

Be A Healthy Hero

Watch for Registration Info Soon!

Healthy, Enriching Summer for Rochester's Kids

FREE 5 WEEK **SUMMER CAMP**

at Monroe Community College

Brighton Campus - 1000 E. Henrietta Road

Monday, June 29 – Friday, July 31, 2026

No Camp on Friday, July 3rd.

8:00 am - 3:30 pm, Monday-Friday

Bus transportation: pick-up 7:10 am, drop-off 3:45 pm
at various sites around Rochester.

Active Play:

Wide range of activities and sports, including basketball, swimming, lacrosse, golf, tennis, flag football, and more!

Engaged Learning:

Academic enrichment programs to help reduce summer learning loss. Topics include: reading, math, health and nutrition, music, bullying education and more.

Healthy Breakfast & lunch provided each day!

This FREE camp is offered to students, entering 1st through 6th grades in the fall, who attend the Rochester City School District

Registration is open February 2 to May 15, 2026. Register online at <https://app.campdoc.com/register/healthyhero> or scan the QR code below.

Questions can be sent to Healthyhero@monroecc.edu. We have 800 seats available, so register early to ensure your place in camp. Obtain your child's current Immunization Record and Health Certificate signed by their doctor in order to complete the registration process. **REGISTRATION DEADLINES ARE FIRM.**



Sponsored by:



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To register:
Scan the QR code.

SUMMER CAMP

at Monroe Community College

Brighton Campus - 1000 E. Henrietta Road

What our Camp has to offer!

- ✓ Camp led by certified teachers & administrators
- ✓ Focus is summer learning. We successfully stop/slow 'summer slide' and most of our campers make academic progress in math and ELA based on pre-and-post-camp assessment
- ✓ Independent research proves that HH campers outperform their matched peers at their home school the year following camp participation
- ✓ Campers are placed in groups for math and ELA based on pre-assessments. Allowing teachers to focus on specific skill sets and closing holes that is impede academic progress. No one else does this in the area!
- ✓ Swimming lessons and Ropes courses
- ✓ Music program focused on musical instruments, singing and writing songs
- ✓ Full-time RN and LPN work full-time at camp
- ✓ Allergy management by trained medical staff
- ✓ Low ratio of staff to campers
- ✓ Campers are assigned to teams based on age and gender
- ✓ Sport program introducing sports that will lead to increased participation in school programs. Important because we know when kids are actively involved in their school (and spend more time there) they are more likely to graduate
- ✓ College and high school students serve as Senior Counselors and mentors
- ✓ Full-time Social Emotional Learning Specialists (SEL) work with campers resolve problems and work through emotions. Full-time SEL assigned to each grade
- ✓ Health class focusing on healthy habits
- ✓ Opportunities for campers to 'grow into' our volunteer Counselor in Training Program (CIT) from 7th grade to age 15
- ✓ Most of our CITs were once campers themselves
- ✓ Many CITs become trained and paid counselors at age 16
- ✓ Over 100 staff working in camp
- ✓ New and improved academic curriculum available this year (Math, ELS, Music and Health/Nutrition)
- ✓ The best athletic and academic facility in the area due to MCC's generous support
- ✓ Shared use of MCC's top tier athletic equipment
- ✓ Pre-and-post evaluation of skills learned in academics and athletics
- ✓ 3-person camp counselor teams assigned to each group of 20 campers
- ✓ Commitment to progressive discipline led by a senior certified teacher with 20+ years of experience working with children
- ✓ Quiet Room where campers can go to decompress, if needed
- ✓ Recognition that some campers are noise sensitive and may be provided soundproof headphones during loud activities
- ✓ Transportation provided at numerous locations within Rochester
- ✓ Free – so dollars can be spent at alternative camps in August to cover remaining summer break period
- ✓ USDA approved breakfast, lunch and snacks
- ✓ Sports taught by staff trained at TEACHING sports, not just playing sports