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 5th to June 9th – I am Part of a Team**
Groups will be getting to know each other through group games, teambuilding, and communication

**Week 2: June 12th to 16th – I am Creative**
Groups will explore different forms of art in order to discover their own creativity and imagination.

**Week 3: June 19th to June 23rd - 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 26th to June 30th – I am Curious**
Groups will question the world around them through exploration, investigation, and dissection.

**No Summer Camp: July 3rd to July 7th**

**Week 5: July 10th to July 14th – I am Mindful**
Groups will explore ways to practice self-care and self-love through mindfulness activities.

**Week 6: July 17th to July 21st – I am Adventurous**
Groups will practice trying new things and taking safe risks.

**Week 7: July 24th to July 28th – I am Celebrating**
Groups will celebrate their successes, experiences, and friendships from the summer.
Teen enCourage Program  
7th grade – 9th 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 5th to June 9th (Required)  
**Week 2:** June 12th to 16th (Optional)  
**Week 3:** June 19th to June 23rd (Optional)  
**Week 4:** June 26th to June 30th (Optional)  
**No Summer Camp:** July 3rd to July 7th  
**Week 5:** July 10th to July 14th (Required)  
**Week 6:** July 17th to July 21st (Required) CAMPING TRIP July 20th-22nd  
**Week 7:** July 24th to July 28th – Summer Celebrations (Required)