellent.
- o After taking off gear, check for hitchhiking ticks.

POISON OAK: It is a common plant throughout much of California. Learn to identify its shiny, three-leaf pattern and avoid touching it. If you touch poison oak, wash immediately with water and mild soap.

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NAVIGATING Summer

IN THE NORTH STATE WHEN MOST WATER ACTIVITIES ARE NOT AN OPTION

Peak summer in the North State is no joke. The thermometer can hit 107 before noon and it can feel like everyone around you practically lives at the lake or a backyard pool. Summer here has always revolved around water: the Sacramento River, Whiskeytown, Shasta Lake, the community pools and weekend trips to favorite hidden swimming holes.

For most families, that's just life during the summer. But for some, activities involving more than a couple of inches of water are simply off the table and finding summer fun in a season that seems to revolve around water takes a little creativity.

Reasons Why Some Kids Must Stay Out of the Water

The list of conditions that keep children out of deep water is more varied than most people realize. Ear tubes are among the most frequently performed pediatric procedures in the country and can sideline a child from the pool for an entire summer. Children recovering from surgery or dealing with open wounds, active skin infections or severe eczema face a real infection risk the moment they submerge. For children with a tracheostomy, water deeper than a few inches poses direct physical danger. Kids with cochlear implants or BAHA implants face similar restrictions, particularly in the weeks and months following surgery.

Immunocompromised children, such as those going through chemotherapy, recovering from a transplant or living with a primary immune disorder, can't risk exposure to what lives in pools and natural bodies of water. And not all reasons are medical. For some children with autism spectrum disorder or significant developmental delays, the restriction comes down to safety and the very real danger that impulsivity or limited body awareness poses near deep water.

When a Little Water Goes a Long Way

When your child can't participate in most water activities, the fear of missing out is real for them and for you. Summer culture in the North State genuinely centers on the water, and it's OK to acknowledge that your family's summer looks a little different. Keeping water in the picture, even in a different form, goes a long way toward making summer feel like summer.

Some North State cities have added splash pads to parks in recent years and they're great for cooling off without having to go near deep water. In Orland, **Lely Park's Splash Pad** pays tribute to the local volunteer fire department with a firefighter theme, while Redding's **Fantasy Fountain** at Enterprise Park features a volcanic fountain that erupts every few minutes. And if you want a later evening option, the **River Splash Pad** in Anderson is open until 10pm, with LED-lit water jets that add another level of fun.

If your backyard is an option, a sprinkler, water table or a few water balloons can create hours of play in the cooler morning hours. A closely supervised wade in a shallow local creek is another low-key way to enjoy water without the risk of depth.

Shasta County author Jennifer Arnold is the mom of four, two of whom have been diagnosed with multiple special needs. She hopes to raise awareness of many issues that parents of special needs children face on a regular basis.





RED BLUFF FARMERS MARKET



TURTLE BAY EXPLORATION PARK

SOME WATER-SAFE AND WATER-FREE OPTIONS IN THE NORTH STATE

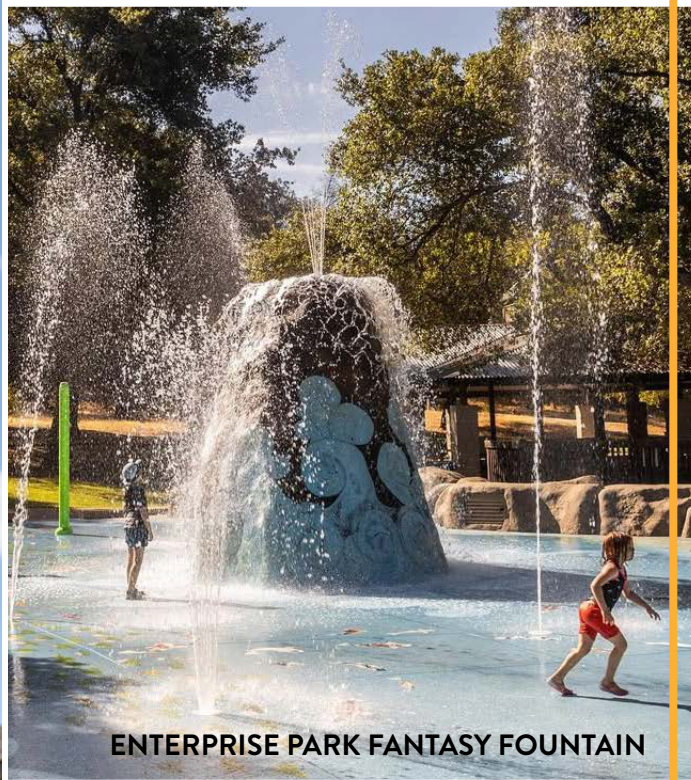
Some local gems get overlooked during summer when most people are looking to cool off at the lakes or by a pool.

[Turtle Bay Exploration Park](#) is one of the most family-friendly destinations in Northern California and it's air-conditioned on those 105-degree afternoons.

Local libraries run robust summer reading programs and story times for younger kids. [Cinemark Theaters](#) in Chico and Redding have a Summer Movie Clubhouse with family-friendly movies that run from June through August and [Spotlight Cinemas](#) in Red Bluff has free summer kids shows.

If you want to get out in the morning to beat the afternoon heat, check out your local farmers' markets or explore some of the beautiful trails in the area.

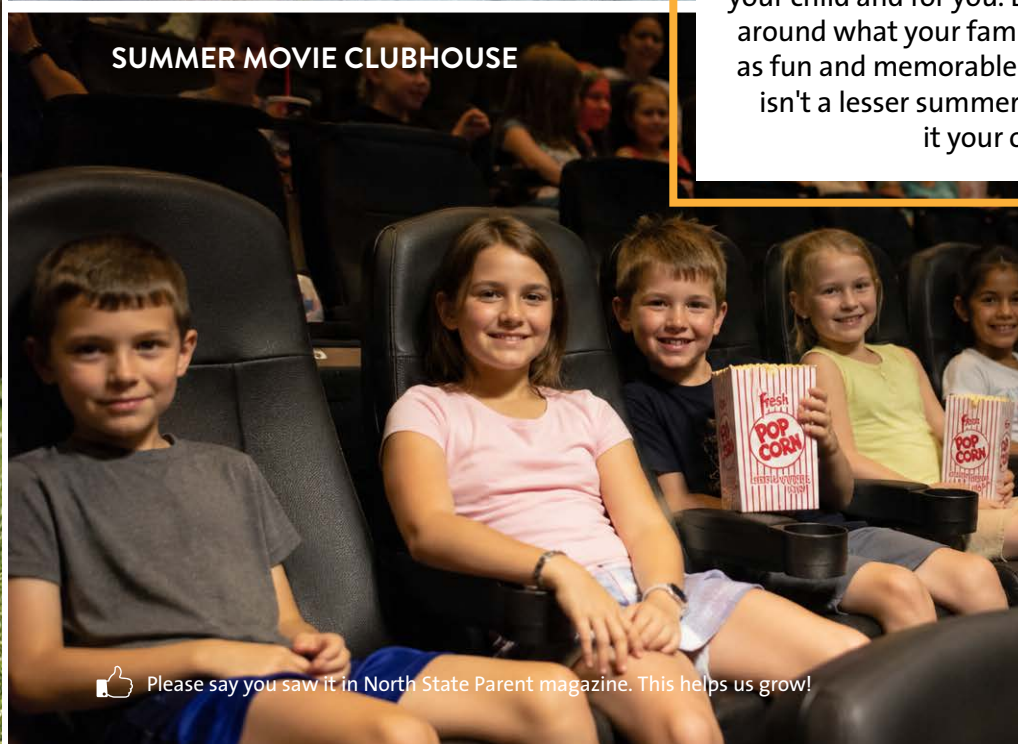
There's no sugarcoating it – sitting out the river trips and pool days is hard. It's hard for your child and for you. But a summer shaped around what your family can do can be just as fun and memorable. A different summer isn't a lesser summer and you can make it your own. ■



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LELY PARK SPLASH PAD, ORLAND



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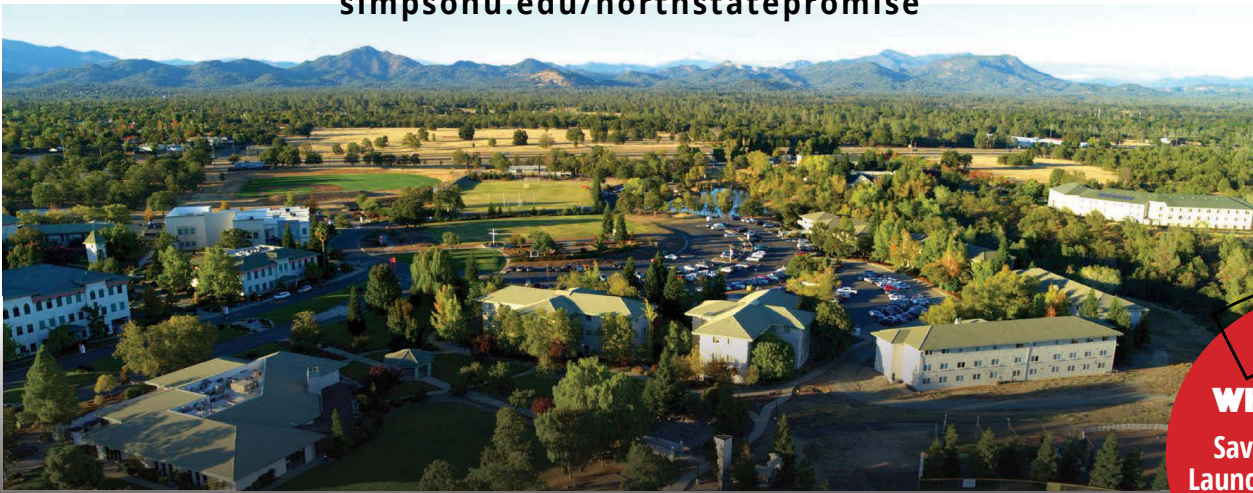
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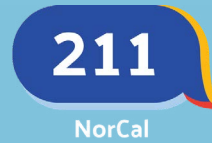
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Chico's Oak Bridge Academy gardening students are rightly proud of the beautiful vegetables they grow and harvest themselves and share with their families.
Photos provided by Oak Bridge Academy

for parents By Jenny Jones

At [Oak Bridge Academy](#) in Chico, learning doesn't just happen behind a screen. It's also taking root in soil, sunshine and student-led learning.

As part of the Chico Unified School District, Oak Bridge Academy offers a unique K-12 independent study program. This free public school option gives families flexibility in how, when and where their child learns, while still providing support from credentialed teachers. Students can work at their own pace academically while also participating in clubs, sports and extracurricular activities.

Community Support Provides a Unique Educational Opportunity

One example of that educational balance is the school's growing Garden Club, a project that has become a labor of love led by teacher Nicole Ballew. What began as a small garden idea has steadily grown into an expansive hands-on learning program complete with raised garden beds, a greenhouse, pollinator gardens and a newly planted fruit orchard.

The project first took root in 2022 when Ballew applied for a School Garden Grant through the University of California Cooperative Extension. After receiving the grant, she worked alongside students, families and community volunteers to help build the school's first outdoor garden beds and irrigation system. Additional grants through Chico Rotary Club and the Chico Horticultural Society later helped fund fencing around the garden space.

As the Garden Club continued to grow, so did Ballew's vision. Realizing students could learn even more through seed starting and plant propagation, she began pursuing funding for a greenhouse as part of a larger five-phase master plan that also includes pollinator pathways, a fruit orchard and future bee education. Her dedication paid off in 2025 when she received a \$20,000 California Teachers Association grant to help bring the greenhouse project to life.

School Garden Provides Meaningful Hands-On Experience

Today, the Oak Bridge garden focuses on growing seasonal fruits, vegetables, flowers and young orchard trees that will eventually produce pears, apples, peaches, nectarines, citrus, persimmons and more. Even Ballew's classroom reflects her passion for gardening and plant education. The room is filled with plants that students learn to propagate and grow before transferring seedlings into the greenhouse and outdoor garden beds.

For students who spend much of their academic time online or learning independently at home, this kind of hands-on experience is especially meaningful. Living in Chico, surrounded by agriculture, students can better understand where food comes from while also learning about responsibility and teamwork.

Ballew takes to heart a quote by Alfred Austin, "The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul." The Oak Bridge garden has become a place where students can get their hands dirty, and more importantly, get to see and enjoy the fruits of their labor.

Growing More Than a Garden

Learning extends far beyond gardening. Students explore sustainability, environmental science and real-world applications through planting, harvesting and caring for the space together. When produce is ready, students can take fruits and vegetables home to their families. As the program continues to expand, Ballew hopes to incorporate cooking lessons using garden-grown ingredients and eventually provide dehydrated produce bags to Chico Unified families in need during the summer and fall months.

Garden Club is a reminder that some of the best learning happens outside the traditional classroom. At Oak Bridge Academy, students are given the freedom to learn in a way that fits their needs while also finding meaningful opportunities to connect, contribute and grow.

As the garden continues to flourish, so do the students, gaining pride in what they've built together. And while the harvest will come and go, the lessons learned there are the kind that last well beyond the season. ■



Jenny homeschooled her children for six years through an independent study program and during that time enjoyed building a garden with her family to grow fresh produce to share with neighbors and friends.



Through hands-on agricultural experiences, school gardens are helping to grow minds as well as food, providing some of the best learning opportunities outside of traditional classrooms.

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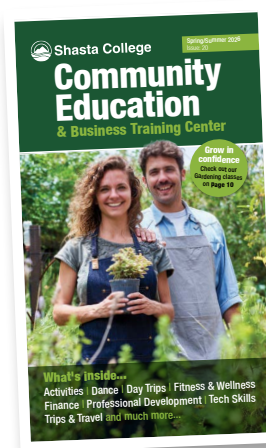
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