



# YWCA Active Kids JR Summer Camp 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](http://www.ywcahamilton.org)



Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 – 9:00am	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				
9:00 – 10:30am	Ice Breaker Stand Up sit Down	Local Community Outing : May Include a Trip to Hamilton Farmers Market, Central Library, Bayfront Park, Durand Park, HAAA Park or Central Park.	Science: Elephant Toothpaste	Creative Art: Spray Bottle Art	Outdoor play and Splash Pad Fun at Durand Park
10:30– 11:30am	Creative Art: Tin Foil Art		Concentration Ball at Whitehern	Splash Pad Fun at Central Park	
11:30 – 12:30pm	Face painting				
12:30 – 1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 – 2:00pm	Group Game: Dodgeball	Silly song show down	Set up Obstacle course	Group Game: Soccer Baseball	Group Game: Spiders and Flies Tag
2:00– 3:00pm	Swimming	Octopus Tag	Swimming	Friendship Bracelets	Swimming
3:00– 3:30 pm	Soccer fun at Whitehern	Lego Challenge	Obstacle Races	Creative Art: Rock Painting	Creative Cooking: Goldfish Trail Mix
3:30 – 4:00 pm	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				

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# YWCA Active Kids JR Summer Camp Week 2



## 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 – 9:00am	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				
9:00 – 10:30am	Science Experiment: Shadow Puppets	Local Community Outing : May Include a Trip to Hamilton Farmers Market, Central Library, Bayfront Park, Durand Park, HAAA Park or Central Park.	Trip to Little Monkeys!!!  Please come prepared with a lunch, swim attire  <b><u>We will be leaving promptly at 9am</u></b>	Creative Art: Fire flies	Creative Art: Mosaic Art
10:30– 11:30am	Outdoor Creative Art Experience: Shadow painting in the Central School Gardens			Outdoor Play at Durand Park	Creative Science: Skittles experiment
11:30 – 12:30pm				Trip to Whitehern to play soccer	
12:30 – 1:00pm	Lunch	Lunch		Lunch	Lunch
1:00– 2:00pm	Group Game: Where do you Stand?	Group Game: Candy ice breaker		Group Game: Prison Ball	Group Game: Cat catching mouse
2:00– 3:00pm	Swimming	Group Game: Hunter and Guard		Swimming	Swimming
2:00 – 3:30pm	Trip to Whitehern for Soccer–baseball	Science: Rainbow Paper		Science: Heat experiments	Creative Cooking: Making Lemonade
3:30 – 4:00pm	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games
4:00 – 5:45pm	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				

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# YWCA Active Kids JR Summer Camp Week 3



## 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 – 9:00am	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				
9:00 – 10:30am	Creative Cooking: Strawberry Yogurt Bark	Local Community Outing : May In- clude a Trip to Hamilton Farmers Market, Central Library, Bayfront Park, Durand Park, HAAA Park or Central Park.	Science: Dyed Flowers	Trip to African Lion Safari!!!  Please come prepared with a lunch, swimming attire and extra sunscreen.  <b><u>We will be leaving promptly at 9:00</u></b>	Creative Art: Marshmallow Edible Paint
10:30– 11:30am	Group Game Great wind Blows		Group Game Name Chase		Fun Trivia
11:30 – 12:30pm	Science: Tornado in a Bottle		Creative Art: Free Flow		Science: Coke and Mentos Experiment
12:30 – 1:00pm	Lunch	Lunch	Lunch		Lunch
1:00 – 2:00pm	Group Game: Call My Bluff	Group Game: Capture the Flag	Group Game: Jump Rope Race		Group Game: Mini Stick Hockey
2:00 – 3:00 pm	Swimming	Creative science: Instant Ice	Swimming	Swimming	
3:00 – 3:30 pm	Science Experiment: Slime	Creative Art: Slime Sun catchers	Creative Cooking: Banana Caterpillars	Science: Unpoppable Bubbles	
3:30 – 4:00 pm	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games	
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				

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# YWCA Active Kids JR Summer Camp Week 4



## 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 – 9:00am	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				
9:00 – 10:30am	Creative Art: Sketch Dyed flower	Local Community Outing : May Include a Trip to Hamilton Farmers Market, Central Library, Bayfront Park, Durand Park, HAAA Park or Central Park.	Group Game European Handball	Trip to Wild Water Works!!  Please come prepared with a lunch, swimming attire and extra sunscreen.  <b><u>We will be leaving promptly at 9:00</u></b>	Creative Cooking: Carrot, Mango, and Raspberry Popsicles
10:30– 11:30am	Group Game Silent Ball		Central School Playground		Outdoor play at Durand Park
11:30 – 12:30pm	Science: Shaving Cream Rain Clouds		Fun Trivia		Lunch
12:30 – 1:00pm	Lunch	Lunch	Lunch		
1:00 – 2:00pm	Group Game Freeze Tag	Group Game Two truths and a lie	Group Game Who am I?		Group Game: Wipe that Smile off your Face
2:00 – 3:00pm	Swimming	Science Experiment: Bouncy Eggs	Swimming	Swimming	
3:00– 3:30 pm	Group Game Splash at Whitehern	Creative Art: Scribble Art	Creative Cooking: Fruity Pebbles Parfait	Creative Art: Scrape Painting	
3:30 – 4:00 pm	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games	
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				

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# YWCA Active Kids JR Summer Camp Week 5



## 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 – 9:00am	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				
9:00 – 10:30am	Creative Art: Firework Art	Local Community Outing : May Include a Trip to Hamilton Farmers Market, Central Library, Bayfront Park, Durand Park, HAAA Park or Central Park.	Outdoor play at Durand Park	Large Group Games at H.A.A.A	Bridge Building Competition
10:30– 11:30am	Group Game: I like to... Memory Game.				Creative Art: Squirt Painting
11:30 – 12:30pm	Relay Races at Whitehern		Group Game Red Light Green Light		Group Game: Never Have I Ever
12:30 – 1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 – 2:00pm	Group Challenge: Alien Invasion	Group Game Speed Pass	Play With Our Bouncy Balls	Group Challenge: Traffic Jam	Group Game: Tell me something
2:00 – 3:00 pm	Swimming	Science Experiment: Make Bouncy Balls	Swimming	Creative Art: Straw Weaving	Swimming
3:00 – 3:30 pm	Creative Cooking: Worms & Dirt	Creative Art: Bubble Art	Creative Art: Make Dream Catcher	Perler Bead Creations	Creative Science: Fizzing Bath Dough
3:30 – 4:00 pm	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children's interests.				

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# YWCA Active Kids JR Summer Camp Week 6



## 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 – 9:00am	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				
9:00 – 10:30am	Civic Holiday – Camp is closed	Local Community Outing : May Include a Trip to Hamilton Farmers Market, Central Library, Bayfront Park, Durand Park, HAAA Park or Central Park.	Creative Art: No Sew Zippered Duck Tape Pouch	Trip to Bissells!!!  Please come prepared with a lunch, and swimming attire.  <b><u>We will be leaving promptly at 9:00</u></b>	Creative Art: Sidewalk Chalk Paint
10:30 – 11:30am			Group Game Knights Horses & Cavaliers		Whitehern: Outdoor Water Play
11:30 – 12:30pm			Science: Bouncy Eggs		Lunch
12:30 – 1:00pm		Lunch	Lunch		
1:00 – 2:00pm		Freeze Dance	Group Game: Line Up Game		Group Game Tell Me a Story
2:00– 3:00pm		Creative Cooking: No Bake Cereal Bark	Swimming		Swimming
3:00– 3:30 pm		Basketball Challenge	Group Game Dodgeball		Creative Art: 3D Hand Art
3:30 – 4:00 pm		Snack & Group Games	Snack & Group Games		Snack & Group Games
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				





# YWCA Active Kids JR Summer Camp Week 7



## 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 – 9:00am	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				
9:00 – 10:30am	Creative Science: Jelly Fish in a bottle	Local Community Outing : May Include a Trip to Hamilton Farmers Market, Central Library, Bayfront Park, Durand Park, HAAA Park or Central Park.	Creative Cooking: Chow Chow Trail Mix	Trip to Bronte Creek!!!  Please come prepared with a lunch and swim at- tire  <b><u>We will be leaving promptly at 9am</u></b>	Soccer Baseball at Whitehern
10:30– 11:30am	Splash Pad Fun at Durand Park		Group Game: Hot Chocolate River		Creative Art: Free Flow
11:30 – 12:30pm			Science Experiment: Glowing Ice and Oil		Group Game: Fort Dodgeball
12:30 – 1:00pm	Lunch	Lunch	Lunch		Lunch
1:00 – 2:00pm	Group Game: Keep Up	Group Game: Octopus	Group Challenge: Search by Sound		Group Game Around the World
2:00– 3:00pm	Swimming	Musical Moves	Swimming	Swimming	
3:00– 3:30 pm	Creative Art: Rainbows in a Bag	Creative Art: Tie Dye Coffee Filter Art	Outdoor play at Central School playground	Tower Building Competition	
3:30 – 4:00 pm	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				

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# YWCA Active Kids JR Summer Camp Week 8



## 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 – 9:00am	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				
9:00 – 10:30am	Science Experiment: Soap Clouds	Local Community Outing: May Include a Trip to Hamilton Farmers Market, Central Library, Bayfront Park, Durand Park, HAAA Park or Central Park.	Creative Art: Making Bird Houses	Apple Science Project	Summer End Camp Carnival!! Please come prepared with a lunch, and extra water  <b><u>We will be leaving promptly at 9:00</u></b>
10:30 – 11:30am	Creative Art: Make Our Own Soap Bars		Group Game: Prison Ball	Outdoor Water Play at Whitehern	
11:30 – 12:30pm	Outdoor play at Whitehern		Science: Lemon Volcanoes		
12:30 – 1:00pm	Lunch	Lunch	Lunch	Lunch	
1:00 – 2:00pm	Group Game: Squirt	Group Game: Silent Ball	Group Game: Toilet Tag	Group Game: Statue	
2:00– 3:00pm	Swimming	Freeze Tag	Swimming	Finishing up Bird Houses	
3:00– 3:30 pm	Soccer at Durand Park	Creative Art: Finger Knitting	Outdoor play at Central Park	Creative Cooking: Banana Splits On a Stick	
3:30 – 4:00 pm	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games	
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				

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# YWCA Active Kids JR Summer Camp Week 9



## 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 – 9:00am	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				
9:00 – 10:30am	Designing individual playdough	Local Community Outing : May Include a Trip to Hamilton Farmers Market, Central Library, Bayfront Park, Durand Park, HAAA Park or Central Park.	Science Experiment: Marshmallow Launch	Trip to Gage Park!!!  Please come prepared with a lunch and swim attire  <b><u>We will be leaving promptly at 10am</u></b>	Building Sand Structures and Splash Pad Fun at Bayfront Park
10:30– 11:30am	Group Project: Sand Paper T-Shirts		Creative Art: Perler Beads Bowls		
11:30 – 12:30pm	Trip to Whitehern: Soccer-Baseball		Trip to Durand: Outdoor Sketches		
12:30 – 1:00pm	Lunch	Lunch	Lunch		
1:00 – 2:00pm	Group Game: Heads Up Seven Up	Group Game: Capture the Flag	Team Builder: Magic Carpet		
2:00– 3:00pm	Swimming	Creative Art: Wish Bracelets	Swimming	Swimming	
3:00– 3:30 pm	Creative Cooking: Strawberry Smoothies	Hide and Seek at Whitehern	Cup Stacking Challenge	Trip To Whitehern: Soccer	
3:30 – 4:00 pm	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games	Snack & Group Games
4:00 – 5:45 pm	Extended Care: Variety of activities planned and spontaneous to support the children’s interests.				

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