



Happy Campers

How to give your kids a summer's worth of stories.

Flash forward a few weeks: School's out, the kids are amped up, and two months of long days await. Try a cool camp this summer—because glorified arts 'n' crafts just won't cut it. —NATALIE VILLARREAL

FOR THE ADVENTURER

Poulter Camps
For 43 years, the Poulter folks have led rock-climbing, spelunking, and mountaineering trips for third- to 11th-graders at this sleep-away outdoor discovery camp near Steamboat Springs. 970-879-4816, www.poultercamps.com

FOR THE ARTIST

Precollege Academy at Rocky Mountain College of Art + Design
Got a budding Picasso on your hands? With a variety of weeklong classes (lodging optional for juniors and seniors) capped at 15 participants, plus a three-week session, the Denver-area design school welcomes any high school student interested in topics ranging from interior design and 3-D game art to comic book illustration. 303-225-8570, www.rmcad.edu

FOR THE SAILOR

Community Sailing of Colorado Summer Camp
Kids from eight to 17 can hit the open water (or as close to it as we get in Colorado) at the Cherry Creek Reservoir or Standley Lake in Westminster. Weeklong lessons from June through August cover everything from basics like knot-tying to advanced racing techniques; try two- or eight-week stints for longer sailing or windsurfing sessions. 303-757-7718, www.communitysailing.org

FOR THE ANIMAL LOVER

Vail Horse Camp at the Ranch at Spraddle Creek
Saddle up just north of Vail Village at a day-ranch that offers horsemanship camps, nature lessons, and advanced riding sessions, for the first-timer through the advanced rider, on a flexible, pay-per-day basis (\$75-200). 970-476-6941, www.vailhorsecamp.com

FOR THE PERFORMER

Rocky Mountain Theatre for Kids
The drama queen (or king) in your family will dig these two- or four-week sessions in either Denver or Boulder that culminate with a performance in a real theater. Divided into age groups and trained by skilled theater teachers, kids will practice acting techniques, singing, choreography, stage presence, character portrayal, and more. 303-245-8150, www.theatreforkids.net

FOR THE ARCHAEOLOGIST

Crow Canyon Archaeological Center Summer Camps
Scout out southwestern Colorado's Ancestral Puebloan cliff dwellings (up to 1,500 years old), with hands-on summertime sessions (one week or three weeks, for high schoolers only), including field excavation, artifact analysis, and simulated digs. 970-565-8975, www.crowcanyon.org

HEALTH ALERT What Gets Under Your Skin?



Recent studies say the products you regularly slather on yourself—and on your kids—may contain chemicals such as parabens that can cause cancer or disrupt hormones, especially in pregnant women. Don't sweat it. Try these. —ANNE VICKMAN



MyChelle Dermaceuticals Sun Shield SPF 28, www.mychelleusa.com



Kabana Skin Care Green Screen Organic SPF 20, www.kabanaskincare.com



Lily Organics Sensitive Skin Moisturizing Cream, www.lilyorganics.com



NEW ACTIVITY

Make That Two

Cycling does not have to be a solitary sport. My husband and I have logged more than 15,000 miles on our tandem, and I'd take the camaraderie of a bicycle-built-for-two over one of us huffing and puffing a block behind the other any day. We exercise our bodies and our relationship, and with a well-engineered child-trailer, it's easy to bring kids along. Waterway trails, such as Cherry Creek, South Platte, and High Line Canal, are great for traffic-free riding. Our suggestion? Visit **Tandem Cycle Works**, the nation's only 100 percent tandem shop, and rent for the day (\$49). 1080 S. Gaylord St., 303-715-9690, www.tandem-cycleworks.com —MJ MORGAN