Camp Realize Your Beauty

Where Self-Esteem Takes Center Stage!™

Summer 2019
Frequently Asked Questions

Choosing a summer camp for your child is a big decision. We hope the following information will make that decision a little easier. Please read through the following Frequently Asked Questions. *If you have additional questions, please contact our Executive Director, Stacey Lorin Merkl at 347-915-5281 or stacey@realizeyourbeauty.org*

What are the dates of Camp Realize Your Beauty?

This summer we are offering one overnight camp session, running from July 28th-August 2nd, 2019.

Who may register?

Campers: Girls ages 10-15yrs
Jr. Counselors: Girls ages 16-18yrs

Where is Camp Realize Your Beauty located?

Camp Realize Your Beauty is located on the beautiful grounds of YMCA of the Rockies, located in Estes Park, CO.

How much does the camp cost?

- Tuition for the summer session is $725 per camper, with a discount offered for 'Early Bird' registration* ($700 *special pricing ends 3/15/19).
- A non-refundable deposit of $350 is due at time of application.
- Full payment is due by June 1st.

What will my child learn at Camp Realize Your Beauty?

Your camper will learn acting, play writing & directing skills, with a special emphasis placed on developing a positive sense of self.

There will be a mixture of theatre technique classes and empowerment workshops aimed at teaching campers a new more positive way of thinking about themselves and about beauty. We cover the following topics of 'empowerment': self-esteem, kindness (towards self and others) and anti-bullying.

Through fun and engaging activities, we help your camper to build their self-esteem, while they develop new friendships!

For more information about the learning goals of Realize Your Beauty, we encourage you to visit: http://realizeyourbeauty.org/learning-goals

Throughout the week, the campers will have the opportunity to create their own theatre piece, to be performed for parents on the final day of camp, at pick-up time.

What additional activities will my camper participate in?

In addition to the daily classes, your camper will participate in 'classic' camp activities. These may include following activities: Swimming (with lifeguard on duty), mini-golf, archery (taught & supervised by YMCA Staff), crafts, nature walks and camp fire and drum circles.

Will these activities be supervised?

Yes, all activities will be supervised by camp counselors.

Where will my camper sleep?

Your camper will sleep in the Eastside Lodge, an indoor lodge with dorm rooms. She will share a room with 3 girls her age and 1 Jr. Camp Counselor. Bedding and towels will be provided (your child will not need to bring a sleeping bag).

How big is Camp Realize Your Beauty?

This summer we will have 12 girls taking part in our summer session, and 1 Jr. Counselor.

How many counselors will be at Camp Realize Your Beauty?

At Camp Realize Your Beauty we have a counselor to camper ratio of 1:4, meaning that this year we will have 3 highly-trained, experienced, professional, kind & energetic counselors working with your camper. In addition, we will have a Jr. Counselor providing additional assistance. All of our counselors are females and they are certified in First Aide/CPR.

What is a Jr. Counselor?

A Jr. Counselor is an older camper that has been interviewed and trained with the same rigorous attention we give all our Counselors. They are kind, energetic and responsible older campers. They are all female and fully trained in First Aide/CPR. Jr. Counselors will be supervising younger children at bedtime and during breaks. They may lead a simple warm-up game or fun game during break time. A head counselor will always be near-by and available should Jr. Counselors need any assistance. Outside of duties listed above, the Jr. Counselors will participate in all the fun camp activities with the other campers. If your camper is between the ages of 16-18yrs and would like to apply to be a Jr. Counselor, please email us at: info@realizeyourbeauty.org

My child has never been to an overnight camp. Is she ready for Camp Realize Your Beauty?

A camper's first time at overnight camp is a big deal! With our professional counselors, small camp size, and curriculum focused on confidence, empowerment and strong sense of self— there couldn't be a better first overnight camp experience. That being said, it's an experience which may present a challenge to your child. To determine whether she is ready, reflect on her other trips away with family, sleep-overs & school trips.

How will meals work?

All meals and snacks are included in your camper's tuition. They will have many healthy and nourishing options available at meal times. We will also accommodate any dietary restrictions that are included in your camper's Health & Physical form. Your child will have an abundance of choice at every meal, to satisfy even the pickiest of campers!

What will a typical schedule look like?

A typical day at Camp Realize Your Beauty will consist of:

Morning

- Breakfast
- Warm-Up Games (fun theatre games!)
- Morning theatre workshops (acting, improv, directing and playwriting)

Afternoon

- Lunch
- Empowerment Workshops (fun workshops with an emphasis on kindness, anti-bullying, self-esteem and creating a positive sense of self!)
- Afternoon Activity: (nature walk, mini-golf, swimming…)

Evening

- Dinner
- Evening Activity (camp fire, drum circle dance party…)
- Bed

Will my child be allowed to bring her cell phone?

Yes, cell phones are allowed, but we will highly restrict their use. In this world of technology and social media, we find it is more important than ever to encourage children to un-plug, enjoy the beautiful nature surrounding them and focus on building new friendships with their fellow campers.

Will there be transportation to and from camp?

Unfortunately, we are not able to offer transportation to/from camp at this time (this includes airport pickups). If needed, we can provide shuttle information and schedules for a 3rd party shuttle service. This cost is not included in camp tuition, and reservations are made directly through the shuttle company. If we have multiple campers interested in the shuttle service, we can help arrange for everyone to be on the same ride. We can meet your camper at the shuttle drop off on the YMCA Campus.

Otherwise, please find pick-up & drop-off info below:

- Drop-off time will be 4pm, Sunday, July 28th
- Pick-up will be at 3pm on Friday, August 2nd, with a performance for parents that will conclude at 4pm.

What is the cancellation policy?

Cancellations for medical reasons before camp begins must be accompanied by a letter from the attending physician. In this case, RYB will refund tuition minus the non-refundable deposit. Cancellations in any other case will result in a cancellation charge (in addition to the non-refundable deposit), based upon the date of cancellation as follows: Before June 1st $200, after June 1st- full tuition.

Camp Director, Bio:

Stacey Lorin Merkl is the Founder & Executive Director of Realize Your Beauty, Inc., a 501c3 organization that promotes positive body image to children & adolescents through theatre arts (realizeyourbeauty.org). Realize Your Beauty (RYB) has programs for all age groups less than 18yrs, for both males & females. For older students, RYB's presentations also include Eating Disorder awareness & prevention. Realize Your Beauty offers programs in both NYC and Colorado – with their Colorado offices based in Salida, CO. Stacey is a native of Wheat Ridge, CO and holds a BA in Theatre Arts and a BA in French from the University of Northern Colorado. She has taught theatre and music to children and teens at various arts centers in Colorado (including the Arvada Center for Performing Arts & the Lakewood Cultural Center), Seattle, Paris (France) and New York City. Stacey founded Realize Your Beauty, Inc. in 2010, combining her love of theatre arts with her passion for social change and education. She is a longtime volunteer for the National Eating Disorders Association (NEDA) and is a trained facilitator for NEDA's Body Project. She is also a member of Endangered Bodies NYC, IAEDP Denver Chapter (International Association of Eating Disorder Professionals) and AED (Academy for Eating Disorders) and the American Camp Association.

Head Counselor, Bio:

Starr Kirkland has been a Theatre Troupe Member with Realize Your Beauty in NYC since 2008. She is an actress and poet from San Diego, CA. She graduated from the University of California, Santa Barbara with a BFA in Theater. As a writer and performer, Starr has used her spoken word to combat racism, violence, and bigotry, and to promote tolerance and an awareness of social issues. Some of the other programs Starr has worked with include: street outreach with The Storefront, an emergency shelter for youth; and Take Wing Transitional Living Community, a transitional living community specifically designed to break the cycle of homelessness for youth. She later started her own peer education theater troupe for at-risk youth, The Y.E.S. Program (Youth Expressing Self). Starr was a recipient of the Gandhi Nonviolence Award for her work in violence prevention in the community with specific emphasis on teen relationship and gang violence. Find out more here: starrkirkland.com