

# Summer 2018

## Girls Incorporated of Greater Lowell

### Activity Schedule for Week Two: July 9-13



## *Beachcombers*

**girls  
inc.**

Inspiring all girls  
to be strong,  
smart, and bold

**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!**

### MONDAY

#### **Welcome to Week 2 of the 2018 Summer Program!**

We'll kick off **Beachcombers** with a morning of swimming at the South Common Swimming Pool, then lunch and play group games at noon. The afternoon will be divided into three hour-long intentional activity sessions, during which girls will rotate through each age group activity. Groups 1-3 will be: reading *Giant Pants* and making responsibility bags, doing back and leg workouts; and learning about the Dead Sea and buoyancy. Groups 4-6 will be: making pizza cupcakes; learning about Argentina and their musical culture; and doing reflective journaling. Groups 7-9 will be: learning about the sense of touch; discovering the history of women's fashion; and getting their groove on by playing Just Dance. The day will wrap with snack and group games.

### TUESDAY

Girls and staff will meet at Girls Inc. this morning for exciting group challenges and projects, followed by activities in the afternoon. Groups 1-3 will enjoy: creating self-esteem building self-portraits; learning about Mercury, Venus and the Earth and their differences; and exploring the Dominican Republic's culture and doing a scavenger hunt. Groups 4-6 will be: learning about the dangers of plastic pollution; making Gallo Pinto and learning about Argentina; and exploring good hygiene and making bath bombs. Groups 7-9 will be: exploring the K Pop phenomena and defining imports and exports; practicing beginners yoga poses and stretches; and building Lego ziplines. The day will end with snack and general group activities.

**This Week Sponsored by National Grid**

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The power of action.

## WEDNESDAY

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### Nahant Beach, Lynn, MA

*Bus departs at 9:30 am.*

Beautiful Nahant Beach is located just outside of Boston, MA, in the seacoast village of Nahant. Girls will get the chance to experience sand, sun, and swimming all day long. Our groups will rotate through hour long blocks of swimming, free play on the beach, structured beach themed games, and beach exploration. *The beach is staffed by lifeguards and swimming aids, like Styrofoam bubbles and life vests, are allowed.*

**Your day kit should contain: Sunscreen, drinking water, bathing suit, towel, and a change of clothes. Beach toys (pails, shovels, etc.) are welcome, however your daughter must carry and be responsible for all her own supplies.**

### PARENTAL ADVISORY:

**There is no playground, hiking trail, or alternative activities on the beach. Due to concern about hot temperatures and a lack of shade, if your daughter does not plan to swim, we highly recommend that she take the day off from Girls Inc.**

## THURSDAY

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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! In the afternoon, Groups 1-3 will be: learning hip hop dance; creating coiled roses and reflecting on the people in their lives; and exploring marine life and their habitats. Groups 4-6 will enjoy: playing the game Bocce and learning about Italian heritage; making trail mix while learning about compassion; and eating delicious rainbow fruit kabobs. Groups 7-9 will be: learning the art of Graffiti and the rule of 3 in blending; crafting their own villains and defining what makes one and why; and learning about Faith Bandler, Australian Civil Rights activist and making their own aboriginal art piece.

## FRIDAY

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Friday morning will jump start with swimming at South Common Pool, followed by lunch. Activity time will follow where Groups 1-3 will have activities of: acting in pairs and practicing leading and following; learning problem solving skills doing a treasure map activity; and exploring the career of floristry. Groups 4-6 will enjoy: creating recycled art; knitting squares; and making strawberry shortcake and learning about food seasons. Groups 7-9 will be; cooking brussel sprouts and doing an ab circuit; learning about the first African American woman to travel in space Mae Jemison; and playing volleyball. The day will end with snack and group games.

## Special Notice

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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 Thursdays.