



## **Girls Inc. Summer Program**

5 years - 11 years

Each week of camp will be filled with art, sports, water fun, group games, teambuilding, "me time", and lots of fun! Each session will have a program of focus. Below are brief program descriptions. All programs include research-based, age-appropriate activities.

### **Week 1: June 5<sup>th</sup> to June 9<sup>th</sup> – I am Part of a Team**

Groups will be getting to know each other through group games, teambuilding, and communication

### **Week 2: June 12<sup>th</sup> to 16<sup>th</sup> – I am Creative**

Groups will explore different forms of art in order to discover their own creativity and imagination.

### **Week 3: June 19<sup>th</sup> to June 23<sup>rd</sup> - I am Healthy**

Groups will learn about the importance of being physically and emotionally healthy through learning about their bodies, how to stay safe in the world, and how to be a good friend.

### **Week 4: June 26<sup>th</sup> to June 30<sup>th</sup> – I am Curious**

Groups will question the world around them through exploration, investigation, and dissection.

### **No Summer Camp: July 3<sup>rd</sup> to July 7<sup>th</sup>**

### **Week 5: July 10<sup>th</sup> to July 14<sup>th</sup> – I am Mindful**

Groups will explore ways to practice self-care and self-love through mindfulness activities.

### **Week 6: July 17<sup>th</sup> to July 21<sup>st</sup> – I am Adventurous**

Groups will practice trying new things and taking safe risks.

### **Week 7: July 24<sup>th</sup> to July 28<sup>th</sup> – I am Celebrating**

Groups will celebrate their successes, experiences, and friendships from the summer.



## **Teen enCourage Program**

### **7<sup>th</sup> grade – 9<sup>th</sup> grade**

Girls enCourage is an Adventure Program that builds girls' adventure sports skills, fosters their independence, and equips them to be healthy, safe, and active in the outdoors. Girls enCourage is a 7 week program that begins June 5th and will consist of weekly expeditions that will include hiking, rock climbing, a ropes course, and a camping/backpacking trip during the 6th week of camp.

The Girls enCourage program builds from day one. For safety reasons, we are requiring that girls attend 5 of the 7 weeks of the enCourage program (please note that your girl is allowed to miss a maximum of 10 non-consecutive days out of the 7 weeks). In the event of additional absences we will assess if it is safe for her to continue participating in this program.

Throughout each camp girls will also have a chance to choose from a variety of activities throughout the week such as fieldtrips, art activities, self-care workshops, cooking, science, and physical activity.

See the schedule of the summer below

**Week 1:** June 5<sup>th</sup> to June 9<sup>th</sup> **(Required)**

**Week 2:** June 12<sup>th</sup> to 16<sup>th</sup> **(Optional)**

**Week 3:** June 19<sup>th</sup> to June 23<sup>rd</sup> **(Optional)**

**Week 4:** June 26<sup>th</sup> to June 30<sup>th</sup> **(Optional)**

**No Summer Camp:** July 3<sup>rd</sup> to July 7<sup>th</sup>

**Week 5:** July 10<sup>th</sup> to July 14<sup>th</sup> **(Required)**

**Week 6:** July 17<sup>th</sup> to July 21<sup>st</sup> **(Required) CAMPING TRIP July 20<sup>th</sup>-22<sup>nd</sup>**

**Week 7:** July 24<sup>th</sup> to July 28<sup>th</sup> – **Summer Celebrations (Required)**

