

## GIRLS INC. LIMESTONE SUGGESTIONS FOR ONE-TO-ONE OUTINGS

Please remember that this document is to be used as a guideline only when planning your outings. You will need to check with each venue to confirm days, times and prices, as there may have been changes since we compiled this list.

Should you wish more assistance in planning your outings, please contact Sara Ryder at the Girls Inc. office (613) 542-9202 or by email at [sararyder@girlsinclimestone.ca](mailto:sararyder@girlsinclimestone.ca).

### **All Seasons**

- **Window Shopping**
  - Window shopping can be a fun outing. It can be a wonderful opportunity to take a young girl to a different area of the city and get some exercise and learn about the interests of the Girls Inc. girl.
  
- **Bowling**
  - Garrison 5 Pin Bowling ~ (613) 549-5638
    - 6 Princess Mary Ave, Kingston ON
  
  - Prost Bowling Centre ~ (613) 389-8117
    - 830 Gardiners Road, Kingston ON
  
  - Cloverleaf Lanes Bowling ~ [www.cloverleaflanes.com](http://www.cloverleaflanes.com) ~ (613) 546-4239
    - 10 Bath Road, Kingston ON
  
- **Playtrium**
  - 541 Days Road Kingston, ON ~ (613) 389-5553 ~ [www.playtrium.ca](http://www.playtrium.ca)
  - Prices: Adults (17 & up) \$1.99, Infants (Under 1yr) \$1.99, 1-2 Yrs \$5.99, 3-5 \$10.99, 6-16 \$12.99
  - There are ½ price days for children every Thursday from 12pm to 2pm
  
- **Indoor Rock Climbing: The Boiler Room**
  - 4 Cataraqui Street, Suite 103 Kingston, ON ~ (613) 549-0520 ~ [www.climbinggym.ca](http://www.climbinggym.ca)
  - Hours: Weekday – 4pm to 10:30pm, Weekends – 10am to 7pm
  - Price: Check out their website or call for details. Individual lesson are available as well.
  - Parental Consent Required
  
- **Indoor Mini Putt and Laser Tag: Putt N' Blast**
  - Frontenac Mall, 1300 Bath Road, Kingston ON ~ 613-544-3342 ~ [www.puttnblast.com](http://www.puttnblast.com)
  - Have fun and enjoy 18 holes of under-ground mini putt and laser tag.
  - Hours and Price: Hours and prices are subject to change at anytime please check out their website or call for more details.

- **Movie Theatres**

- For movies and show times please check out the What's on Kingston Website ~ <http://whatsonkingston.com/entertain/cinema.html>
- *Cineplex Odeon*
  - Located at the Rio Can Centre on 616 Gardiners Road, Kingston ON
- *Empire Theatres: Capital 7*
  - 213-223 Princess Street, Kingston ON ~ 613 546-5395
- *The Screening Room*
  - 120 Princess Street, 2<sup>nd</sup> Floor, Kingston On ~ (613) 542-6080
- *Kingston Drive In – \*Seasonal\**
  - 1533 McAdoo Lane, Kingston ON ~ (613) 530-2707

- **Holiday Baking**

- There is always a holiday on the horizon – why not try and do some fun holiday baking that the Girls Inc. girl can enjoy and take home following your outing.

- **Assisting with Homework**

- School is important for both the Girls Inc. girl and her family. Why not spend some time assisting her with her homework. If she works well and get everything completed take her out for a treat, such as a hot chocolate at Tim Hortons.

- **Michaels Arts and Crafts Store**

- Weekdays and Weekends Michael's offers special crafts/events for kids. Check out their website or call for more information.
- 656 Gardiners Road, Kingston, ON ~ (613) 634-7688 ~ <http://locations.michaels.com/ON/KINGSTON/3905/index.html>

- **Portsmouth Olympic Harbour**

- 53 Yonge Street, Kingston ON ~ (613) 549-4440
- At different times during the year the Portsmouth Olympic Harbour hosts a variety of events and activities for all ages.

- **K-Rock Centre**

- Check out the K-rock centre for upcoming events, concerts and entertainment
- Located at 1Barrack Street, Kingston ON
- (613) 650-5000 ~ [www.k-rockcentre.com](http://www.k-rockcentre.com)
- Prices vary per event so check out their website or call for details

- **Hockey Museum/ International Hockey Hall Of Fame**

- This hockey museum is a great outing for active people and matches who enjoy the sport. Open daily in July and August and by appointment for the remainder of the year.
- (613) 544-2355 ~ [www.ihhof.ca](http://www.ihhof.ca)
- Located at 277 York Street, Kingston ON

- **The Kingston Humane Society**
  - Walk the dogs or cuddle the cats at the Kingston Humane Society – adults over the age of 18 can apply to be a volunteer and take a little friend or match out for a walk with the dogs or stay indoors and cuddle the cats
  - Located at 1 Binnington Court, Kingston ON
  - (613) 546-1291 ~ [www.kingstonhumanesociety.ca](http://www.kingstonhumanesociety.ca)
  
- **Kingston Penitentiary Museum**
  - Come visit this Museum, this award-winning museum is dedicated solely to the preservation and interpretation of the history of our federal penitentiaries! The museum is housed within the former Warden's residence of Canada's oldest penitentiary.
  - Located at 555 Kings Street West, Kingston ON
  - Admission to the museum is by donation
  - 613-530-3122 ~ [www.penitentiarymuseum.ca](http://www.penitentiarymuseum.ca)
  
- **Bellevue House**
  - Once the home of Sir John A. Macdonald, Canada's first Prime Minister.
  - 35 Centre Street, Kingston ON ~ (613) 545-8666
  
- **MacLachlan Woodworking Museum**
  - Come and visit this museum and learn about woodworking technology through wonderful exhibits, workshops, and interactive programs/demonstrations
  - There are also a variety of events going on throughout the year so check out their website for details.
  - Located at 2993 Highway 2 East (16 Kms east of Kingston)
  - (613) 542-0543 ~ [www.woodworkingmuseum.ca](http://www.woodworkingmuseum.ca)
  
- **Cataraqui Archaeological Research Foundation**
  - Archaeology informs us not only of the so-called "antiquities", but also of human development, society, technology, art and ideas; it enhances our understanding of the past.
  - Located at 611 Princess Street, Kingston ON ~ (613) 542-3483 ~[www.carf.info](http://www.carf.info)
  
- **Girls/Spa Day**
  - Going and relaxing can be a fun thing for both the mentor and the girl. Some great spa ideas are:
    - Pedicures and Manicures
    - Manicure and Martinis at the Tango
    - Check out St. Lawrence College for inexpensive manicure and other spa from the students



- **Walks at the Park**
  - Going to the park on a nice day can be a great and affordable outing for you and your little friend or match.

- Some Popular Locations – For more parks check out the following website:  
<http://k7waterfront.org/Topic/Parks>
  - Rotary Park: 1285 Coverdale Drive Kingston ON
  - Confederation Park: 2-24 Clarence Street, Kingston – On the waterfront in downtown Kingston
  - Lake Ontario Park: Front Road, Kingston On – Across from St Lawrence College
  - Grass Creek Park: Grass Creek Park, 2993 Highway 2
  - Lemoine Point Conservation Area: There are two entrances; off Hwy. 33 at Collins Bay and off Front Road past the airport, Kingston.
  - Breakwater Park: On Kings Street West, Kingston On – Across the road from The Kingston General Hospital.



- **Kingston Family Fun World**
  - Located at 1533 McAdoo's Lane Kingston ON (613) 530-2707
  - *Go-Karting*
  - Mini-Putt
  - Batting Cages
  - Drive In Movies
- **Swimming**
  - *Artillery Park Aquatic And Fitness Centre: 76 Ordnance St, Kingston ~ (613) 546-7998*
  - *Ambassador Conference Resort: 1550 Princess Street, Kingston ~ (613) 548-3605 ~ [www.ambassadorhotel.com](http://www.ambassadorhotel.com)*
  - *Memorial Centre: 303 York Street, Kingston ~ (613) 546-4972*
  - *YMCA: 100 Wright Crescent, Kingston ON ~ (613) 546-2647*
- **Paint Balling and Outdoor Laser Tag: McAdoo's Lane Battlefield**
  - 1533 McAdoo Lane, Kingston ON ~ (613) 544-8784 ~ <http://www.funworldpark.com/battlefield/> ~ [mcadooslanebattlefield@gmail.com](mailto:mcadooslanebattlefield@gmail.com)
  - Check out their website or call for prices and hours.
- **Movies in the Square**
  - During the months of June, July and August the City of Kingston offers free outdoor movies, downtown Kingston in Market Square. Check out the City of Kingston websites for what movies will be playing this summer. You can also submit suggestion on movies you would like to see prior to the start of the summer.
- **Music In the Gardens**
  - Kingston has a wealth of talented musicians who are lining up to entertain you outdoors. Check out various websites (located at the bottom of the document) for place, times and artists

- **AHOY Rentals: Canoeing, Kayaking, Sailing and Paddle Boats**
  - Enjoy some canoeing, kayaking, or paddle boats for a couple of hours and have a blast with you little friend or match.
  - Located at 23 Ontario Street, Kingston ON ~ (613) 539-4277 ~ [www.ahoyrentals.com](http://www.ahoyrentals.com)
  - For prices and Hours please check out their website or call – Can rent for a day or by the hour.
  
- **Fort Henry**
  - Sunset Ceremonies ~ Every Wednesday in July and August at 7:30pm
  - (613) 542-7388 ~ [www.forthenry.com](http://www.forthenry.com)
  - Be sure to attend one of Fort Henry's most celebrated events - the spectacular Sunset Ceremonies! Gather in the parade area as the Fort Regiment performs split-second bayonet drills and field manoeuvres, recreating the exciting battle tactics of over a century ago.
  
- **Fanfayr**
  - This outdoor Juried Art and Crafts Show is held annually since 1982 and it is one of the Kingston's favoured events of the summer. Exhibitors come from across southern Ontario and southern Québec to display and sell their art and crafts in a beautiful setting by Lake Ontario. A wide range of art and crafts will be on view
  - Admission is Free.
  - Located at Confederation Park across from City Hall in Downtown Kingston in July.
  
- **Farmers Markets and Flea Markets**
  - You can find some hidden treasures on this great outing on a sunny day.
  - Locations
    - Downtown Market Square (behind City Hall)
    - Collins Bay Road



- **Kingston Fair**
  - The Kingston Fair occurs in mid September and runs for 4 days (Thursday to Sunday). Come and ride the rides, play games, enjoy horse jumping and other animal attractions.
  - Phone: (613) 546-4291 x1828 ~ Email: [kdas@kos.net](mailto:kdas@kos.net)
  
- **Halloween Trick or Treating**
  - Some parents work long hours and might not have the time to take their daughter out for Halloween.
  - This year maybe think about going to a different neighbourhood and seeing what kind of goodies you can collect.
  
- **Create your own Halloween Costume**

- **Fort Freight**

- During September and October every Wednesday and Saturday enjoy being frightened at Fort Freight. Visit Eastern Ontario's largest haunted fortress - Fort Fright! This award-winning event will have you looking over your shoulder as screams emanate from dark casemates, dead things come to life, and ghouls stalk your every move.
- [www.forthenry.com](http://www.forthenry.com) ~ (613) 542-7388
- Check out the website or call for price details.



- **Santa Claus Parade**

- This free event can be an enjoyable outing to checking out all the holiday excitement, with sparkling floats, treats and even Santa Claus himself.

- **Visit Santa**

- Take a visit to Santa Claus at the mall during the Christmas season.

- **Christmas Shopping**

- It can be hard for a younger girl to get some time away from Mom and Dad to purchase them a Christmas gift. Taking the girl shopping for Christmas presents may be a fun way to get out and active and learn more about her and her family.

- **Building Snowmen and Snow Forts**

- **Tobogganing**

- **Skating**

- Community skating is open to the public in a variety of locations within the city. A cost may apply in some places. Please check out the City of Kingston Website for details. Skating is from October to March.

- *Centre 70*: 100 Days Road ~ (613) 389-5815
- *Kingston Memorial Centre*: 303 York Street ~ (613) 546-3183
- *Invista Centre*: 1350 Gardiners Road ~ (613) 544-4442 x1800
- *Market Street Skating*: 86 Market Street (Downtown Kingston) ~ (613) 546-4291
- *Wally Elmer Centre*: 106 Daly Street ~ (613) 542-3817

### **Websites to check out for more events**

[www.whatsonkingston.ca](http://www.whatsonkingston.ca)  
[www.cityofkingston.ca](http://www.cityofkingston.ca)  
[www.kingstongetsactive.ca](http://www.kingstongetsactive.ca)