



Kids Empowered Boys Empowered

www.kidsempowered.com

248-593-9911

2008 SUMMER DAY CAMP SCHEDULE AT FRANKLIN ATHLETIC CLUB

Camp for girls 4-14 years and boys 4-11 years. Schedule for summer evening workshops for mother/daughter, mother/son, father/daughter and father/son coming soon! See below for summer camp samplers and specials! To receive our monthly newsletter on tips to raise confident children and updates on our programs go to www.girlsempowered.com

Week 1: June 16-20 Grace and Charm

Girls will learn table manners, posture, poise, thank you notes, & etiquette for the cell phone, home phone and internet. As they learn about party planning they will learn how to make good decisions about including other kids and how to make people feel welcome. They will host a party for parents and friends at the Parent Demo to show you what they have learned! Includes a spa day, tea party, & 3 craft activities!

Girls 6-10 yrs

Teen Girls (Jr. Counselor program)

Week 2 June 23-27 ABC's of Social Skills

Kids will learn about 50 different Social Skills. Social Skills are the skills kids need to develop and manage relationships in life. Learn Social Skills like Dealing with Being Left Out, Accepting No, Saying No, Negotiation, Compromise, Taking Turns, Beginning a Conversation, Joining a group and Dealing with Group Pressure that will help any child be successful in relationships whether its relationships with peers, friends, family, teachers or later in life- Work! Includes 3 crafts!

Girls 6-10 yrs

Boys 6-10 yrs

Teen Girls (Jr. Counselor program)

June 23-27 Little Kid Power: ABCs of Kid Power

Kids will have fun making an alphabet book that teaches ways to be a strong, empowered kid. They will learn how you build self-esteem & confidence while learning about themselves. The ABC Book of Kid Power will give kids a chance to practice their writing skills & learn the language of self-confidence. The week includes a daily story about being themselves, a craft, & fitness activity. Kids can join the afternoon camp for swimming, a fitness activity, and craft!

Boys & Girls 4-6 yrs

Week 3 June 30-July 3 No Thank-You: A Graceful Approach to Assertiveness

Being assertive is a skill every girl needs to have. Girls will learn & practice being assertive in their words, voice, & body language through role-playing & crafts. They will learn how to express themselves to get their needs met, to be taken seriously, to be able to negotiate, set boundaries and handle conflict. This camp will help all girls no matter what their confidence level is including girls who may be too aggressive in how they communicate to girls who feel they have no voice to find one. Camp includes 3 crafts and role-plays.

Girls 6-10 yrs

Teen Girls (Jr. Counselor program)

Week 4 July 7-11 The Girls Empowered Sports Camp Featuring the Detroit Shock

Girls can experience many exciting sports & fitness activities while learning about female athletes. Additionally, campers will hear about health, confidence, and leadership from two Detroit Shock players. They will learn about how being a team player, having good sportsmanship, commitment, and motivation are all essential in sports, whether playing for fun or playing as a professional. Activities include basketball, volleyball, soccer, yoga, strength training, rock climbing, & fitness games. Girls will learn a hip hop dance to perform at the Shock game Friday, July 11 at 7:00. Camper game ticket included. Full day only.

Girls 6-10 yrs

*Come watch your daughter perform at the Shock game! Additional game tickets are only \$18 (normally \$33)!

Sign up for your game tickets when you register your daughter! See Game flier for additional tickets at www.girlsempowered.com

July 7-11 Surviving Mean Girl Boot Camp

Girls will learn the how to handle mean kid situations and bullying using curriculum that Girls Empowered has developed & is teaching to kids, teachers, & parents nationally. Kids learn to identify mean kid behavior, and what it looks like to be a bully, be mean, be a bystander, a doormat and to stand up for yourself & others. Kids will learn why making good choices helps them become powerful kids & making choices to be mean or let others walk all over you takes away their power. Camp includes role plays, interactive discussions and crafts. The girls camp will meet and hear the Shock players on leadership and have the opportunity to learn a hip hop dance to perform at the Shock game Friday, July 8 at 7:30. Tickets: \$18

Girls 6-8 yrs

Girls 9-11 yrs

Teen Girls (Jr. Counselor program)

July 7-11 Surviving Mean Kid Boot Camp

Girls/Boys will learn the how to handle mean kid situations and bullying using curriculum that Girls Empowered has developed & is teaching to kids, teachers, & parents nationally. Kids learn to identify mean kid behavior, and what it looks like to be a bully, be mean, be a bystander, a doormat and to stand up for yourself & others. Kids will learn why making good choices helps them become powerful kids & making choices to be mean or let others walk all over you takes away their power. Camp includes role plays, interactive discussions and crafts.

Boys 6-8 yrs

Boys 9-11 yrs

Week 5 July 14-18 Fashion and Spa week while dealing with the Fashion Bully!

Girls will learn about fashion, skin care, hair, & appropriately dressing their age while still being able to express themselves. They will learn how to walk and carry themselves to show confidence & do crafts and spa activities. Girls will learn to deal with the Fashion Bully, peer and cultural pressure to dress a certain way and to be critical thinkers about the media. On the last day, the girls will show you what they have learned in a Fashion Show that family and friends are invited to!

Girls 6-11 yrs

Teen Girls (Jr. Counselor program)

July 14-18 Little Kids Power: Happy to be Me

Kids will have fun each day making a craft that represents who they are. Kids will learn the power of positive self-talk & thinking, appreciating who they are & ways to build self-esteem. Half day morning camp includes a daily story about being themselves, craft, & fitness activity. Kids can join the afternoon camp for swimming, fitness, and craft!

Girls & Boys 4-6 yrs

Week 6 July 21-25 Social Skills for Friendships

Girls & Boys will learn skills for friendship building, making friends, and how "true" friends treat each other. Through role playing, games and a "mock sleep-over party" kids will learn how to invite others to play, including others, how to join others who are already together, taking turns, problem solving, conflict resolution, compromising, sharing and cooperation. Includes 3 crafts!

Girls 6-8 yrs

Girls 9-11 yrs

Teen Girls (Jr. Counselor program)

Boys 6-9yrs

Week 7 July 28-Aug 1 Kid Power for Animal Lovers

This camp is for kids who love animals. Using the theme of animals we teach kids communication skills, social skills, personal power, and compassion. Horses, giraffes, dolphins, elephants, dogs and cats are just some of the animals we will have fun with doing animal themed activities and crafts. Bring your Webkin if you have one! Camp includes 4 crafts and games.

Girls 7-10 yrs

Teen Girls (Jr. Counselor program)

Boys & Girls 4-6 yrs

Week 8 Aug 4- Aug 8 My friends and me!

Kids will have fun learning how to be a good friend. This camp will lay the foundation of friendship skills, making new friends, sharing, cooperation, & things not to say or do when being a good friend. Kids will have fun with friendship themed crafts & stories. This camp includes 4 crafts, and games.

Boys & Girls 4-6 yrs

Girls 6-8 yrs

Girls 9-11 Teen Girls yrs

Teen Girls (Jr. Counselor program)

Boys 6-9 yrs

Week 9 Aug 11-Aug 15 Social Skills and Character Development

This camp will cover the concepts of character education including respect for others and themselves, responsibility, speaking up for what is right, citizenship and empathy. Girls will learn how to be an independent thinker in the face of peer and societal pressure, how to understand others, care about the community and environment & participate as a citizen of the world. This camp includes a daily role play & 3 crafts.

Girls 6-10 yrs

Teen Girls (Jr. Counselor program)

Week 9 Aug 11-Aug 15 Get Ready for Middle School 1:00-4:00

Going to Middle School is one of the biggest transitional periods for kids. This can be an exciting new adventure and/or an emotionally challenging time. This camp will help your kid prepare for changes in friendships, their bodies, and nutritional needs. They will learn how to get involved, meet new people, manage stress, and be organized. This camp will help your daughter or son prepare for the social scene in middle school. This camp includes 2 crafts, swimming and a daily fitness activity. Can join morning camp to make a full day.

Girls - Starting middle school

Boys- Starting middle school

Aug 11-Aug 15 Get Ready for Kindergarten Kids going into Kindergarten 9:00-12:00

Going to Kindergarten is a big transitional period for kids. This camp will help kids prepare for this new adventure with activities to prepare them to make new friends, manage emotions, and how to enter this exciting time with confidence. Kids can also take Back to School confidence camp to boosting that confidence level! (Different activities) Can join afternoon camp to make it a full day.

Boys & Girls starting Kindergarten

Week 10 Aug 18- Aug 22 Back to School Confidence Camp

Go back to school a strong, confident, healthier girl/boy! Kids will develop an action plan to have a successful school year filled with fun, friendships, goals, and develop the belief that they can achieve! They will learn about healthy eating, managing stress & anxiety. Included 3 crafts and games.

Girls 6-8 yrs

Girls 9-11 yrs

Teen Girls (Jr. Counselor program)

Boys 6-9 yrs

Aug 18- Aug 22 Little Kid Power: Back to School confidence camp

Go back to school a strong, confident, healthier kid! Boys & girls learn about how to deal with the emotions of starting something new- from excitement & happiness to anxiety and sadness. Kids will learn how having a positive attitude can affect the outcome of a new experience. Kids will learn about ways to have a successful school year filled with fun, friendships, goals, & develop the belief that they can achieve. Each day will include: a daily craft, games, & physical activity. Kids can join the afternoon camp for swimming, fitness, and craft!

Girls & Boys 4-6 yrs

Week 11 Aug 25-29 Self-Defense

Self-defense training is a must for all girls. Girls will learn and practice self-defense moves each day. They will learn about prevention, assertiveness, and skills that could not only be life saving but will also build confidence. The week includes daily self-defense practice, fitness activity, and workshops on setting boundaries & using your voice, body language and brain to protect yourself.

Girls 6-8 yrs

Girls 9-11 yrs

Teen Girls (Jr. Counselor program)

CAMP INFORMATION

Franklin Athletic Club: 29350 Northwestern Hwy, Southfield, MI 48034

Registration information: To register by phone: 248-352-05437

To register on-line: www.girlsempowered.com To register by fax or mail: Download registration form at www.girlsempowered.com

Full Day Camp Includes:

- ♥ 9:00am-4:00pm
- ♥ 2 themed educational workshops
- ♥ 2 fitness activities
- ♥ Swimming
- ♥ 1 hour lunch

Half Day Camp Includes:

- ♥ 9:00am-12:00pm or 1:00pm-4:00pm
- ♥ 1 themed educational workshop
- ♥ 1 fitness activity

Little Girls/Boy Power campers can stay all day.

They will join the full day camp from 12-4 to include Lunch, swimming, fitness & educational themed activity (craft, activity, role playing, games).

TEEN GIRL Junior Counselor Leadership SUMMER PROGRAM:

Each week includes

- ♥ 1 themed educational workshop
- ♥ 1 fitness activity
- ♥ Swimming
- ♥ Lunch
- ♥ *Jr Counselor session-girls will assist younger girls with crafts, clean up, organizing supplies

ALL CAMPS

- ♥ **Educational themed activities** include role playing, crafts, interactive discussions, and games.
- ♥ **Fitness activities include:** yoga, hip hop, aerobics, cardio-boxing, out door play, free play, soccer, volley ball, fitness games, swimming, inflatable soccer, rock climbing wall, obstacle course & Wii Games (Dance Dance Revolution, Sports games, High School Musical)
- ♥ Before and After care available through Franklin Athletic Club
- ♥ Parent Handout that includes information on topic and tips to raise strong confident children
- ♥ Parent Demonstration on the last 20 minutes on Friday
- ♥ Lunch is available to buy or bring lunch, bring 1 snack for morning session and 1 snack for afternoon session
- ♥ Wear comfortable clothing and tennis shoes
- ♥ Half day camp is available at full day camps

Full Day camp

Weekly: \$199 per week	Franklin Athletic Club Member special \$159
4 th of July Holiday week: \$160	Franklin Athletic Club Member special \$120
3 days \$159 per week	Franklin Athletic Club Member special \$129
Daily \$59	Franklin Athletic Club Member special \$49

Half Day camp

Weekly: \$150 per week	Franklin Athletic Club Member special \$129
3 days \$120 per week	Franklin Athletic Club Member special \$99
Daily \$40	Franklin Athletic Club Member special \$30

Girls spend the summer with Girls Empowered!!!!

Summer pass for Girls 6-10 & Teen Girls

For girls 6-10 and Teen girl Summer pass =\$1,499. (a \$2200 value)

Pay for 7 ½ weeks of camp but get 11 weeks of camp plus a Empowered t-shirt, Water bottle, and back pack.

SUMMER CAMP SAMPLER

Parents this is a chance for you and your kids to find out about the Girls Empowered and Boys Empowered Summer Day Camp Program.

Camps start June 16, 2008 and runs until Aug 29th! \$15 per child **The Camp Sampler evening will include:**

*a Fun program for your children to try some of the activities we do during Summer Camps

*a Parenting workshop that will give you 30 ways to empower your children

*an informational session on the Girls Empowered/Boys Empowered summer camp program

*Sign up at any of the Camp Samplers and save 15% on camps when signing up by the Camp Sampler date!

May 9 - For girls 6-11 6:00-9:00pm

May 11- For girls and boys 4-6 yrs old 1:00-3:00

May 16 - For boys 6-11 6:00-9:00pm