

Registration  
available  
NOW!

# SUMMER CAMP 2024



girls  
inc.

130 Lincoln Street, Meriden, CT 06451  
203-235-7146  
[www.girlsinccentralct.org](http://www.girlsinccentralct.org)



# WHY GIRLS INC. SUMMER CAMP?



Girls Inc. Summer Camp offers a wide variety of programming that inspires all girls to be **STRONG**, **SMART**, and **BOLD** in a safe, enriching, pro-girl environment.

Each themed week of camp includes corresponding hands-on/minds-on activities and games, all designed to build self esteem, confidence, and social skills as they learn and explore. Your child will have fun and make new friends!



We're committed to meeting the needs of our community to serve both campers and families, offering AM and PM care, as well as fun events and special guests to enhance the camp experience.



# PROGRAM INFORMATION

## Camp Hours

- **AM Care** - 7:30 AM-9:00 AM
- **Camp Day** - 9:00 AM-3:00 PM
  - On-site activities for K-6 Campers and Counselors in Training
  - Off-site activities for Bold Adventures Campers
- **PM Care** - 3:00 PM-5:00 PM

## How to Register

Camp registration is available in-person at our center, over the phone (203-235-7146), or online at [girlsincmeriden.org](http://girlsincmeriden.org). Registration is available by camp week, and a deposit of \$25 per camp week enrolled is required at time of registration.

Payment options include cash, check, and credit/debit card. Payment plans available.

**EVERY Girl Financial Assistance is available for qualifying families, and Girls Inc. accepts Care 4 Kids. For more information on payment, see page 8.**

## To attend camp, all campers are required to have:

- Current Girls Inc. membership
- Medical form(s) (*See page 9*)
  - Must be submitted to Girls Inc. office by June 1, 2024. Following this date, form(s) must be submitted at time of registration.
- Completed liability waiver
- Completed sunscreen waiver
- Signed parent handbook acknowledgement

## Extended Care

Girls Inc. offers AM and PM extended care hours. AM Care opens for arrivals at 7:30 AM, providing breakfast for campers (see "Meals and Snacks") and an opportunity for socialization/recreational activities prior to the start of the camp day. PM Care dismissal is available until 5:00 PM, when campers have an additional snack, reflect on the day, and participate in a structured craft activity. AM and/or PM extended care are available at additional weekly costs, and pre-registration is required. Extended care is not available without regular camp day enrollment.

## Meals and Snacks

Snacks are provided to all campers twice a day. Free breakfast is provided courtesy of the Meriden Public Schools' (MPS) for students enrolled in AM extended care, and free lunch is available for all campers as part of the MPS Summer Lunch Program. Your camper may opt to bring a disposable/brown-bag lunch if desired. Please no large containers, glass items, or insulated lunch boxes/bags, as refrigeration is provided at our facility. An additional snack is provided for all campers enrolled in PM care.

## Camp Facility

All camp activities, except off-site field trips for Bold Adventures and Leaders in Training campers, take place at our center, where campers will move through different stations throughout the day. Girls Inc. is proud to have a swimming pool at our center and trained lifeguards on staff for campers to enjoy both swim instruction and free swim time each week. While many activities are held outdoors, indoor and outdoor stations will vary based on the nature of activities planned and the weather during the camp day.



Campers participate in exciting daily games and activities that are both appropriate for their age level and focused on the weekly theme. Each Unit participates in hands-on, purpose-driven activities, swim time with lessons, interactive games, specialty stations and more. Check out some of our weekly stations:

#### Arts and Crafts

Campers get creative through guided arts and crafts projects that express the theme/message of the day or week. This specialty station brings a world full of creativity, imagination, art appreciation, and more.

#### Mind and Body

Campers get active, play games, and learn techniques to help reduce stress and live a healthy active lifestyle! This station focuses on movement/athletics, cooperative and competitive spirit, interest in adventure, and health awareness (physical, mental, and nutritional).

#### All Things STEM

Campers participate in hands on, minds on STEM activities, allowing them to discover and create! This develops enthusiasm and skills in science, technology, engineering, and math.

**Camp Only**

**\$150**  
per week

**Camp +  
AM Care**

**\$185**  
per week

**Camp +  
AM, PM Care**

**\$230**  
per week

**Camp +  
PM Care**

**\$205**  
per week

#### **Sample Camp Day**

9:00 AM	Arrival
9:10 AM	STEM Station
10:00 AM	Physical Movement Station
11:00 AM	Free Play Station
12:00 PM	Lunch at Home Base Station
12:30 PM	Mind + Body Station
1:30 PM	Swim Time/Water Station
2:30 PM	Craft Station
3:00 PM	Dismissal

*Note: Stations change on a daily basis*

# BOLD ADVENTURES CAMP (GRADES 7-8)

**NEW!**



Bold Adventures camp is a new Girls Inc. camp that provides the opportunity for 7th and 8th grade campers to travel off-site between the hours of 9:00 AM and 3:00 PM, four days a week, for exposure to a variety of hands-on, minds-on experiences with integrated learning components outside of the Girls Inc. center. Encounters with STEM, physical activity, and social/emotional skill practice will be woven throughout adventurous field trips to places like the beach, an amusement park, a hike, a college campus, and more. Campers will get to discover learning through exciting challenges and in fun places they wouldn't expect!

One day each week, campers will remain on-site where they will have time for swim instruction/free swim and a chance to debrief on that week's off-site experiences. Transportation is provided for all off-site visits, and the cost for each experience is included in the weekly program fee.

**Camp Only**

**\$200**  
per week

**Camp +  
AM, PM Care**

**\$280**  
per week

**Camp +  
AM Care**

**\$235**  
per week

**Camp +  
PM Care**

**\$255**  
per week



# LEADERS IN TRAINING (GRADES 9-12)



This program provides high school students with the opportunity to practice being a leader among their peers, and gain experience under our Unit Facilitators and Counselors. Leadership campers meet once a week with their own unit facilitator, and are assigned to a younger unit to practice leadership skills while they assist with activities, station transitions, and all aspects of a typical day within the K-6 camp experience. One day each week, leadership campers get the chance to travel off-site for a special field trip.

**Camp Only**

**\$100**  
per week

**Camp +  
AM, PM Care**

**\$180**  
per week

**Camp +  
AM Care**

**\$135**  
per week

**Camp +  
PM Care**

**\$155**  
per week



# 2024 WEEKLY THEMES

## Week 1 - Myth Busters

June 17 - June 21



Can pop rocks and soda really make your stomach explode? Can balloons lift a house off the ground? Campers will spend time formulating and running experiments to try to disprove some of the most common myths. Games, activities, and experiments will be included in this week, as we kick off Girls Inc. Strong Smart, and Bold Summer camp season 2024.

**Learning Focus: STEM**

**Thursday Dress-Up: Detective**

CLOSED  
Wed. June 19th

## Week 2 - Global Explorers \*

June 24 - June 28

We live in Connecticut, but many come from all over the world. Let's celebrate our individual backgrounds, appreciating our differences and exploring world cultures through fun activities while learning to connect with others from around the world. Campers will participate in cultural workshops, games, and learn about various traditions.

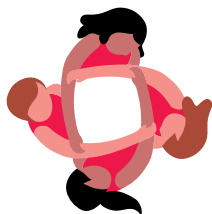
**Learning Focus: Celebrating Diversity and Culture**

**Wednesday Dress-Up: Cultures/Places**



## Week 3 - Girl Power & Mindful Moments

July 1 - July 5



Who doesn't like being pampered? Mindfulness is an important skill for all kids to learn. This week will help them connect to their bodies and emotions, making it easier for them to communicate and develop healthy self-care practices, and create healthy relationships with peers to understand their individual Girl Power!

**Learning Focus: Mind + Body**

**Wednesday Dress-Up: Pajamas**

CLOSED  
Thu. July 4th-  
Fri. July 5th

## Week 4 - Through the Looking Glass \*

July 8 - July 12

A week of wonders, where we will explore the amazing world of Alice. Campers will enjoy learning about amazing creatures, allowing our creative minds to explode. Every day will include games, activities, and special animal ambassador visitors. The week will conclude with a magical tea party, costumes are welcomed, and imagination is required.

**Learning Focus: Arts, Mind + Body, STEM**

**Wednesday Dress-Up: Tea Party**



## Week 5 - Just Beachy!

July 15 - July 19



It's o-FISH-al: you never know what type of aquatic life you'll run into when you're at the beach! Mermaids, pirates, and deep-sea divers welcome to explore. Starfish, whales, and all things fishy come out to play this week as campers discover the beautiful, bizarre, and truly odd goings-on in the deep blue sea. Dress up as your favorite sea creature, play water games, and live like a pirate.

**Learning Focus: STEM**

**Wednesday Dress-Up: Your favorite underwater creature/character**

# 2024 WEEKLY THEMES

## Week 6 - Superhero Training Academy

July 22 - July 26



Dive into all things super-human and explore your own superhero within. Invisibility, Flight, or Super-Strength, what would you choose? Tackle obstacles and rise to the challenge! Climb, jump, and tumble your way through the week... no challenge is too big! Calling all superheroes and villains, this week is for you! Solve the case with your friends, attend hero training, and see if you have what it takes take over.

**Learning Focus:** Mind + Body, Physical Development

**Wednesday Dress-Up:** Superhero/Villain

## Week 7 - Girls Inc.'s Got Talent \*

July 29 - August 2

Dive into all things super-human and explore your own superhero within. Invisibility, Flight, or Super-Strength, what would you choose? Tackle obstacles and rise to the challenge! Climb, jump, and tumble your way through the week... no challenge is too big! Calling all superheroes and villains, this week is for you! Solve the case with your friends, attend hero training, and see if you have what it takes take over. Learning Focus: Mind + Body, Physical Development

**Learning Focus:** Performing Arts, Mind + Body

**Wednesday Dress-Up:** Performance Costume



## Week 8 - Adventure Land

August 5 - August 9



What better time than summer to explore the great outdoors? Campers will get outside and explore, including hiking, learning about plants and animals, mastering practical skills, and having active fun in nature. Whether you're in the mood for an outdoor scavenger hunt, a forest exploration, or some bird watching, there are plenty of options for exploring the outdoors, learning about wilderness safety, and participating in survival-themed games and activities.

**Learning Focus:** STEM, Physical Development

**Wednesday Dress-Up:** Explorer/Adventurer

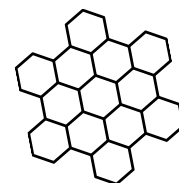
## Week 9 - Sensational Science

August 12 - August 16

Don't be scared, it's just science! Campers will explore new and strange areas of science that push their mind and skills to the limit. Allowing them to build and create their own projects while learning about the principles of engineering and design. They will learn about famous engineers and participate in building-themed games and activities.

**Learning Focus:** STEM

**Wednesday Dress-Up:** Scientist



## Week 10 - G.O.A.T. Week \*

August 19 - August 23



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This week will be the Greatest Of All Time! Wrapping up camp by creating fun memories for a lifetime. Every day will be spirit themed with the Girls Inc. Water Show performance to conclude the summer, which camp families are welcome to attend. Join us for our final week of the summer as we flash back to our greatest hits from this year. We will revisit campers' favorite games and activities to close out the season.

**Learning Focus:** Arts, STEM, Physical Development, Mind + Body

**Wednesday Dress-Up:** Anything goes—express yourself!

# PAYMENT INFORMATION

## Membership

All program participants are required to have an annual Girls Inc. membership. The membership fee is \$40 (non-refundable). Call or visit our website to learn about Girls Inc. membership benefits.

## Payment Options

Girls Inc. accepts cash, check, or card (Mastercard, Visa, Discover, American Express) payments. We offer automatic credit payments that can be scheduled for weekly, bi-weekly, or monthly withdrawal. Please contact our office for assistance with scheduled payment plans. Summer camp payment must be made in full by the 15th of your camper's last month of camp attendance. (Ex: Camper's last day of camp is August 23rd. Payment must be made in full by August 15th.)

## Deposit

A non-refundable deposit of \$25 per week of camp enrollment must be paid in full at time of registration to secure your camper's spot.

## Cancellation/Refunds

Refunds for camp cancellations, less deposit, are available until June 1, 2024. After this date, all fees are non-refundable. Exceptions include health-related events accompanied by doctor's note.

# FINANCIAL ASSISTANCE

## EVERY GIRL Fund

Girls Inc.'s internal financial assistance program called, **EVERY GIRL**, seeks to provide access to evidence-based programming in a pro-girl environment to "every girl" that wants it, regardless of their family's ability to pay. Scan the QR code to download our financial assistance application or call 203-235-7146 to receive in a different format. **EVERY GIRL** Financial Assistance cannot be combined with other discounts, such as priority or early bird registration discounts, and does not cover the cost of Girls Inc. membership. Qualifying families are still responsible for payment of deposit.



## Care 4 Kids

Girls Inc. accepts **Care 4 Kids** for our Summer Camp program. All Care 4 Kids documentation must be submitted by June 15th, 2024. Following this date, Care 4 Kids documentation must be submitted at time of registration. Qualifying families must pay camp deposit and set up payment plan to be adjusted after Care 4 Kids processes application and provides the appropriate coverage.

# MEDICAL FORMS

To complete your camper's registration, medical form(s) must be submitted by June 1, 2024. For registrations following this date, form(s) must be submitted at time of registration. ***Campers may NOT attend camp with incomplete medical information.***

## All Campers

All campers must submit a Camp Physical Form or CT Health Assessment Record that is up-to-date (within the last 3 years, or more recent if any major health changes within that time).

## Campers Requiring Medication

Campers who will/may require medication to be administered during camp hours for an existing health condition (ex: asthmatic inhaler, EpiPen, diabetic insulin, etc.) will need to submit a completed Medication Authorization Form.

The Medication Authorization form **MUST** be submitted with **BOTH** of the following:

- An action plan from the camper's physician
- The respective, up-to-date (unexpired) prescription medication
- Following submission of a Medication Authorization (with action plan and medication) Girls Inc. will provide an Individual Care Plan for parent/guardian review and signature.

***Campers may NOT carry unauthorized medication or ointments on their person, for the safety of all campers.***



# BELONGINGS

*\*ALL items should be labeled with camper's name. Girls Inc. is not responsible for any lost/stolen items.\**

## What to bring:

- Campers must wear sneakers or shoes that have closed backs. Sandals/flip flops are allowed only when going to the pool for swim time, **to ensure camper safety and prevent injuries.**
- Backpack to hold all items.
- While free lunch is available for campers as part of the MPS Summer Lunch Program, your camper may opt to bring a brown bag lunch if desired.
- Water bottle.
- Bathing suit (1 piece preferred) and towel. Wearing the suit prior to arrival may help alleviate long lines for changing before swim time.
- Waterproof bag to place wet clothes/shoes.
- Sunscreen. **We recommend all campers wear sunscreen and re-apply often.**
- Change of clothes including undergarments.

## What to leave at home:

- Cell phones
- Tablets, kindles, iPads, etc.
- Toys of all kinds
- Jewelry
- Large lunch containers or glass items
- Anything of value



# IMPORTANT DATES

## March

**9th** - Winter Term Ends  
**11th** - Spring Term Begins  
**21st** - Camp Open House  
**29th** - CLOSED

## April

**11th** - Camp Open House  
**8th-12th** - Summer Camp Preview  
 Vacation Camp

## May

**4th** - Camp Open House at Daffodil  
 Festival (Hubbard Park)  
**30th** - Camp Parent Orientation

## June

**8th** - Spring Term Ends  
**17th** - Summer Camp Begins  
**19th** - CLOSED Juneteenth

## July

**4th-5th** - CLOSED 4th of July Holiday  
**10th** - Camp Family Fun Night

## August

**6th** - Fall Program Overview at  
 National Night Out  
**12th** - Fall Registration Opens  
**23rd** - Summer Camp Ends,  
 Camp Water Show

In partnership with schools and at Girls Inc. centers, we focus on the development of the whole girl. She learns to value herself, take risks, and discover and develop her inherent strengths. The combination of long-lasting mentoring relationships, a pro-girl environment, and evidence-based programming equips girls to navigate gender, economic, and social barriers, and grow up healthy, educated, and independent.



Inspiring all girls  
to be strong,  
smart, and bold