



Camp: Girls Edition

Week 1



CAMP HOURS

Monday–Friday
9:00am–4:00pm

Extended Care
7:30am–9:00am
4:00pm–5:45pm

SUPERVISOR

Lisa Hodge
lhodge@ywcahamilton.org
905-522-9922
ext. 133

Stay Connected:



www.ywcahamilton.org



Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 – 9:00 am	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				
9:00 – 10:00 am	Create Group Name and Icebreaker	Trip to Bayfront Park: Outdoor Creative Art Experience	Creative Art: Group Mural	Creative Science: Fizzing Bath Dough	Career Connections: Each week we will have a female professional come in for a Q & A with the girls
10:00 – 11:00 am	Creative Art: Friendship Bracelets		Group Game: Freeze Dance	Creative Art: Perler Bead Creations	
11:00 – 12:00 pm	Group Game: Two truths and lie		Creative Science: Skittles Experiment	Group Game: I Like to... Memory Game	Creative Cooking: Apple Butterflies
12:00 – 12:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 – 1:00 pm	Gardening at Central School; Caring for the plants and documenting their growth				
1:00 – 2:00 pm	Swimming	Yoga	Swimming	Yoga	Swimming
2:00 – 3:30 pm	Community outings to parks in the neighbourhood; Girls will map ones they would like to visit based on equipment and location				
3:30 – 4:00 pm	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				



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Week 2



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Extended Care
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4:00pm–5:45pm

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Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 – 9:00 am	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				
9:00 – 10:00 am	Creative Art: Tie Dye Coffee Art	Creative Science: Apple Science	Trip to Grand River Rafting!! Please come prepared with a lunch, swimming attire and extra sunscreen. <u>We will be Promptly leaving 9pm</u>	Creative Art: Squirt Painting on Canvases	Career Connections: Each week we will have a female professional come in or go visit for a Q & A with the girls
10:00 – 11:00 am	Trip to Central Public Library	Large Group Team Builder: Hot Chocolate River		Group Game: Great Wind Blows	
11:00 – 12:00 pm		Creative Cooking: Fruit Sparkler		Creative Science: Walking Water	Presents Group Dances
12:00 – 12:30 pm	Lunch	Lunch		Lunch	Lunch
12:30 – 1:00 pm	Gardening at Central School; Caring for the plants and documenting their growth			Gardening continued	
1:00 – 2:00pm	Swimming	Group Dance	Swimming	Swimming	
2:00 – 3:30 pm	Community outings to parks in the neighbourhood		Community outings continued		
3:30 – 4:00 pm	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				



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Week 3



CAMP HOURS

Monday–Friday
9:00am–4:00pm

Extended Care
7:30am–9:00am

4:00pm–5:45pm

SUPERVISOR

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:30 – 9:00 am	Extended Care: Variety of activities planned and spontaneous to support the children's interests.					
9:00 – 10:00 am	Creative Art: Dream Catchers	Spa Morning: Various Stations (Facials, Nails, Makeup etc.)	Creative Science: Slime	Trip to African Lion Safari!! Please come prepared with a lunch, swimming attire and extra sunscreen. <u>We will be leaving promptly at 9:00</u>	Career Connections: Each week we will have a female professional come in or go visit for a Q & A with the girls	
10:00 – 11:00 am	Group game: Charades		Creative Art: Slime Stained Glass		Group Game: Call my Bluff	Group Game: Cat catching Mouse
11:00 – 12:00 pm	Creative Cooking: Hot Chocolate Edible Playdough		Lunch		Lunch	Lunch
12:00 – 12:30 pm	Lunch	Lunch	Lunch		Lunch	
12:30 – 1:00 pm	Gardening at Central School; Caring for the plants and documenting their growth				Gardening continued	
1:00 – 2:00 pm	Swimming	Photo shoot	Swimming	Swimming		
2:00 – 3:30 pm	Community outings to parks in the neighbourhood; will map ones they would like to visit based on equipment and location				Community outings continued	
3:30 – 4:00 pm	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children's interests.					

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Week 4



CAMP HOURS

Monday–Friday
9:00am–4:00pm

Extended Care
7:30am–9:00am

4:00pm–5:45pm

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Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 – 9:00 am	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				
9:00 – 10:00 am	Group Game: Keep Ups	Creative Art: Tinfoil Art	Creative Art: Sidewalk Chalk Paint	Trip to Wild Water Works!! Please come prepared with a lunch, swimming attire and extra sunscreen. <u>We will be leaving promptly at 9:00</u>	Career Connections: Each week we will have a female professional come in or go visit for a Q & A with the girls
10:00 – 11:00 am	Walk to Gore Park Make shadow paintings	Creative Cooking: Lime Creamsicles	Yoga Time: Video, Relaxation Music and Techniques		Creative Art: Painting Rocks
11:00 – 12:00 pm	Picnic Lunch at Gore Park	Creative Science: Unpoppable Bubbles	Creative Science: Glowing ice and Oil		Lunch
12:00 – 12:30 pm		Lunch	Lunch		Lunch
12:30 – 1:00 pm	Gardening at Central School; Caring for the plants and documenting their growth				Gardening continued
1:00 – 2:00 pm	Swimming	Creative Acting: Script Writing	Swimming		Swimming
2:00 – 3:30 pm	Community outings to parks in the neighbourhood; Girls will map out parks they would like to visit based on equipment and location			Community Outings Continued	
3:30 – 4:00 pm	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				

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Week 5



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Monday–Friday
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Extended Care
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4:00pm–5:45pm

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Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 – 9:00 am	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				
9:00 – 10:00 am	Trip to Whitehern: Gather Fairy Garden Supplies	Science Experiment: Make Homemade Scented Bubbles	Group Games: Trivia	HAAA park for Olympic Games	Career Connections: Each week we will have a female professional come in or go visit for a Q & A with the girls
10:00 – 11:00 am		Creative Art: Fairy Garden Dioramas	Continue Fairy Garden Dioramas		Group Game: Just Dance
11:00 – 12:00 pm		Sketching Flowers with Pastels	Group game: Squirt		
12:00 – 12:30 pm	Picnic Lunch	Lunch	Lunch	Lunch	Lunch
12:30 – 1:00 pm	Gardening at Central School; Caring for the plants and documenting their growth				
1:00 – 2:00 pm	Swimming	Plan Olympic games for Thursday	Swimming	Perler Beads	Swimming
2:00 – 3:30 pm	Community outings to parks in the neighbourhood; will map ones they would like to visit based on equipment and location				
3:30 – 4:00 pm	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				

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Week 6



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Extended Care
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Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 – 9:00 am	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				
9:00 – 10:00 am	Civic Holiday – Camp is Closed	Trip to Bayfront Park: Hopscotch competition	Creative Art: Firework Creations	Trip to Bissells!! Please come prepared with a lunch, and swimming attire. <u>We will be leaving promptly at 9:00</u>	Career Connections: Each week we will have a female professional come in or go visit for a Q & A with the girls
10:00 – 11:00 am			Trip to Farmer's Market		Creative Cooking: Banana Split on a stick
11:00 – 12:00 pm		Lunch	Lunch		Lunch
12:00 – 12:30 pm		Gardening at Central School; Caring for the plants and documenting their growth			Gardening continued
12:30 – 1:00 pm		Creative Art: Sewing pillow cases	Swimming		Swimming
1:00 – 2:00 pm		Community outings to parks in the neighbourhood; Girls will map out parks they would like to visit based on equipment and location			Community Outings Continued
2:00 – 3:30 pm		Snack & Girl Talk	Snack & Girl Talk		Snack & Girl Talk
3:30 – 4:00 pm		Extended Care: Variety of activities planned and spontaneous to support the children's interests.			
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				



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Week 7



CAMP HOURS

Monday—Friday
9:00am-4:00pm

Extended Care
7:30am-9:00am

4:00pm-5:45pm

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Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 – 9:00 am	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				
9:00 – 10:00 am	Creative Science: Jellyfish in a Bottle	Group Game: Tell Me a Story	Creative Art: 3D Hand Art:	Trip to Bronte Creek!! Please come with a lunch and swim attire <u>We will be leaving promptly at 9am</u>	Career Connections: Each week we will have a female professional come in or go visit for a Q & A with the girls
10:00 – 11:00 am	Trip to Central Public Library	Yoga Time: Video, Relaxation Music and Techniques	Grape Structure Competition		Creative Art: Rainbows in a Bag
11:00 – 12:00 pm		Creative Cooking: Worms and Dirt	Team Builder: Magic Carpet		Lunch
12:00 – 12:30 pm	Lunch	Lunch	Lunch		Gardening continued
12:30 – 1:00 pm	Gardening at Central School; Caring for the plants and documenting their growth				Swimming
1:00 – 2:00 pm	Swimming	Dance Routines pt 2	Swimming	Swimming	Community Outings Continued
2:00 – 3:30pm	Community outings to parks in the neighbourhood; will map ones they would like to visit based on equipment and location				Community Outings Continued
3:30 – 4:00 pm	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				



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Week 8



CAMP HOURS

Monday—Friday
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Extended Care
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4:00pm–5:45pm

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Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 – 9:00 am	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				
9:00 – 10:00 am	Creative Art: Straw Weaving	Disney Movie Trivia	Creative Cooking: Breakfast Sushi	Trip to Durand Park: Outdoor Play & Splash pad Fun	Summer End Camp Carnival!!! Please come prepared with a lunch, and extra water <u>We will be leaving promptly at 9:00</u>
10:00 – 11:00 am	Creative Cooking: Lemonade	Trip to the Farmer's Market	Group Game: Never Have I Ever...		
11:00 – 12:00 pm	Group Game: The Line Up Game		Creative Science: Shaving Cream Rain Clouds		
12:00 – 12:30 pm	Lunch	Lunch	Lunch	Lunch	
12:30 – 1:00 pm	Gardening at Central School; Caring for the plants and documenting their growth				
1:00 – 2:00 pm	Swimming	Yoga	Swimming	Swimming	
2:00 – 3:30pm	Community outings to parks in the neighbourhood; Girls will map out parks they would like to visit based on equipment and location				
3:30 – 4:00 pm	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				



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Week 9



CAMP HOURS

Monday–Friday
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Extended Care
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4:00pm–5:45pm

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Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 – 9:00 am	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				
9:00 – 10:00 am	Outdoor water play at Central	Creative Art: Landscape Painting	Creative Science: Instant Ice	Trip to the Hamilton Art Gallery	Career Connections: Each week we will have a female professional come in or go visit for a Q & A with the girls
10:00 – 11:00 am	Creative Cooking: Ice Cream in a Bag	Trip to Bayfront: Splash Pad, Hike & Picnic Lunch	Group Game: Stand Up Sit Down		Dance Party & Guess that Song Game
11:00 – 12:00 pm	Creative Science Tornado in a bottle		Creative Art: Perler Bead Creations		Lunch
12:00 – 12:30 pm	Lunch		Lunch		Lunch
12:30 – 1:00 pm	Gardening at Central School; Caring for the plants and documenting their growth				
1:00 – 2:00 pm	Swimming	Creative Art: Self Portraits	Swimming	Summer End Multicultural Potluck Party	Swimming
2:00 – 3:30 pm	Community outings to parks in the neighbourhood; will map ones they would like to visit based on equipment and location				
3:30 – 4:00 pm	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk	Snack & Girl Talk
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				