



A colorful logo for 'Summer Camp Today's Family'. The text 'Summer Camp' is in a large, blue, bubbly font. Below it, 'Today's Family' is written in a smaller, white font inside a blue circular shape. The logo is surrounded by various cartoon icons, including a robot, a dinosaur, a monster, a bee, a flower, and a balloon.

# G.L. Armstrong Adventure Camp 2019

## Week 1 - July 1-5

### Monday, July 1

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Program closed for the statutory holiday.

### Tuesday, July 2

#### Team Building Games

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Welcome to Camp! Today, you will meet your fellow campers and play some fun games that focus on team building. Get ready for the human knot and races, all in the sprawling greenspace behind GL Armstrong.

### Wednesday, July 3

#### Bowling

#### Mountain Lanes

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335 Upper Wentworth Street, Hamilton  
[www.mountainlanesbowling.ca](http://www.mountainlanesbowling.ca)

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

### Thursday, July 4

#### Bronte Creek Provincial Park

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1219 Burloak Drive, Burlington  
[www.ontarioparks.com/park/brontecreek](http://www.ontarioparks.com/park/brontecreek)

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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.

### Friday, July 5

#### Loose Parts Playscape

#### Macassa Park

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9 Dallas Ave., Hamilton  
<https://www.hamilton.ca/parks-recreation>

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In the morning, campers will search the green space at Macassa Park for natural materials they can use to create a replica of their favourite play memory. The splash pad will be a great way to end the day.

## Week 2 – July 8-12

### Monday, July 8

#### Capture the Flag

#### Gage Park

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1000 Main Street E., Hamilton  
<https://www.hamilton.ca/parks-recreation>

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Divide, conquer, and capture – the flag, that is. Campers will ride the HSR to Gage Park to play a large game of capture the flag. After a long morning of running around, an afternoon at the splash pad will be an excellent way to cool off.

### Tuesday, July 9

#### Wild Waterworks

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680 Waterfront Trail, Hamilton  
[www.wild-waterworks.com](http://www.wild-waterworks.com)

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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, splash pads, a lazy river, and an outdoor wave pool! We'll break for lunch and then get back to the water.

### Wednesday, July 10

#### Sports Day & Artasia

#### Inch Park

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

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In the morning, the campers will walk to Inch Park and split up into teams to play a variety of games like kickball, soccer and outdoor dodgeball.

Culture for Kids in the Arts will join us this afternoon to engage the campers in a variety of arts activities.

### Thursday, July 11

#### Scavenger Hunt

#### Bronte Creek Provincial Park

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1219 Burloak Drive, Oakville  
[www.ontarioparks.com/park/brontecreek](http://www.ontarioparks.com/park/brontecreek)

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Today Campers will spend some time exploring the area and then creating a scavenger hunt for their friends to complete. After taking a lunch break, the campers will walk down the trail to the pool to go swimming.

## GL Adventure

### Friday, July 12 Ultimate Frisbee Inch Park Pool

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

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Today, Campers will take a short walk to Inch Park where they will enjoy a large game of ultimate frisbee in the morning. After a picnic lunch, campers will cool down with a swim in the pool.

## Week 3 – July 15-19

### Monday, July 15 Baseball Inch Park Pool

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

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Today we will swing over to Inch Park for some good old-fashioned baseball. Campers will team up with a councilor to practice the basic skills of baseball and play a game with their friends. Afterwards, we'll go for a swim in the outdoor pool.

### Tuesday, July 16 Royal Botanical Gardens

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680 Plains Road W., Burlington  
[www.rbg.ca](http://www.rbg.ca)

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Today, we'll explore the Royal Botanical Gardens! Be on the lookout for some of the prettiest flowers from around the world. We'll also learn some useful gardening tips and inspire our campers to connect with their green thumbs. Children will have the opportunity to explore the Hendrie Valley.

### Wednesday, July 17 Master Chefs Artasia

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Bring your appetite and your creativity! In the morning, we will be choosing a recipe, combining the ingredients, creating some delicious, nutritious food!

Culture for Kids in the Arts will join us this afternoon to engage the campers in a variety of arts activities.

### Thursday, July 18 Coyote's Cache Bronte Creek Provincial Park

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1219 Burloak Drive, Burlington  
[www.ontarioparks.ca/parks/brontecreek/](http://www.ontarioparks.ca/parks/brontecreek/)

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Today, the campers will test their reflexes and awareness while playing a giant game of Coyote's Cache. Howling at the moon is encouraged when defending your cache! We'll spend the afternoon swimming in the pool.

### Friday, July 19 Natural Dyes Inch Park Pool

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

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Campers will investigate the use of plants to create natural dyes, experimenting with different dyeing methods and a variety of plant materials. In the afternoon, our group will take a short walk to Inch Park and enjoy a swim in the outdoor pool.



## Week 4 – July 22-26

**Monday, July 22**  
**Water Play Day**

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Get ready to get wet! We will be breaking out the sprinklers, slip and slide, water balloons and buckets for a super fun day of water play.

**Tuesday, July 23**  
**Bingemans Fun Park**

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425 Bingemans Centre Drive, Kitchener  
[www.bingemans.com](http://www.bingemans.com)

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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!

**Wednesday, July 24**  
**Scavenger Hunt & Artasia**

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

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The campers will create their own checklists and then head over to Inch Park to go on a camp-wide scavenger hunt.

Culture for Kids in the Arts will join us this afternoon to engage the campers in a variety of arts activities.

**Thursday, July 25**  
**Survivor Games**  
**Bronte Creek Provincial Park**

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1219 Burloak Drive, Burlington  
[www.ontarioparks.com/park/brontecreek](http://www.ontarioparks.com/park/brontecreek)

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Campers will divide into teams and compete in various survivor-themed activities to see which can outwit, outplay and outlast the others! After taking a lunch break, the campers will walk down the trail to the pool to go swimming.

**Friday, July 26**  
**Bird Feeders**  
**Inch Park Pool**

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

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We want to get a closer look at the birds in our area and D.I.Y. bird feeders are just the thing to attract them. Campers will brainstorm a list of foods they think birds might eat. We will then string these items up and hang

our feeders for the birds to feast on. In the afternoon, we will walk to Inch Park for a swim in the outdoor pool.

## Week 5 – July 29- August 2

**Monday, July 29**  
**Bayfront Park**

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200 Harbour Front Drive, Hamilton  
[www.hamiltonwaterfront.com](http://www.hamiltonwaterfront.com)

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Today we will be taking the HSR bus to Bayfront Park. Located on the south shores of Hamilton Harbour, this massive outdoor park is just big enough for our campers to run, jump and play! We'll also take a trolley ride along the Waterfront, spotting some of Hamilton's most memorable attractions.

**Tuesday, July 30**  
**Wild Waterworks**

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680 Waterfront Trail, Hamilton  
[www.wild-waterworks.com](http://www.wild-waterworks.com)

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Wild Waterworks is the largest water park in Hamilton, complete with four body slides, two tube slides, splash pads, 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.

**Wednesday, July 31**  
**Sports Jersey Day**  
**Artasia**

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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.

Culture for Kids in the Arts will join us this afternoon to engage the campers in a variety of arts activities.

**Thursday, August 1**  
**Float Your Boat**  
**Bronte Creek**

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1219 Burloak Drive, Burlington  
[www.ontarioparks.com/park/brontecreek](http://www.ontarioparks.com/park/brontecreek)

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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.

## GL Adventure

### Friday, August 2 Park Rangers Inch Park Pool

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

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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.

## Week 6 – August 5-9

### Monday, August 5

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Program closed for the statutory holiday.

### Tuesday, August 6 Adventure Village

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580 Van Wagners Beach Road, Hamilton  
[www.adventure-village.com](http://www.adventure-village.com)

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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.

### Wednesday, August 7 Superhero Day Artasia

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Come dressed in your favourite superhero costumes and be prepared to participate in various outdoor games! Don't have a cape handy? No worries! There will be a variety of exciting items to help you create your own.

Culture for Kids in the Arts will join us this afternoon to engage the campers in a variety of arts activities.

### Thursday, August 8 Farm Life Bronte Creek Provincial Park

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1219 Burloak Drive, Burlington  
[www.ontarioparks.com/park/brontecreek](http://www.ontarioparks.com/park/brontecreek)

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Today we're exploring the 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 19<sup>th</sup> century. After a picnic lunch, campers will have the opportunity to go for a swim in the pool.

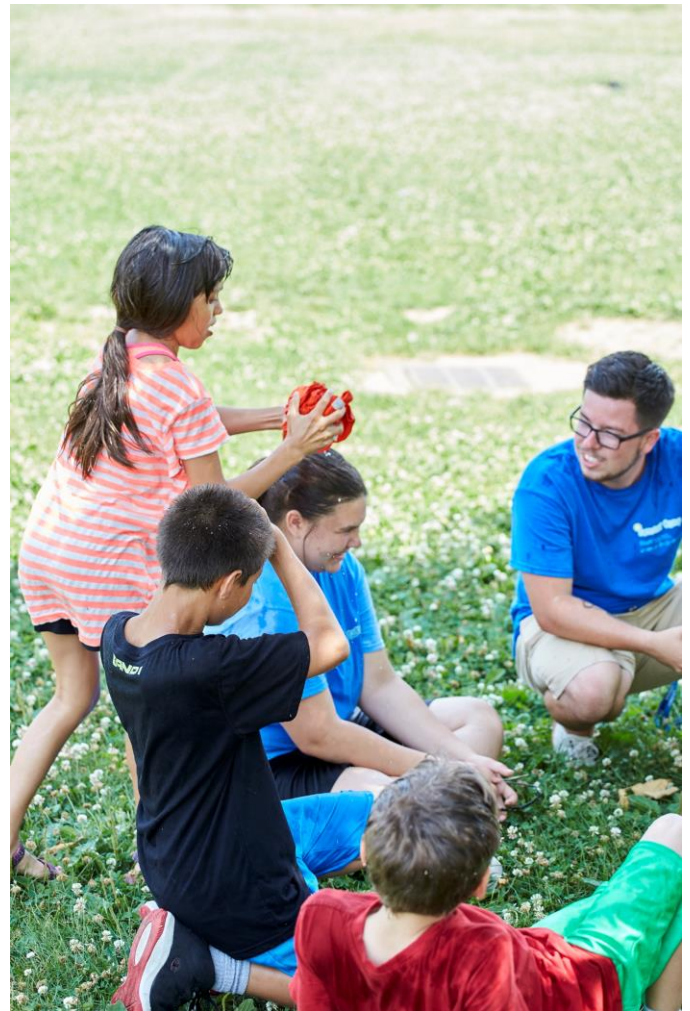
### Friday, August 9 Scientists Inch Park Pool

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

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We're turning our campers into junior scientists for the day through a series of hands on experiments! After lunch, our group will take a short walk to Inch Park and enjoy a swim in the outdoor pool.



## Week 7 – August 12-16

**Monday, August 12**  
**Elves, Giants and Wizards**  
**Inch Park Pool**

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

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Campers chose to be an elf, giant or wizard in a large game that combines rock, paper, scissors with tag. In the afternoon, we will walk over to Inch Park for a swim in the outdoor pool.

**Tuesday, August 13**  
**Earl Haig Family Fun Park**

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101 Market Street, Brantford  
[www.brantford.ca/earlhaig](http://www.brantford.ca/earlhaig)

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Pack your bathing suit and your running shoes, because today is going to be filled with fun, both on the land and in the water! Earl Haig Family Fun Park has so many activities, it might be difficult to choose what to do first. Throughout all this excitement we will be enjoying our lunch in the shaded picnic areas.

**Wednesday, August 14**  
**Camp Games**  
**Artasia**

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

Culture for Kids in the Arts will join us this afternoon to engage the campers in a variety of arts activities.

**Thursday, August 15**  
**Hike**  
**Bronte Creek Provincial Park**

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1219 Burloak Drive, Burlington  
[www.ontarioparks.com/park/brontecreek](http://www.ontarioparks.com/park/brontecreek)

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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!

**Friday, August 16**  
**Camp Mural**  
**Inch Park Pool**

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

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Campers will be working together to create a giant mural to commemorate their time at camp. In the afternoon, our group will take a short walk to Inch Park and enjoy a swim in the outdoor pool.

## Week 8 – August 19-23

**Monday, August 19**  
**Soccer**  
**Macassa Park**

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9 Dallas Ave., Hamilton  
<https://www.hamilton.ca/parks-recreation>

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Today's activities are sure to have a little kick to them! Campers will take the HSR over to Macassa Park to enjoy a day of organized soccer games on the field and play in the splash pad after lunch.

**Tuesday, August 20**  
**African Lion Safari**

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1386 Cooper Road, Hamilton  
[www.lionsafari.com](http://www.lionsafari.com)

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The African Lion Safari will put us face-to-face with some of the most fascinating and amazing animals in the world, including elephants, zebras, baboons, and, of course, lions! Campers will ride through the large game reserve in the Safari Tour Bus, take a ride on the scenic railway as well as the African Queen boat! After lunch, campers will visit Mismumu Bay, an interactive water play zone, complete with slides and plenty of splashing.

**Wednesday, August 21**  
**Beach Party**

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It's a beach party and you're invited! We'll be working on our limbo skills, finding out what it takes to crack open some coconuts and making seashell jewelry.



## GL Adventure

### **Thursday, August 22** **End of Camp Blowout** **Bronte Creek Provincial Park**

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1219 Burloak Drive, Burlington  
[www.ontarioparks.com/park/brontecreek](http://www.ontarioparks.com/park/brontecreek)

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For our last week of camp blowout, we will enjoy a variety of games and activities as we enjoy 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 where we will have the opportunity to go swimming.

### **Friday, August 23** **Camp's Got Talent!**

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Everyone is a star today in our camp wide talent show. It's time to showcase your best dance moves, singing voice or magic tricks! Props and costumes will be available.

# 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](http://www.todaysfamily.ca) or email us at [childcare@todaysfamily.ca](mailto: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.