



**Summer
Camp**
Today's
Family

**Halton
Extreme Camp
2019**

Week 1 - July 1-5

Monday, July 1

Program closed for the statutory holiday.

Tuesday, July 2
Welcome to Camp!
Millcroft Park

4250 Millcroft Park Drive, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

Welcome to Camp! Today, you'll meet your fellow campers and walk over to Millcroft Park where we will play lots of fun games that focus on team building. Get ready for the human knot and lots of races in the sprawling greenspace right in our own backyard!

Wednesday, July 3
Wild Waterworks

680 Waterfront Trail, Hamilton
<http://www.wild-waterworks.com/>

Pack your bathing suit, because today is going to be a splash! Wild Waterworks is the largest water park in Hamilton, complete with four body slides, two tube slides, a lazy river, and an outdoor wave pool! We'll break for lunch and then get back to the water for more fun.

Thursday, July 4
Survivor Games
Nelson Recreation Centre

4235 New Street, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

Campers will hop on a Burlington Transit bus to Nelson Recreation Centre where we will divide into teams and compete in various Survivor-themed activities! We will see which team can outwit, outplay and outlast the others! After taking a lunch break, the campers will enjoy a swim in the pool.

Friday, July 5
Bronte Creek Provincial Park

1219 Burloak Drive, Burlington
www.ontarioparks.com/park/brontecreek

Campers will begin the first of many trips to Bronte Creek this summer by exploring what the park has to offer. We will explore the hiking trails, the farm, and the

farm house. After taking a lunch break, the campers will walk down the trail to the pool to go swimming.

Week 2 – July 8-12

Monday, July 8
Water Balloon Challenge

Today, the camp staff challenge campers to a water balloon battle! Campers will need to bring their best aim and prove their team can stay dry the longest.

Tuesday, July 9
Camouflage Games
Tansley Woods Community Centre

1996 Itabashi Way, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

Campers will do their best to blend in with their natural surroundings and not be spotted by their fellow campers! After taking a lunch break, the campers will enjoy a swim in the pool.

Wednesday, July 10
Exploring and Volleyball at the Beach
Brant Conservation Area

119 Jennings Road, Brantford
<https://www.grandriver.ca/en/outdoor-recreation/Brant.aspx>

A trip to Brant Conservation Area is not complete without exploring the nature trails and enjoying a swim in one of Ontario's largest gradual entry pools. Campers will also organize and enjoy a series of beach volleyball games.

Thursday, July 11
Outdoor Games
Nelson Recreation Centre

4235 New Street, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

Today we are taking Burlington Transit to Nelson Recreation Centre where we can enjoy the great outdoors. We will enjoy some kickball followed by a picnic lunch. After taking a lunch break, the campers will enjoy a swim in the pool.

Friday, July 12
Camouflage Games
The Quest
Bronte Creek Provincial Park

1219 Burloak Drive, Burlington
www.ontarioparks.com/park/brontecreek

Campers need go on a quest to help save Extreme Camp! No one can complete a quest without their superpowers, which are hidden along the way. After taking a lunch break, the campers will walk down the trail to the pool to go swimming.



Week 3 – July 15-19

Monday, July 15
Courtside Games
Ireland Park

2315 Headdon Forest Drive, Burlington
<https://www.burlington.ca/en/services-for-you/Ireland-Park.asp>

In the morning, we will be shooting some hoops at the basketball courts. After lunch under the shade of the trees, campers will take a break and cool off in the splash pad.

Tuesday, July 16
Trip to FreshCo

3505 Upper Middle Road, Burlington
www.freshco.ca

Team Cook Off Day! Children will break in to teams to brainstorm, budget and make a grocery list for their team creation. We will take a walk in the morning to FreshCo to gather all the ingredients needed for the cook off!

Wednesday, July 17
Bingemans Fun Park

425 Bingemans Centre Drive, Kitchener
www.bingemans.com

Half waterpark, half sports centre, and a whole lot of fun! Today, we'll be going to Bingemans! The waterpark includes waterslides, a gradual entry wave pool, and a giant splash area. We'll also practise our putting on the mini-golf course!

Thursday, July 18
Minute-to-Win-It
Angela Coughlan Pool

2425 Upper Middle Road, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

Today, we'll take Burlington Transit to Angela Coughlan Pool and Park to compete in a series of minute-to-win-it themed activities. Can you win it in a minute? We'll see! After lunch, campers will enjoy a swim in the large indoor pool.

Friday, July 19
Hike and Capture the Flag
Bronte Creek Provincial Park

1219 Burloak Drive, Burlington
www.ontarioparks.com/park/brontecreek

Divide, conquer, and capture – the flag, that is. Campers will enjoy a large game of capture the flag today! We'll also explore the park and collect a few treasures. After a long morning of running around, an afternoon at the pool will be an excellent way to cool off!

Week 4 – July 22-26

Monday, July 22
Coyotes Cache
Newport Park

3020 Headon Forest Drive, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

We are walking over to Newport Park where campers will test their reflexes and awareness playing a giant game of Coyote's Cache. Howling at the moon is encouraged when defending your cache!

Tuesday, July 23
Park Rangers Freeze Tag
Nelson Recreation Centre

4235 New Street, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

Today campers will be taking Burlington Transit to Nelson Recreation Centre where they will be playing freeze tag pretending to be the Park Ranger trying to tag the animals running wild in their park! Afterward, we will go for a swim in the outdoor pool.

Wednesday, July 24
Adventure Village

580 Van Wagners Beach Road, Hamilton
www.adventure-village.com

Today, we're off to Adventure Village! When you combine the rock climbing, bumper cars, and games that the park has to offer with the lakefront beach at Confederation Park, you have yourself a recipe for one of our best trips this summer. We'll begin at Adventure Village, and then after lunch we're off to the beach to build castles, skip rocks and search for treasures.

Thursday, July 25
LaSalle Park

50 North Shore Boulevard, Burlington
<https://burlingtonculturalmap.ca/directory/lasalle-park>

Campers will take Burlington Transit to LaSalle Park where they will participate in organized games down by the water. After lunch we will take a hike through the LaSalle park trails.

Friday, July 26
Amazing Race
Bronte Creek Provincial Park

1219 Burloak Drive, Burlington
www.ontarioparks.com/park/brontecreek

On your mark, get set, go! Campers will work in teams to race around the park, searching for puzzles and challenges to complete. After taking a lunch break, the campers will walk down the trail to the pool to go swimming.

Week 5 – July 29- August 2

Monday, July 29
Kickball
Millcroft Park

4250 Millcroft Park Drive, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

Today, we will take a walk to Millcroft Park for a game of kickball. After a picnic lunch in a shaded area, campers will cool off in the pool before returning to Camp.

Tuesday, July 30
Flag Football
Spencer Smith Park

1400 Lakeshore Road, Burlington
<https://burlingtonculturalmap.ca/directory/spencer-smith-park>

Today we are taking Burlington Transit to Spencer Smith Park where we can explore the great outdoors. We will enjoy some flag football followed by a picnic lunch. We will also take a stroll along the promenade.

Wednesday, July 31
Wild Waterworks

680 Waterfront Trail, Hamilton
www.wild-waterworks.com

Wild Waterworks is the largest water park in Hamilton, complete with four body slides, two tube slides, a lazy river, and an outdoor wave pool! Campers will enjoy lunch in the shaded picnic areas before returning to the water for more fun in the afternoon.

Thursday, August 1
Relays and Parachute Volley
Mountainside Pool

2205 Mount Forest Drive, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

We are taking Burlington Transit to Mountainside Pool today. Campers will enjoy a day of parachute activities. After our lunch break, campers will take a swim in the large outdoor pool.

Friday, August 2
Float Your Boat!
Bronte Creek

1219 Burloak Drive, Burlington
www.ontarioparks.com/park/brontecreek

Whatever floats your boat! Campers will be working together, using a variety of materials, to design and create boats in a quest to conquer the water. In the afternoon, campers will have the opportunity to go swimming in the pool.

Week 6 – August 5-9

Monday, August 5

Program closed for the statutory holiday.

Tuesday, August 6
Within Range Driving Range and Mini Golf

3050 Guelph Line, Burlington
<http://withinrange.ca/burlington/>

Campers will take Burlington Transit to Within Range where they will have an opportunity to practice their swing at the driving range. After lunch, campers will enjoy a game of mini golf.

Wednesday, August 7
McMaster Rock Climbing and Ropes Course

1280 Main St. W., Hamilton
<https://rec.mcmaster.ca/programs/outdoor-recreation>

We'll be working as a team today as we make our way through this unique low ropes course! Campers will have to use their communication and their loudest voices to cheer each other on through each challenge.

Thursday, August 8
Camp Games
Nelson Recreation Centre

4235 New Street, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

Campers will take Burlington Transit to Nelson Recreation Centre and split up in teams to compete in a series of gross motor games. After taking a lunch break, campers will enjoy a swim in the large outdoor pool.

Friday, August 9
Farm Life
Bronte Creek

1219 Burloak Drive, Burlington
www.ontarioparks.com/park/brontecreek

Today we're exploring a farm with all sorts of animals to see up close! We'll also take a step back in time as we tour the Spruce Lane Farmhouse which dates back to the 19th century. After a picnic lunch, campers will have the opportunity to go for a swim in the pool.



Week 7 – August 12-16

Monday, August 12

**Flag Football
Ireland Park**

2315 Headon Forest Drive, Burlington
<https://www.burlington.ca/en/services-for-you/Ireland-Park.asp>

Today we are visiting Ireland Park where we can enjoy the great outdoors. We will walk to the park and enjoy some flag football followed by a picnic lunch. Afterwards, we can cool off in the splash pad.

Tuesday, August 13

Sports FANatics

Come dressed in your favourite jersey and get ready to play! We will hone our soccer and flag football skills. No sports jersey? No problem! You can get creative and make your own banner for your team with our stash of art supplies.

Wednesday, August 14
Kelso Conservation Area

5234 Kelso Road, Milton
<https://www.conservationhalton.ca/park-details?park=kelso>

Situated on the edge of the Niagara Escarpment, a trip to Kelso Conservation Area is not complete without some swimming and playing on the beaches. Throughout the course of the day, campers will have the opportunity to swim at the lifeguard-supervised beach, play a game or two of volleyball, and hike on the trails.

Thursday, August 15

**LaSalle Park
Aldershot Pool**

50 North Shore Boulevard, Burlington
<https://burlingtonculturalmap.ca/directory/lasalle-park>

Campers will take Burlington Transit to LaSalle Park where they will participate in organized games down by the water. After lunch, we will take a walk to Aldershot Pool where campers will take a swim in the indoor pool which includes a rope swing!

Friday, August 16

**Hike
Bronte Creek Provincial Park**

1219 Burloak Drive, Burlington
www.ontarioparks.com/park/brontecreek

Campers will hit the trails in search of wildlife. After we have worked up a sweat hiking we will head over to the pool for a refreshing swim!

Week 8 – August 19-23

Monday, August 19

**Scavenger Hunt/Flag Football
Newport Park**

3020 Headon Forest Drive, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

We're on another scavenger hunt this morning as we take a walk over to Newport Park! Once we arrive, campers will take part in a flag football tournament.

Tuesday, August 20

**Soccer
Norton Park**

3035 Tim Dobbie Drive, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

We're sure you'll get a kick out of today's activities! We will walk over to Norton Park, a fantastic place to spend the morning participating in a soccer tournament! After a picnic lunch in a shaded area, campers will have the opportunity to go swimming in the pool.

Wednesday, August 21

Emerald Lake

7248 Gore Road, Puslinch
<http://www.emeraldlake.ca>

Campers will travel to Emerald Lake where they will enjoy the five-acre lake! Campers will enjoy a 200-foot water slide, a high and low diving area, a rock-climbing wall, and even an obstacle course! Other activities will also include volleyball and basketball games.

Thursday, August 22
Minute-to-Win-It
Angela Coughlan Pool

2425 Upper Middle Road, Burlington
<https://www.burlington.ca/en/live-and-play/Parks-and-Recreation.asp>

Campers will hop on Burlington Transit to ride to Angela Coughlan Pool. They will divide into teams and compete in a series of minute-to-win-it themed activities. Can you win it in a minute? We'll see! After lunch campers will enjoy a swim in the large indoor pool.

Friday, August 23
Last Day of Camp Blowout
Bronte Creek Provincial Park

1219 Burloak Drive, Burlington
www.ontarioparks.com/park/brontecreek

For our last day of camp blowout, we will enjoy a variety of games and activities. After a picnic lunch, we will collect autographs on our camp shirts to keep as souvenirs as we say our farewells. After a picnic lunch, we will take a walk down to the pool our final swim.

Today's Family Summer Camp

Program overview

Kinder Camp (Ages 4-6 years)

Our Kinder Camp Program provides a great opportunity for children ages 4-6 years to explore their environment in a safe and supervised setting. Campers will enjoy trips in their community, physical activity, songs and games, arts and crafts and weekly outings.

Adventure Camp (Ages 7-9 years)

Our Adventure Camp Program provides campers ages 7-9 years with an active, fun-filled opportunity. Campers will go on weekly outings, swim, enjoy arts, music and drama experiences, physical activities, outdoor adventures and explore their community.

Camp Extreme (Ages 9-12 years)

Our Camp Extreme Program is an action packed adventure for campers ages 9-12 years. Campers will experience outdoor activities, sports, arts and crafts, swimming, weekly trips and much more.

Is your camper 9 years old?

If so, s/he gets to decide whether to have an exciting 'adventure' this summer or go 'extreme!'

HAMILTON ONLY

Leader-in-Training (LIT) Program (Ages 13-16 years)

Our Leader-in-Training (LIT) Program provides a great opportunity for teens to develop communication skills in a team environment. Participants also learn how to supervise young children as they plan activities to help them learn and grow.

Did you know...

Answers to frequently asked questions

Welcome to Today's Family

Today's Family is a non-profit charitable agency servicing children and families in and around Hamilton, Halton and Haldimand Norfolk. We offer a wide range of early learning and child care programs as well as parental support programs to help you and your child every step of the way. It's professional, caring support that makes a real difference in the physical, emotional, social and intellectual development of children.

Registration

You can register for Today's Family Summer Camps in the following ways:

1. In person

2. By mail: Today's Family Summer Camp Central Administration Office, 44 Greendale Drive, Hamilton ON L9C 5Z4

3. By email: Download a registration package: www.todaysfamily.ca or email us at childcare@todaysfamily.ca

Financial Assistance

Qualifying families may be eligible for subsidy through the Social Development and Early Childhood Services Child Care Fee Subsidy Office. For further information, please call:

905 546 4870 City of Hamilton

905 825 6000 Halton Region

519 426 6170 Haldimand Norfolk

Program Hours

Today's Family Summer Camp Programs operate from 7:00 a.m. to 6:00 p.m. Monday to Friday. We are closed on statutory holidays.

What to bring to camp:

To be prepared for camp, please remember to bring the following to camp each day:

- ✓ Lunch (nut-free)
- ✓ Swim suit
- ✓ Towel
- ✓ Sunscreen
- ✓ Refillable water bottle
- ✓ Comfortable shoes
- ✓ Hat

✗ We ask that campers not bring any valuables to camp. This includes: cell phones, electronic devices and games.

Hot Weather Policy

To ensure the health and safety of all, camp staff will modify activities to accommodate for hot weather. There will be more indoor time and less strenuous activities with more frequent water breaks. This will allow all campers to enjoy even the hottest days.

Nutrition

Today's Family provides snacks in accordance with the Canada Food Guide. Menus are posted and copies are also available to parents and families. Please be sure to alert us of any allergies or food restrictions. If possible, we will try to provide an alternative. Please bring a nut-free lunch and refillable water bottle every day.

Guiding Behaviour

Today's Family use re-direction and positive behaviour guidance techniques appropriate to the child's age to promote self-discipline and respect for others and their environment.

Serious Occurrences

Serious occurrences that happen in your child's Camp Program are posted at the program location for your information.

Volunteer and Student Supervision Policy

Only Today's Family employees will have the direct responsibility for the supervision of children in the camp programs. Please note: Volunteers and students are not considered part of the staff / caregiver to child ratio.