



**G.L. Armstrong
Extreme Camp
2019**

Week 1 - July 1-5

Monday, July 1

Program closed for the statutory holiday

Tuesday, July 2

Welcome to Camp!

Inch Park

400 Queensdale Avenue E., Hamilton
<https://www.hamilton.ca/parks-recreation>

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

Wednesday, July 3

Wild Waterworks

680 Waterfront Trail, Hamilton
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.

Thursday, July 4

Survivor Games

Our friends from RA Riddell are paying a visit to our camp today. We will challenge the other campers in games to outwit, outlast and outplay each other!

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 farmhouse. 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

Camouflage Games

Inch Park

400 Queensdale Avenue E., Hamilton
<https://www.hamilton.ca/parks-recreation>

Campers will walk over to Inch Park where they 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.

Tuesday, July 9

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.

Wednesday, July 10

Exploring and Volleyball at the Beach

Brant Conservation Area

119 Jennings Road, Brantford
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 volleyball games.

Thursday, July 11

Outdoor Games

Inch Park

400 Queensdale Avenue E., Hamilton
<https://www.hamilton.ca/parks-recreation>

Today are walking to Inch Park where we can enjoy the great outdoors. We will enjoy some kickball followed by a picnic lunch. After lunch, we will go for a swim in the outdoor pool.

Friday, July 12

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, however, can complete a quest without their superpowers. Campers will search for their superpowers 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

The Ultimate Camp Showdown!

Today, the camp staff challenge campers to a showdown! Campers will need the help of their friends to prove which team is Camp Champion! Events like tug of war, relay races and water fights are sure to challenge everyone's skills.

Tuesday, July 16

Courtside Fun

Walker Park

60 Diconzo Drive, Hamilton

<https://www.hamilton.ca/parks-recreation>

We will be taking a ride on our local HSR bus to enjoy a day at Walker Park. In the morning, we'll be shooting some hoops at the basketball courts. After a picnic lunch, we will be going for a swim in the beautiful outdoor pool.

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's 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 putt on the mini-golf course!

Thursday, July 18

Hamilton Farmers' Market

35 York Boulevard, Hamilton

<https://hamiltonfarmersmarket.ca/>

The Hamilton Farmers' Market is over 100 years old and features food from local farms and specialties from all over the world. We will be taking the HSR bus to downtown Hamilton where our campers will be able to explore the market.

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

Baseball

Walker Park

60 Diconzo Drive, Hamilton

<https://www.hamilton.ca/parks-recreation>

Today we will hop on the HSR to Walker Park for some good old-fashioned baseball. Campers will organize the teams, create scoreboards, participate and cheer on the group. After a picnic lunch in a shaded area, campers will have the opportunity to go swimming in the outdoor pool.

Tuesday, July 23

Coyote's Cache

Gage Park

1000 Main Street E., Hamilton

<http://www.gageparkhamilton.ca/>

We will be riding the HSR to Gage 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! After taking a lunch break in the shade, we will stroll through the garden and discover what's in bloom.

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

Park Rangers

Inch Park

400 Queensdale Avenue E., Hamilton

<https://www.hamilton.ca/parks-recreation>

Today campers are walking over to Inch Park 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.

GL Extreme

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 be working 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 go swimming.

Week 5 – July 29- August 2

Monday, July 29 **Kickball** **Hillpark Recreation Centre**

305 South Bend E., Hamilton
<https://www.hamilton.ca/parks-recreation>

Today we are visiting Hillpark Recreation Centre! We will walk over to the park in the morning and enjoy some kickball at the centre. After lunch, we will enjoy a swim in the indoor pool.

Tuesday, July 30 **Martial Arts Experience**

436 Concession Street, Hamilton
www.joslinsmma.com

We are channeling our inner karate kids today as we go for a walk to enjoy an action packed lesson in mixed martial arts at Joslin's Training Centre. The campers will have an unforgettable experience as they are introduced to the values of respect, self-discipline and self-control throughout the session.

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 water fun in the afternoon.

Thursday, August 1 **Relays and Parachute Volley** **Inch Park**

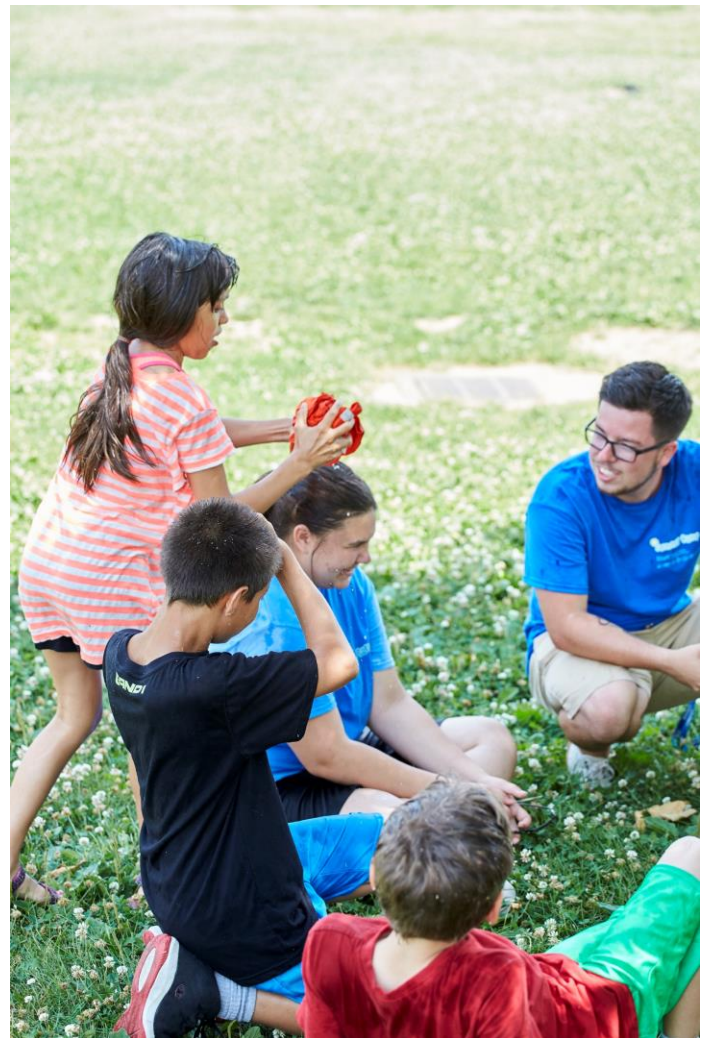
400 Queensdale Avenue E., Hamilton
www.hamilton.ca/parks-recreation

Campers will enjoy a day of parachute activities. After our lunch break we will take a break and go for a swim to cool down. We'll also take part in some relay games!

Friday, August 2 **Float Your Boat** **Bronte Creek**

1219 Burloak Drive, Burlington
www.ontarioparks.ca/park/brontecreekbrontecreek

Whatever floats your boat! Campers will be working together and 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
Kitchen Tour
Boston Pizza

1565 Upper James Street, Hamilton
www.bostonpizza.com

We will be hopping on our local HSR bus to visit Boston Pizza. We will be participating in a kitchen tour of this local restaurant where the campers will have the opportunity to make their own personal pizzas!

Wednesday, August 7
McMaster Rock Climbing and Ropes Course

1280 Main Street 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
RA Riddell

200 Cranbrook Drive, Hamilton

We are taking the HSR today to visit our friends at RA Riddell to compete in a series of outdoor games. Once we are done competing we will hop on the HSR and go for a swim at Walkers Pool.

Friday, August 9
Farm Life
Bronte Creek

1219 Burloak Drive, Oakville
<http://www.ontarioparks.ca/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
Inch Park

400 Queensdale Avenue E., Hamilton
<https://www.hamilton.ca/parks-recreation>

Today we are visiting Inch Park where we can enjoy the great outdoors. We will walk to the park and enjoy some flag football followed by a picnic lunch. We will then go for a swim in the pool.

Tuesday, August 13
Team Sports

Campers will take advantage of the sprawling greenspace behind GL Armstrong today to hone our skills in a variety of games.

Wednesday, August 14
Bissell's Hideaway Resort

205 Metler Road, Ridgeville
www.bissellshideaway.com

Half-outdoor water park and half paddle boats, mini-golf and large green spaces, Bissell's is basically the most fun place on the planet. The waterpark includes waterslides, a gradual entry wave pool, and a giant splash area. We'll spend our day making use of the attractions, both wet and dry!

Thursday, August 15
Sports FANatics

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

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 Westmount Pool

35 Lynbrook Drive, Hamilton
<https://www.hamilton.ca/parks-recreation>

We will be taking the HSR bus to Westmount Recreation Centre. This is a fantastic place to spend the morning participating in a soccer match in the field. After a picnic lunch in a shaded area, campers will have the opportunity to go swimming.

Tuesday, August 20 Bowling Mountain Lanes

335 Upper Wentworth Street, Hamilton
www.mountainlanesbowling.ca

Today's activity is right up our alley. Get ready for bowling! Campers will walk over to Mountain Lanes to enjoy a few rounds of bowling before heading back to our camp home base.

Wednesday, August 21 Emerald Lake

7248 Gore Road, Puslinch
<https://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 include volleyball and basketball games.

Thursday, August 22 The Ultimate Camp Showdown: The Sequel Westmount Recreation Center

35 Lynbrook Drive, Hamilton
<https://www.hamilton.ca/parks-recreation>

It's time for a redemption round of Camp Throwdown with our friends! After hopping on the HSR bus to ride over to Westmount, everyone will compete in a series of games including tug of war, relay races and water fights. In the ultimate showdown between staff and campers, who will win? We'll find out! We will also have the opportunity to swim in the 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 as we prepare for a picnic lunch. We will collect autographs on our camp shirts to keep as souvenirs as we say our farewells. After we enjoy our picnic, we will walk down the trail to the pool to go swimming.

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.