



of Limestone,
Algonquin and
Lakeshore

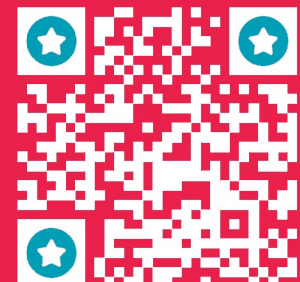
SUMMER *Day Camp*

Registration is
now open open
for our **2025**
day camps for
girls+ in grades
1 to 8!

ADVANCE REGISTRATION IS REQUIRED

Scan or click the QR code to register. Participation is **FREE** thanks to the generosity of our Girls Ed Program funders.

Girls+: Girls Inc. is committed to providing the comprehensive Girls Inc. Experience to girls and gender-expansive young people who feel our pro-girl environment is the best fit for them.



strong
smartbold

GIRLS INC. SUMMER DAY CAMP is FREE for all girls+!

Participation in Girls Inc. Camp is free for participants due to the generosity of our funders and donors. Thank you to:



THE GIRLS INC. EXPERIENCE

Girls Inc. inspires all girls to be strong, smart, and bold through life-changing programs and experiences that help girls, women and gender-expansive young people navigate gender, economic, and social barriers. Research-based curricula delivered in a positive all-girl environment equip girls+ to achieve academically, lead healthy and physically active lives, and prepare for an interesting and rewarding career. Girls Inc. staff who are formally educated in the field and trained in Girls Inc. program delivery will facilitate fun and empowering program activities with campers each morning and afternoon as noted in the daily schedule below.

Girls Inc. is committed to providing the comprehensive Girls Inc. Experience and other support services to those who identify as girls and gender-expansive people who feel our pro-girl environment is the best fit for them. For more information, please see the [Girls Inc. Limestone Position Statement on Gender Identity](#).

2025 GIRLS INC. LIMESTONE SUMMER DAY CAMP PROGRAM OPPORTUNITIES

JUNIOR CAMPERS

Grade 1 to 3 – 15 spaces per camp week – KFL&A ONLY

Each week of summer day camp will have 15 spaces available to be filled by Junior Campers. Junior Campers can be starting grade 1 and finishing grade 3. Junior Campers will participate in a developmentally appropriate version of the main day camp program including activities focused in science, technology, engineering, and math (STEM), physical activities, and life skills activities. Junior Campers will also be given a scheduled Quiet Time to rest during the day and are welcome to bring a pillow and blanket if they wish. ***There are no deadlines for Junior Camper registrations – we will accept registrations as long as there are camp spaces available.***

CAMPERS

Grades 4 to 6 – 20 spaces per camp week

Each week, 30 girls+ in grades 4, 5 and 6 will make up the Camper group. This includes those who will be starting grade 4 and those finishing grade 6. The activities and themes are designed to be interesting, challenging, and FUN for campers in this age group. ***There are no deadlines for camper registrations – we will accept registrations as long as there are camp spaces available!***

JUNIOR LEADERS

Grades 7 to 8 – 10 spaces per camp week

There will be 10 spaces in each week of day camp reserved for Junior Leader roles for **girls+** in grades 7 and 8. This includes those who will be starting grade 7 and those finishing grade 8. The Girls Inc. Junior Leader roles are designed for those with an interest in learning or enhancing their leadership skills in a fun and safe learning environment. Junior Leaders will receive a Girls Inc. t-shirt to wear during the camp day and will have the opportunity to earn a certificate at the end of the week. ***Girls+ who wish to join the Junior Leader Program will complete a short questionnaire as part of their camp registration form. There are no deadlines for Junior Leader registrations – we will accept registrations as long as there are camp spaces available!***

Successful Junior Leaders will exhibit self-reflection skills, a growth mindset, a desire to learn during their time at camp, and interest in trying new things.

In addition to making new friendships and connections with fellow Junior Leaders and campers, Junior Leaders will have the following opportunities:

- Completing leadership activities with their Junior Leader group
- Helping younger groups to complete camp projects and activities
- Acting as role models for younger campers by reinforcing the camp guidelines through participation
- Working as a team of Junior Leaders to run an activity or game each day
- Having fun! Junior Leaders will be able to play along and have fun while fulfilling their leadership role!

SUPERVISION AND LEADER-TO-CAMPER RATIOS

At Girls Inc. we aim for a leader to camper ratio of 1:10. This means that for every one camp leader there are ten campers. Our lowest leader to camper ratio at any given time is 1:15. Note that Junior Leaders are included in the total number of campers.

CAMP SESSIONS

Kingston, Frontenac, Lennox & Addington County Camps – 6 Camp Sessions:

Week	Date	Location	Address
Week #1	July 7 to 11, 2025	N.D.S.S. NAPANEE	245 Belleville Road, Napane, Ontario
Week #2	July 14 to 18, 2025	Cataraqui Woods ES KINGSTON	1255 Birchwood Drive, Kingston, Ontario
Week #3	July 21 to 25, 2025	Welborne Avenue PS KINGSTON	190 Welborne Ave, Kingston, Ontario
Week #4	July 28 to Aug 1, 2025	Polson Park PS KINGSTON	165 Robert Wallace Dr, Kingston, Ontario

Week #5	August 11 to 15, 2025	Molly Brant ES KINGSTON	30 Lyons St, Kingston, Ontario
Week #6	August 18 to 22, 2025	Winston Churchill PS KINGSTON	530 Earl St, Kingston, Ontario

Hastings and Prince Edward County Camps – 6 Camp Sessions:

Week	Date	Location	Address
Week #1	July 7 to 11, 2025	Prince of Wales PS Belleville	37 Prince of Wales Drive, Belleville, ON
Week #2	July 14 to 18, 2025	North Trenton PS Trenton	12 Briardale Blvd, Quinte West, ON
Week #3	July 21 to 25, 2025	C.M.L. Snider ES Wellington	240 Main St, Wellington, ON
Week #4	July 28 to Aug 1, 2025	Prince of Wales PS Belleville	37 Prince of Wales Drive, Belleville, ON
Week #5	August 11 to 15, 2025	Prince of Wales PS Belleville	37 Prince of Wales Drive, Belleville, ON
Week #6	August 18 to 22, 2025	Foxboro PS Foxboro	658 Ashley St, Foxboro, ON

TRANSPORTATION & LOCATION

All campers need to have transportation to and from their day camp locations. Please note that while some of our camp locations may be booked in local churches and community halls, our agency, programs and services are non-denominational and not church-affiliated - all girls+ are welcome!

CAMP REGISTRATIONS - *We have limited spaces for each camp, so please register early!* All participants are asked to register for **one week of camp only**. This allows for as many campers as possible to access the Girls Inc. Experience this summer at each camp location. If any camp weeks have open spaces the week before the camp starts, we will contact anyone who wishes to attend a second week to fill the spaces.

WHAT TO BRING

Please ensure that your camper has the following items at camp:

- Sunscreen
- Running Shoes
- Hat
- Reusable Water Bottle
- Healthy Bagged Lunch
- Healthy Snacks
- Towel (for water games)

Please ensure that your camper does NOT bring:

- Cell phones
- Music players
- Toys
- Other items of value

Girls Inc. cannot be held responsible for lost or stolen items and ***campers are not permitted to use cell phones during the camp day.***

LUNCHES AND SNACKS

Campers are responsible for providing their own ***lunch, snacks, and water that do not require a fridge or microwave.*** All Girls Inc. camps are strictly ***nut-free*** to ensure a safe food environment for all participants.

DAY CAMP BEHAVIOUR GUIDELINES – ALL AGES

At Girls Inc. we have guidelines that help ensure that campers have a safe and fun camp experience. Campers are asked to follow the guidelines below 100% of the time during the camp week. Campers who cannot follow the guidelines may be asked to leave the camp.

1. Verbal bullying, exclusion, and any form of unwanted or physically aggressive contact will not be accepted.
2. Campers are not permitted to leave the program area without permission at any time. This will ensure that leaders can account for all campers at all times.
3. Cell phones are not welcome during the camp day. The day camp leaders will be able to provide music for the group, take photos of friends (**for those with media permission**), and contact parents/guardians throughout the day as needed. Campers are not welcome to use cell phones for gaming, social media, texting, photos/videos or music during the campday.

4. If there are any outings, during walking groups to/from the camp location, there will be no pushing or running ahead. Campers must stay with their walking partner and follow camp leader directions.

CONTACTING US DURING CAMP HOURS

Parents/guardians will be able to reach us at the camp by cell phone. We might not always be immediately available as we will be busy with activities and supervising campers. If you reach a voicemail, please leave a message and we will get back to you quickly. If you text us, please make sure you identify yourself and your camper in the message so we know who we are responding to.

KFL&A Day Camp Contact: Quinlan Smith, 613-242-3914

H&PE Day Camp Contact: Kendra Caron, 705-261-1837

DAILY CAMP SCHEDULE

8:00 to 9:00	All participants arrive at the day camp location between 8 and 9 a.m. Please do not drop your participant(s) off early as staff will not be on site/have access to the space until 8:00 a.m. From 8:00 to 9:00 a.m. participants will have time to settle in, adjust, and socialize while we wait for everyone to arrive for the day.
9:00 to 9:30	Ice Breakers – Junior Campers, Campers, and Junior Leaders separate into their respective groups to begin the day with Ice Breakers and Get-To-Know-You games and activities.
9:30 to 10:00	Girls Inc. Programming – STRONG – Junior Campers, Campers Physically active games, activities, and sports played in the gym or outside when the weather is nice. Junior Leaders Leadership activities and programming.
10:00 to 10:15	Morning snack
10:15 to 12:00	Girls Inc. Programming – SMART – Junior Campers, Campers Projects or activities that teach or enhance skills in the areas of planning and execution, creative thinking, problem-solving, science, building, designing, testing, and/or engineering. Junior Leaders Leadership activities and programming.
12:00 to 12:30	Lunch time
12:30 to 2:00	Girls Inc. Programming – STRONG – Junior Campers, Campers, Junior Leaders, Summer STEM Participants Another period of physically active games, activities, and sports played in the gym or outside when the weather

is nice. *Junior Leaders* will plan and lead a 45-minute activity during this time.

- 2:00 to 2:15 Afternoon snack
- 2:15 to 4:00 *Girls Inc. Programming – Project BOLD x Economic Literacy – Junior Campers, Campers* Age-appropriate group discussions about personal safety, physical blocks, hits and kicks, and activities from the Girls Inc. Economic Literacy program. *Junior Leaders* will re-group separately at 3:30 to review the day.
- 4:00 to 5:00 Camper pick-up. Group activities will take place while we are waiting for parents/guardians to pick-up participants for the day.

About the program: Girls Inc. Project BOLD x Economic Literacy

Through Girls Inc. Project BOLD, girls and gender-expansive young people learn skills and strategies to lead safer lives in their homes, in relationships, in their communities, and online. Girls+ learn specific self-defence techniques and strategies as well as how to seek out and talk to caring adults about personal and gender-based violence.

Through Girls Inc. Economic Literacy, girls and gender-expansive young people learn the necessary skills to use basic economic concepts about earning, saving, spending, and sharing money, giving girls+ a foundation for an economically independent adulthood.

As part of the Summer Day Camp program, Project Bold and Economic Literacy activities will be delivered every afternoon. All camp participants will take part in discussion-based activities and engage in the physical skills and techniques that are appropriate for their respective age levels. Project Bold discussion topics for each age group may include Healthy Relationships, Identifying Risks, Danger vs. Discomfort, Using Our Voices, Teasing and Bullying, Dealing With Anger, Harassment vs. Abuse, and more. Economic Literacy activities will also be delivered to groups based on age, and topics may include Identifying and Counting Money, Saving for the Future, Wants vs. Needs, Exchanging Goods and Services, Budgeting, Earning and Spending, and more.

If you have any questions, or need help completing our registration form, please contact:

Quinlan Smith, Girls Ed Program Coordinator

Cell Phone: (613) 242-3914

Email: quinlansmith@girlsinclimestone.ca

It's going to be a great summer!