

Summer 2017

Girls Incorporated of Greater Lowell

Activity Schedule for Week Three: July 10-14

ISLAND EXPLORERS

MONDAY

Welcome to Week 3 of the Girls Inc. Summer Program! **Free lunches will be provided this week thanks to the Lowell Healthy Summer Program!**

Swimming starts this week! Please remember to bring bathing suits, swim towels and backpacks Monday and Friday for swimming at South Common Pool!

We'll kick off **Island Explorers** with a morning of swimming at the South Common Swimming Pool. After swimming, we will have lunch and play group games. The afternoon will be divided into three hour-long intentional activity sessions, during which girls will rotate through each age group activity. The choices for the "Youngers" (girls in Groups 1-4) will be: participating in a fun Simon Says muscle game and learning to be healthy in SWEAT, playing group drama games that set a supportive environment in Drama Queens, creating beats, patterns and symbols to make "readable" music in Musical Muses, and learning about making predictions in literacy and writing their own short pieces about being pirates in Empower Pages. Choices for "Olders" (girls in Groups 5-8) will be: conducting a potato straw experiment in Exotic Explorers, learning about famous speeches throughout history and writing their own in Rad History, practicing softball skills and learning about Central America in Global Girls, and making donuts in Lady Chefs. We'll wrap up the day with snack and group games.



TUESDAY

Girls and staff will meet at Girls Inc. this morning for exciting group challenges and projects. The girls will have lunch at noon, then head to an afternoon of activities. The "Youngers" (groups 1-4) will enjoy: making spiralized sweet potato fries in Inspiralized, reading "The Story of the Jumping Mouse" while learning about Native American legends and achieving goals and dreams in All Star Readers, building knitting skills in Neat Knitters and discovering the butterfly lifecycle and reading "The Hungry Caterpillar" while doing a craft in Nature Nook. The "Olders" (groups 5-8) will be: continue reading "The Devil's Arithmetic" and learning about the Holocaust in a summer long book club in Rockin Readers, learning contemporary dance in Fancy Feet, making trees and discussing personal growth and goals in Express It, and doing foam roller techniques that workout lower body muscles in Body Pump. The day will end with snack and general group activities.

Special Notices

The Girls Inc. Store - selling merchandise such as T-shirts, water bottles and more - will be open in the lobby during pick-up time (4:30-5:30) on Tuesdays and Fridays.

WEDNESDAY

Field Trip Day! Buses leave at 8:30 a.m today! Please be sure your daughter arrives at least 15 MINUTES prior to our departure time. If your daughter misses the bus, she will be unable to stay at Girls Inc.

George's Island, Boston Harbor

This week, the girls will visit the Civil War era fort on George's Island. The girls will travel by ferry across Boston Harbor to reach Fort Warren, a National Historical Landmark. Once there, olders will travel the haunted tunnels in search of the islands famed "Lady in Black" and youngers will explore the island for its unique ecological and environmental features.

Your day kit should contain: backpack, sunscreen, drinking water and sneakers.

THURSDAY

The girls will begin this exciting day with local "Mini Field Trips," during which they will explore a variety of organizations, museums, galleries and businesses in the Lowell area! Lunch will be served at noon, after which "Youngers" will have choice activities of: learning about the purpose of banks and career opportunities in Money Mania, making their own ponchos and learning about Mexican culture while playing La Pirinola game in Around the World, exploring British Women's History and the women's suffrage votes for women while eating scones and jam in Herstory's Treats, and discovering Zumba in Fab Fitness. "Olders" will also have rounds of Choices, during which they can choose from: learning about Anne Frank while doing mindfulness exercises and writing diary entries in Sheros, exploring designing, testing and modifying techniques to create a space lander that can safely transport two marshmallow aliens in Astro Girls, reading "America's Champion Swimmer" and learning about Trudy Ederle, an American Champion swimmer, in Lit Ladies, and learning hand massaging methods for stress relief in Mind and Body. The day will end with snack, clean-up and group games.

FRIDAY

Friday morning will jump start with swimming at South Common Pool, followed by lunch at noon. Activity time will follow where "Youngers" will have choice activities of: participating in a creative activity focused on Shark Awareness Day and learning cool new facts about this amazing and important species in Fancy Fridays, rotating through various exercise stations in Work It Out, reading "Chrysanthemum" and making flowers in Artsy Authors, and traveling to America where girls will eat blueberry and raspberry yogurt cups, read "A is for America" and create pictures of their own homes in Traveling Tots. "Olders" will choose from: continue reading "The Devil's Arithmetic" and learning about the Holocaust in a summer long book club in Rockin Readers, learning how to be directors and having courage, independence and respect in Act It Out, dissecting starfish in Savvy Science, and making canvas picture frame patterns paintings in Bold Art. The day will end with snack, clean-up and group games.

Have an adventurous weekend!

