



Girls Empowered* Kids Empowered * Boys Empowered
248-757-0912

Sign up for our email newsletter at
www.girlsempowered.com & www.boysempowered.com
Facebook: Stop the Meanness, Spread the Kindness



General information:

- Camp includes educational themed crafts, daily fitness activities, games, and role plays.
- Fitness activities vary by camp but can include: yoga, hip hop, free play, aerobic activity, games, inflatable bouncy activities, soccer, rock climbing, swimming
- Includes ½ hour parent demonstration during the last half hour on the last day.
- Includes an emailed parent handout that will give them an overview of what the kids are learning
- Bring ONE HEALTHY snack for half day & TWO HEALTHY snacks for full day and reusable water bottle
- Wear tennis shoes and comfortable clothing.
- Full day camps at Franklin Athletic Club include swimming each day
- Half day camps at Franklin Athletic Club include swimming twice a week as the fitness activity
- Lunch is available to buy at Franklin Athletic Club
- If your child is bringing their lunch please bring a HEALTHY lunch, pack extra food for hungry active children and please use reusable containers and a thermos for water. We are working on being an “Earth Friendly Camp” CAMPS ARE PEANUT-FREE.
- Additional registration information below!

Girl Power, Boy Power

Kids will learn about personal power and how their attitude and beliefs about themselves affect how they handle friendships, peer relationships, and opportunities/problems in life. Kids will look at their inner-self and the outer-self they present to the world to see if it fits with who they want to be. Activities focus on building self-esteem, appreciation for who we are, what we have, our dreams and liking ourselves.

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|-------------------------|----------------|------------|--|
| June 28 - July 2 | Girls 6-11 yrs | 9:00-4:00 | Location: Franklin Athletic Club |
| June 28 - July 2 | Boys 6-9 yrs | 9:00-4:00 | Location: Franklin Athletic Club |
| July 5-9 | Boys 6-8 yrs | 9:00-12:00 | Location: High Velocity Sports, Canton |
| July 12-16 | Girls 6-8 yrs | 9:00-12:00 | Location: High Velocity Sports, Canton |
| July 12-16 | Girls 9-11 yrs | 1:00-4:00 | Location: High Velocity Sports, Canton |

Kid Power

This camp will lay the foundation for our little ones to become confident and empowered. They will learn how to use positive self-talk and language to believe in themselves and handle sticky situations. A child who believes in themselves, likes themselves, and has the skills to manage sticky situations with peers will feel happy with themselves and be able to manage peer relationships in a healthy way. We will do crafts, games, and use books to learn about Kid Power!

July 5-9 Girls & Boys 4-6 yrs 1:00-4:00 Full Day Option Available Location: Franklin Athletic Club

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One-on-One Coaching Assemblies Scout workshops Parenting workshops Professional Development

July 5-9 Girls & Boys 4-6 yrs 1:00-4:00 Location: High Velocity Sports, Canton

Fashion-Spa Week & Dealing with the Fashion Bully

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. At the end of camp, the girls will show you what they have learned in a Fashion Show that family and friends are invited to.

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| June 21-25 | Girls 6-11 yrs | 9:00-4:00 | Location: Franklin Athletic Club |
| June 28-July 2 | Girls 6-9 yrs | 1:00-4:00 | Location: High Velocity Sports, Canton |
| July 12-16 | Girls 6-10 yrs | 1:00-4:00 | Location: Rochester Community Ed |
| July 26-30 | Girls Grade 6 th -9 th | 9:30-3:30 | Location: Jewish Community Center |
| July 26-30 | Girls 6-10 yrs | 9:00-12:00 | Location: Birmingham Community Ed |

Peace is the Word Camp

These days, girls seem to be really into the peace sign as a fashion statement, but many kids don't even know what it means. Girls will explore the meaning of inner peace, world peace, and peace among friends. They will learn to be at peace with their role in friendships, and how to help "keep the peace" among their friends and peers. This class can help girls who observe mean behavior around them and would like to learn to help stand up for their friends and themselves (in other words, go from being the bystander to the Empowered Girl). Girls will practice yoga, as well as make peace sign crafts, while exploring the concept of peace. Optional: Tie Dye your own peace shirt or buy a Girls Empowered peace shirt to tie dye \$10.

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| July 12-16 | Girls 6-10 yrs | 9:00-12:00 | Location: Troy Gymnastics |
| Aug 16-20 | Girls 6-10 yrs | 1:00-4:00 | Location: The Community House, Birmingham |

Me and My Planet Earth

Reduce, Recycle, Reuse! Kids will have fun making earth themed crafts while learning to be a steward of the earth. This camp will teach kids to be empowered in living a healthier life, leaving fewer carbon footprints and being a responsible citizen of the earth. On the last day kids will present an educational presentation to parents and friends. The kids will gain confidence when they show you what they have learned and practice their presentation skills.

July 5-9 Girls & Boys 6-11 yrs 9:00-4:00 Location: Franklin Athletic Club

Assertiveness Boot Camp-What to say to the bully & more!

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. This camp will help all kids no matter what their confidence level is including kids who may be too aggressive in how they communicate to those who don't use their voice at all.

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|-------------------|---------------------|------------|--|
| July 12-16 | Girls 6-10 yrs | 9:00-4:00 | Location: Franklin Athletic Club |
| July 12-16 | Middle School Girls | 1:00-4:00 | Full day option available Location: Franklin Athletic Club |
| August 2-6 | Girls 6-10 yrs | 9:00-12:00 | Location: High Velocity Sports, Canton |

Growing a modern day knight

Boys will learn the art of being a gentleman with courage to stand up for themselves and what they believe in. They will learn how to express themselves, respect themselves and others, and about being a kind, polite little gentleman with honor and chivalry. They will learn to slay the problem-causing dragons (their anxieties, fears and the bullies) while befriending the friendly dragons. They will make crafts around castles and dragons.

July 12-16 Boys 6-9 yrs 9:00-4:00 Location: Franklin Athletic Club
July 26-30 Boys 5-6 yrs 12:30-3:30 Location: Birmingham Community Ed
July 26-30 Boys 7-9 yrs 12:30-3:30 Location: Birmingham Community Ed

ABCs of Social Skills

Kids will learn about 25 different Social Skills. Social Skills are the skills kids need to develop and manage relationships in life. Learning Social Skills like Dealing with being Left Out, Accepting No, Saying No, Negotiation, Compromise, Taking Turns, Beginning a Conversation, Joining a group, Handling Conflict and Dealing with Group Pressure can help any child be successful in relationships whether it's with peers, friends, family, teachers or later in life- Work!

July 19-23 Girls & Boys 6-10 yrs 9:00-4:00 Location: Franklin Athletic Club
July 19-23 Middle School Girls & Boys 1:00-4:00 (Full day option available) Location: Franklin Athletic Club

American Girl Camp with Girls Empowered

Girls will have fun with their American Girl dolls learning lessons about building character with the historical dolls and learning how to deal with girl friendship issue using the movie "Chrissa Stands Strong". Camp includes matching girl/doll crafts, role plays, fitness activities all while learning to be empowered and true to themselves.

June 28-July 2 Girls 6-11 yrs 12:30-3:30 Location: Troy Community Center
July 12-16 Girls 6-9 yrs 1:00-3:00 Location: Academy of the Sacred Heart, Bloomfield Hills
July 19-23 Girls 6-11 yrs 9:00-12:00 Location: High Velocity Sports, Canton
July 26-30 Girls 6-11 yrs 9:00-4:00 Location: Franklin Athletic Club
Aug 2-6 Grade 2nd-5th 9:30- 3:30 Location: Jewish Community Center
Aug 9-13 Girls 7-9 yrs 1:00-4:00 Location: Grosse Pointe War Memorial
Aug 9-13 Girls 6-11 yrs 1:00-4:00 Location: The Community House, Birmingham

Adventures with Pirates

Boys will have fun learning about themselves and how to stand up for themselves. We will go exploring using maps to find the hidden treasure chest (their own special talents and gifts). They will make Pirate themed crafts, go on scavenger hunts and play games.

July 12-16 Boys 5-9 yrs 1:00-4:00 Location: Troy Gymnastics
July 26-30 Boys 5-9 yrs 9:00-4:00 Location: Franklin Athletic Club
Aug 9-13 Boys 5-8 yrs 1:00-4:00 Location: Rochester Community Ed

Stress Less

Girls will learn how to manage stress and anxiety in a stress filled world. Girls will learn about journaling, using music, and making crafts to help them deal with anxieties. They will learn meditation and do yoga. Girls will learn how to make themselves feel better when they are sad or mad.

July 26-30 Middle School Girls 1:00-4:00 Full Day Option Available Location: Franklin Athletic Club

Now What? Social Skills for problem-solving

Kids will learn steps to effective problem solving including how to identify the problem, brainstorming possible solutions, how to put solutions into action and work through sticky situations with peers. Kids will be empowered by learning problem solving options, how to communicate effectively, and decision making skills.

July 9-13 Boys 7-9 yrs 12:30-3:30 Location: Troy Community Center

Aug 2-6 Girls & Boys 6-11 yrs 9:00-4:00 Location: Franklin Athletic Club

Aug 2-6 Middle School Girls & Boys 1:00-4:00 Full Day Option Available Location: Franklin Athletic Club

Stop, Think and Go!

Kids will learn an easy tool to help them make good decisions about how to treat others or what to do when others are mean to them or asking them to do something that will get them in trouble! Kids will have fun making 3 crafts, playing games and activities teaching them how to deal with peer and societal pressure. Kids will learn social skills, respect, decision making and conflict resolution skills. Parents will receive a handout on how to use this tool at home! Camp includes daily fitness activities, crafts, games and interactive discussions.

July 12-16 Girls & Boys 4-6 yrs 9:00-12:00

Location: Rochester Community Ed

July 26-30 Girls & Boys 4-6 yrs 1:00-3:00

Location: Academy of the Sacred Heart, Bloomfield Hills

July 26-30 Girls & Boys 4-6 yrs 1:00-4:00

Location: Franklin Athletic Club

Aug 2-6 Girls & Boys 4-6 yrs 1:00-4:00

Location: Franklin Athletic Club

Aug 16-20 Girls & Boys 4-6 yrs 1:00-4:00 (All Day Option) Location: Birmingham Community Ed

High School Musical by Girls Empowered

Girls will have fun with hip hop dancing & singing while examining the social landscape in High School Musical. Learn how to identify mean girl behavior, what it looks like being a target, a bystander, & how to stand up for yourself. Girls role play the characters & learn how to have the confidence to be themselves. Girls perform a Girls Empowered version of the musical for their parents. Songs & lessons come from all 3 movies! Includes role plays, fitness activities, crafts, & games.

July 19-23 Girls 6-11 yrs 9:00-12:00 Location: Troy Gymnastics

Aug 9-13 Girls 6-11 yrs 9:00-4:00 Location: Franklin Athletic Club

Bugs and Boys

Boys will have fun learning to believe in themselves, feel good about who they are and stand up for themselves using lessons from the movies "A Bug's Life" and "The Ant Bully". As explorers they will uncover ways to be the boy they want to be.

July 19-23 Boys 6-8 yrs 1:00-4:00

Location: High Velocity Sports, Canton

Aug 9-13 Boys 6-10 yrs 9:00-4:00

Location: Franklin Athletic Club

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My Friends and Me!

Kids will have fun learning how to be a good friend! This camp will teach the ABCs of friendship skills including how to make new friends, sharing, cooperation, being loyal, dealing with disagreements and conflict, and things to say and not to say when being a good friend. Kids will have fun with friendship themed crafts and stories.

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| Aug 16-20 | Girls & Boys 4-6 yrs | 1:00-4:00 | Location: Franklin Athletic Club |
| Aug 16-20 | Girls 6-11 yrs | 9:00-4:00 | Location: Franklin Athletic Club |
| Aug 16-20 | Boys 6-11 yrs | 9:00-4:00 | Location: Franklin Athletic Club |

Bully-Proof Me!

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. Each day they will make a craft that represents being bully-proofed including a bully-proof vest, bully-proof shield and the Marsh Mellow Guy! Kids will learn stress management techniques and do daily fitness activities.

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| July 19-23 | Girls & Boys Grades 1 st -3 rd | 9:00-12:00 | Location: Academy of the Sacred Heart, Bloomfield Hills |
| Aug 2-6 | Girls 6-9 yrs | 12:30-3:30 | Location: Birmingham Community Ed |
| Aug 2-6 | Girls 10-14 yrs | 12:30-3:30 | Location: Birmingham Community Ed |
| Aug 2-6 | Boys 6-9 yrs | 9:00-12:00 | Location: Birmingham Community Ed |
| Aug 2-6 | Boys 10-14 yrs | 9:00-12:00 | Location: Birmingham Community Ed |
| Aug 23-27 | Girls & Boys 6-10 yrs | 9:00-4:00 | Location: Franklin Athletic Club |
| Aug 23-27 | Middle School Girls & Boys | 1:00-4:00 (Full Day option) | Location: Franklin Athletic Club |

Get Ready for Kindergarten

Going to kindergarten is a big transitional period for kids. This camp will help kids prepare for new adventure with activities to teach them how to make new friends, manage emotions, make good decisions and enter this exciting time with confidence.

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| Aug 2-6 | Girls & Boys going into Kindergarten | 1:00-4:00 | Location: High Velocity Sports, Canton |
| Aug 9-13 | Girls & Boys going into Kindergarten | 9:00-12:00 | Location: Grosse Pointe War Memorial |
| Aug 9-13 | Girls & Boys going into Kindergarten | 9:00-12:00 | Location: Rochester Community Ed |
| Aug 16-20 | Girls & Boys going into Kindergarten | 9:00-12:00 (All day option) | Location: Birmingham Community Ed |
| Aug 23-27 | Girls & Boys going into Kindergarten | 1:00-4:00 | Location: Franklin Athletic Club |

Back to School Confidence Camp

Go back to school with a boost of confidence, fun, and social skills important to start the year off right. We will work on confidence building activities, developing a keeping a positive attitude, and how to reunite with kids in school that may have not been friends with before or interact with kids who you may have had sticky situations with.

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| Aug 23-27 | Girls & Boys 6-10 yrs | 9:00-4:00 | Location: Costick Activity Center, Farmington |
| Aug 23-27 | Girls 6-9 yrs | 9:00-12:00 | Location: Northville Park & Rec |
| Aug 23-27 | Boys 6-9 yrs | 12:30-3:30 | Location: Northville Park & Rec |
| Aug 30-Sept 3 | Girls & Boys 6-11 yrs | 9:00-4:00 | Location: Franklin Athletic Club |
| Aug 30-Sept 3 | Girls & Boys 4-6 yrs | 1:00-4:00 | Location: Franklin Athletic Club |

Be Fit By Kids Empowered

This camp will teach kids what it takes to be a healthy kid all while playing games and making crafts around nutrition, healthy living, and managing stress. Each day kids will participate in a fitness activity, make a craft and play games while learning how to be healthy. Fitness activities include: yoga, cardio boxing, soccer drills, challenge courses, and games like Capture the Flag.

July 19-23 Girls & Boys 6-10 yrs 9:00-4:00 Location: Costick Activity Center, Farmington

Empowered with ADHD

Boys will have **intense fun** being physically active while learning social skills, friendship skills, being empowered, building confidence and bully-proofing themselves. This camp is specifically designed for the challenges and opportunities boys with ADHD face. Games, Olympic challenge courses, role playing, educational activities, and going on nature hikes will all be part of the fun of teaching how to take advantage of one's strengths and learn to manage one's weaknesses. Guest speakers who have achieved success will speak about their journey.

Aug 9-13 Boys 9-11, 12-14 yrs 9:00-4:00 To register: Email info@boysempowered.com for registration form
Location: Roeper Upper School, Middle/Upper School, 1051 Oakland Ave., Birmingham, MI 48009

To register on-line or by phone:

Academy of the Sacred Heart, 1250 Kensington Rd, Bloomfield Hills, 48304 248-646-8900 Ext 871

Birmingham Community Ed www.communityed.net 248-203-3800

Birmingham Community House, 248-644-5832

Costick Center, Farmington 248-473-1800

Franklin Athletic Club, 29350 Northwestern Hwy, Southfield, 48034 248-352-8000 Register online:
www.franklinclub.com

Grosse Pointe War Memorial, 32 Lakeshore Dr. Grosse Pointe Farms, MI 48236 313-881-7511

High Velocity Sports 46245 Michigan Ave., Canton, MI www.hvsports.com 734-487-7678

Jewish Community Center 6600 W Maple Road, West Bloomfield, MI 48322 www.jccdet.org 248-432-5407

Northville Parks & Rec: Register on-line or in person www.northvilleparksandrec.org

Rochester Community Ed 248-726-3165

Troy Community Center 248-524-3484

Troy Gymnastics, 1600 W Maple Rd, Troy MI 248-816-8496 www.troygymnastics.com

We also have camps in the Ann Arbor area and Lexington, Ky!!!

Prices vary at each location:

Half day camps average \$150-\$155

Full day camps average \$230

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