

# KIDS EMPOWERED



## Join Girls & Boys Empowered at Life Time Fitness Novi for these exciting camps!

### June 16-20

#### **Now What? Social Skills for problem-solving: Girls & Boys 6-9 & 10-13**

Children will learn steps to effective problem solving including how to identify the problem, brainstorming possible solutions, how to put solutions into action & work through sticky situations with peers.

#### **Little Kid Power: ABCs of Kid Power Boys & Girls 4-6 yrs (1:00-4:00 \$150)**

Children 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 them selves.

### June 23-27

#### **High School Musical with Girls Empowered Girls 6-9 & 10-12**

Girls will have fun with lots of hip hop dancing and singing while examining the social landscape in High School Musical. Girls will perform a Girls Empowered version of the musical for the parent demo!

### July 14-18

#### **Social Skills and Character Development Girls & Boys 6-9 and 10-12**

This camp will cover the concepts of character education including respect, responsibility, citizenship, empathy, & personal boundaries. Kids will learn how to be responsible, how to set goal and achieve them.

### July 21-25

#### **Girl Power Jewelry and Craft camp: Girls 6-11 yrs**

Girls will have fun making jewelry and crafts using the Girl Power theme.. Author Stacey Duford of "The Fairy Painting" will read her book, talk about being an author, and do a creative writing exercise with the girls.

### July 28-August 1st

#### **Little Girl Power: Flower Power Girls 4-6 yrs 1:00-4:00 (\$150) Flower Power Girls 6-9 yrs**

Girls will have fun learning how to grow strong & be a confident girl with a theme of Flower Power. Girls will build confidence by discovering themselves, their interests, personal strengths & ways to take care of themselves. Girls will learn the language of self-confidence, make 4 crafts, & move their bodies with fitness activities.

### August 4-8

#### **Surviving Mean Girl Boot Camp Girls 6-9 & 10-14 / Surviving Mean Kid Boot Camp Boys 6-9 & 10-14**

Girls/Boys will learn the how to handle mean kid situations and identify mean kid behavior, they 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.

All camps run from 9am-4pm and are \$200 for Life Time members and \$225 for non members (in less otherwise listed) Morning Mania from 7am-9am and Afternoon Animals from 4-6pm and lunches are available at an additional charge.

For more information on the camps, please contact Girls Empowered at (248) 593-9911 or to register contact Life Time Fitness (248) 735-5318.

**Join us May 2nd for a camp Sampler from 7-9pm-\$15 per person.**

**Sign up on this day for 10% off Girls Empowered Summer Camps!**