

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 prepared this list.

Should you wish more assistance in planning your outings, please contact Tammy at the Girls Inc. office at (613) 542-9202.

ALL SEASONS

- **Window-Shopping**
Window-shopping is a fun outing; a great time to get out and get some exercise and have a nice chat.
- **Bowling**
Price: Sunday to Friday 3.50 per game. Saturday 4.00 per game. Shoe rentals are \$2.50 extra per person.
For more information call Cloverleaf Lanes at 613-546-4601.
- **Playtrium**
A great special occasion outing for all ages.
Price: Mon – Wed/4.50, Thurs – Sun/10.95; Adults are always \$1.00
For more information call the Playtrium at 613-389-5553
- **Kids Eat FREE**
Restaurants such as McGinnis Landing and Denny's offer KIDS NIGHTS specials (children are free with a purchase of your meal)
- **Indoor Rock Climbing at The Boiler Room**
Indoor rock climbing is a fun and adventurous outing for you and your little sister/friend.
Price: Admission over ten is 12.50 and under ten is 8.50, harness rental 4.00/adults, 2.50/kids, climbing shoes 3.50/adults 3.00/kids.
Phone: 613-549-052
- **Movie Night**
Movie nights can be a blast for you and your little sister.
Cineplex: 626 Gardiners Road
Empire Capitol 7: 223 Princess Street
Screening Room: 2nd flr, 120 Princess Street
Gananoque: 175 St. Lawrence (The Boulevard Cinema) **Phone:** 382-7266
Napanee: 113 Richmond Blvd (The Boulevard Cinema) **Phone:** 354-2597
Prices vary between 3\$ and \$10.50 per person. Remember, cheap night is *Tuesdays*.

- **Cataraqui Archaeological Research Foundation**
Depicts the 8000-year history of human occupation of the Kingston region.
Location: 72 Gilmour Ave
Telephone: 613-542-3483
- **Hockey Museum**
The hockey museum is a great outing for active matches who enjoy the sport.
Please be sure to call and schedule a time to be there.
Locations: Located beside the Memorial Centre
Phone: 613-389-4172
- **Bellevue House**
Bellevue House was once the home of Sir John A. Macdonald, Canada's first prime minister.
Price: Youth – 2.00, Adult – 4.00, Senior – 3.50, Family – 10.00
Telephone: (613) 545-8666
- **Walking The Dogs at Kingston Humane Society**
Adults over 18 can apply to be a volunteer and take little sisters out to walk the dogs. Location: 1 Binnington Court.
- **Maclachlan Woodworking Museum**
Interprets the role of wood and woodworking technology in the development of Canada through exhibits, workshops, interactive programs and demonstrations.
Location: 2993 Hwy 2E, 16 KM east of Kingston in Grass Creek Park
Telephone: 613-542-0543
- **Murney Tower National Historic**
Explains how the Murney Tower works as a defensive. There are also exhibits of social history and family life in the military.
Location: Corner of Barrie and King Street
Telephone: 613-548-4883
- **Fort Henry**
Tours available throughout the summer about our oldest fort in Kingston.
For tour information, call 613-542-7388.

SUMMER FUN

- **Park**

Going to the park on a nice day can be a great and affordable outing for you and your little sister/friend.

Locations: Prime park locations include Rotary Park (off Collins Bay in the township) Confederation Park (Waterfront on Ontario Street) and Lake Ontario Park (Front Road by the YMCA Beechgrove) Grass Creek Park (Highway 2 towards Gananoque).

- **Swimming**

Swimming is a lot of fun and enjoyed by many. In the summer time check for outdoor pool scheduling as well as indoor.

Price: You swim free at the YMCA with your membership card. Other locations will charge anywhere between 2.50-3.50 per person.

Kingston Locations: YMCA 100 Wright Cres, Artillery Park 76 Ordnance St, Memorial Centre Alfred St

Gananoque Locations: Best Western Country Squire 715 King Street

- **Farmers and Flea Markets**

The market is a great sunny day adventure outing. You and your little sisters can venture around looking at the great offerings of the local vendors.

Locations: Frontenac Mall, Downtown Market Square behind City Hall, Collins Bay Rd.

- **Canoeing Kayaking: AHOY Rentals**

You can rent a canoe or kayak for a couple hours and have a blast with your little sister/friend.

Price: One-hour rental 12.00 (additional hours at 6.00 each), wet suit rental 6.00 each.

Phone: 613-539-3202

- **Paint Ball**

Paint ball is a great outing for adventurous little sisters/friends, but is best for older children and youths.

Price: 20.00 for everything you will need

Phone: 613-283-9898

- **Kingston Family Fun World**

During the summer months, includes nightly drive-in movies, mini putt, go-karting, and the batting cage.

For more information, call 613-530-2707

- **FanFayr Craft Show**

One of Kingston's longest running and most popular craft shows, over 80 Fanfayr vendors from across Canada will descend on downtown Kingston for three days. 10 a.m. to dusk daily.

Time: June 28 – July 1st

Telephone: 549-7706

- **Global Fusion - A Multicultural Showcase**

Enjoy mini-golf, a community BBQ, face painting, Fort Henry Muster, pony rides and more.

Location: Lion's Civic Gardens, Gardiners Road

Time: June 30 5:00 to 10:30 p.m.

- **Music in the Gardens**

Kingston has a wealth of talented musicians who are lining up to entertain you in the out of doors.

For information and times, call 613-546-4291 ext 1706

- **The Original Haunted Walk of Kingston**

The Haunted Walk is an evening walking tour through the quiet streets of the limestone city by lantern-light.

Tickets: Adult \$12.50, Student/Senior/Member \$10.50

- **Loblaws Upstairs Community Room**

Call or visit Loblaws to attend upcoming kids activity and cooking classes in the upstairs community room.

For more information, call 613-389-5339 (Midland location) or 613-530-3861 (Princess location)

- **Home Depot Kids Workshops**

Home Depot offers How-To workshops for kids. Learn how to make birdhouses, toolboxes and more.

For more information, call 613-384-3511

- **Michaels Arts & Crafts**

Every Saturday Michael's has a craft class for kids. It's from 10am-noon and only \$3 each.

For more information, call 613-634-7688

**girls
inc.**®

inspiring all girls to be
strong, smart and bold