



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BETTER TOGETHER

Kids Empowered Summer Camps at the Beaumont Centre Family YMCA



Ramona and Beezus with Girls Empowered (Girls ages 6-10)

Girls will have fun learning about believing in yourself and being true to who you are using the positive messages from the movie Ramona and Beezus. Girls will learn how to be confident and build self-esteem while making a Dream Pillow, Fortune Cookies, Affirmation Box, and learn how to set boundaries for friendship and what to do when friends are unfriendly.

June 27 - July 1 (1-4 p.m.)

Fashion-Spa Week & Dealing with the Fashion Bully (Girls ages 6-10)

Girls will learn about fashion, skin care, hair, and appropriately dressing their age while still being able to express themselves. Girls will learn to stand up to the Fashion Bully, deal with peer and societal pressure to "look" a certain way and be critical thinkers about the media.

July 5 - July 8 (no camp on Mon, July 4) (1-4 p.m.)

Finding the Warrior Within, Kung Fu Panda with Boys Empowered (Boys ages 7-9)

Boys will have fun learning about believing in yourself and find their strength. Boys will learn how to connect with their inner warrior by gaining an understanding of how to manage and express their emotions, deal with meanness and conflict and build confidence.

July 11 - July 15 (1-4 p.m.)

Assertiveness Boot Camp-What to Say to the Bully & More! (Girls & Boys ages 6-10)

Being assertive is a life skill every kid needs to have in dealing with bullies, in negotiating, handling conflict, setting boundaries, to be taken seriously, and getting their needs met. Kids will learn and practice being assertive in their words, voice, and body language through role-playing and crafts.

July 18 - July 22 (1-4 p.m.)

Bully-Proof Me! (Girls & Boys ages 6-10)

Kids will learn how to NOT be a target for bullies. The camp is all about strategies for dealing with bullies and mean-spirited behavior. Kids will learn great responses to meanness and how to have confident body language, a strong voice and words. Kids will make bully-proof themed crafts to remind them of how to protect themselves.

July 25 - July 29 (1-4 p.m.)

Parents: Please send your child to camp with the following items: a water bottle, tennis shoes, a light jacket and a nut free snack!

**Fees for all Kids Empowered camps:
Y Members \$130/Program Participants \$150
*financial assistance available**

**Register at the Beaumont Centre Family
YMCA or online at ymcaofcentralky.org.**