



Inspiring all girls to be strong, smart, and bold

Girls Inc. of Greater Lowell 2018 Summer Field Trips

Week One: Into The Deep– Wednesday, June 19

Wingearsheek Beach, Gloucester, MA

Beautiful Wingearsheek Beach is located in historic Gloucester, MA. Members 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.

Week Two: Contemporary Queens- Wednesday, June 26



Olders (Groups 6-9)- International Contemporary Museum of Art, Boston, MA

At the International Contemporary Museum of Art older members will not only get to view the world-class, interactive exhibits, they will also have the chance to pick up the paint brush and be the artist! Guided by the professional staff a they museum members will participate in guided activities to

create and re-create the art from the exhibits and experience the expression of self through artistic mediums.

Your day kit should contain drinking water and good walking shoes.

Youngers (Groups 1-5)- Drama Camp & Talent Show, On-Site

On-site younger members will have the opportunity to flex their dramatic skills, in a series of improv and theater workshops, during the morning hours. Following lunch members will use their morning lessons to create original performances for the annual Summer Talent Show.



NO DAY KIT NECESSARY

Week Three: Fun & Fit- Wednesday, July 3

Fitness Clinic On-Site

This week, members will get into a happy and healthy space, with an on-site fitness clinic. In the morning, members will break into their groups to define what “fun and fit” looks like, through a variety of fun games, crafts, and activities. They will also address the unhealthy stereotypes that encourage unrealistic and exclusionary fitness goals. After lunch, they will rotate through fitness workshops, during choice time, including yoga, stress management, and personal care.



NO DAY KIT NECESSARY

Week Four: Boston Bound- Wednesday, July 10



Olders (Groups 6-9)- Museum of Science, Boston, MA

This week, older members will head to Boston to discover the awesome wonders of the Museum of Science. With its mission to stimulate interest in and further understanding of the natural sciences and technology, its exhibits encourage learning through hands-on and engaging interaction. Groups will have the opportunity to view the lightning show (with audience participation), walk through The Hall of Human Life- with more than 70 interactive components to interactively engage visitors with their own biology, and explore space in a full-size model of the Apollo and Mercury capsules.

Your day kit should contain drinking water and good walking shoes.



Youngers (Groups 1-5)- Boston Children's Museum, Boston, MA

At the annual trip to The Children's Museum, in Boston, MA, the younger members will experience multi-dimensional play. The diverse exhibits at the museum create a rich environment that stimulates children's natural curiosity and creativity. The play experiences are multi-sensory, engaging, and hands-on. The museum provides high quality, play based learning developed with the latest research in play education. From the Global Gallery to the Kids Stage, members will have unlimited opportunities for playfulness. The day will be a chance for them to freely and joyfully explore and connect with the world we live in.

Your day kit should contain drinking water and good walking shoes.

Week Five: Collegiate Queens- Wednesday, July 17 Olders (Groups 6-9)- Kendall Center/Harvard Museum of Natural of History, Cambridge, MA

Kendall Center in the heart of Cambridge is a unique community, built to be more than a luxury apartment complex. The large site features an urban rooftop garden, the provides food for the surrounding community. Members will tour the garden and participate in educational programming, with Kendall Square gardeners, to learn the value and process of farm to table foods in the urban environment. Following their garden adventure, members will eat lunch in the pop-art park outside Kendall Plaza, and view the latest exhibits from some of Boston's most up and coming street artists. After lunch, members will travel the Harvard Museum of Natural History and tour it's enthralling exhibits of glass flowers, globally acclaimed crystal collections, and the museum's collection of rare and exotic animals.



Your day kit should contain: drinking water, good walking shoes, and sunscreen.



Youngers (Groups 1-5)- Boston Common/Faneuil Hall, Boston, MA

Younger members will tour the city of Boston for some of it's most iconic and historic sites. They will start the day at beautiful Boston Common, where they will have the chance to splash and play in the Frog Pond and have a picnic lunch in the beautiful, green, rolling hills of the park. After lunch, they will walk a part of the Freedom Trail to Faneuil Hall, the famous marketplace in Boston's Center. At Faneuil Hall they will walk the marketplace, experience the outdoor performers, and learn some of Boston's History.

Your day kit should contain drinking water, good walking shoes, sunscreen, and a change of dry clothes. Members will be allowed to bring their own personal money, on this field trip only, for shopping at Faneuil Hall.



***Week Six: Nature's Nurturers-
Wednesday, July 24***

Silver Lake, Hollis, NH

Members will travel to Silver State Park for a morning of sand, sun and swimming in the pristine waters, followed by lunch at the picnic area. After lunch members will have a choice to participate in an easy nature walk or a more challenging hike to explore the wild, or they can

splash in the lake and play water games on the beach.

Your day kit should contain sunscreen, drinking water, good walking shoes, bathing suit, towel, and a change of clothes.

***Week Seven: Castle Crashers- Wednesday,
July 31***

George's Island, Boston Harbor, MA

George's Island is an annual field trip and a favorite for our members. We will take the ferry through Boston Harbor and arrive at the island to explore the natural features of the island while learning about the history and the lore of Fort Warren. Following lunch, members will assess explore the shoreline for topological features, wildlife, and human impact, while investigating the bountiful life of local tidepools.



Your day kit should contain sunscreen, a hat, drinking water, and good walking shoes.

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. The ferry is scheduled to depart at 10:00 and we cannot hold the bus past 8:30.



***Week 8: Time Travel Troopers-
Wednesday, August 7***

Olders (Groups 6-9) Boston

Common/Faneuil Hall, Boston, MA

Older members will tour the city of Boston for some of its most iconic and historic sites. They will start the day at beautiful Boston Common, where they will have the chance to splash and play in the Frog Pond and have a picnic lunch in the beautiful, green, rolling hills of the park. After lunch, they will walk a part of the Freedom Trail to Faneuil Hall, the famous marketplace in Boston's Center. At Faneuil Hall they will walk the marketplace, experience the outdoor performers, and learn some of Boston's History.

Your day kit should contain drinking water, good walking shoes, sunscreen, and a change of dry clothes. Members will be allowed to bring their own personal money, on this field trip only, for shopping at Faneuil Hall.



**Youngers (Groups 1-5)- Harvard Museum of
Natural History, Cambridge, MA**

At the Harvard Museum of Natural History younger members will time travel through the history of Earth. With dazzling displays of crystals, geodes, and mineral and interactive learning sessions members will get to the chance to be geologists. They will then practice their paleontology skills as they work their way through the museum's prehistoric collection including fossils and replicas. Members will be marine biologists in the ocean exhibit, and they will explore biomes and habitats from across the world, throughout the day.

Your day kit should contain drinking water and good walking shoes!

***Week 9: Red Carpet Kids- Wednesday,
August 14***

Luna Theater, Lowell, MA

Members will explore a gem right in their own backyard, today. Member will walk to the Luna Theater, at Mill No. 5 for private viewings of Disney Classics. Lunch will be served, on-site and members can come dressed as their favorite Disney Characters.

NO DAY KIT NECESSARY





**Week 10: Stronger, Smarter, Bolder-
Wednesday, August 21
Annual Cook-Out, On-Site**

As summer comes to a close, we will spend the week on-site celebrating and reflecting on all we learned, all we achieved and all we shared in the past weeks. Each group will make a scrapbook for the Girls Inc. Archives, with each member contributing her own piece and her own memories.

Members will have a lunch time cook out (catered by a very special chef) and in the afternoon we will have our Summertime Stronger, Smarter, Bolder Party. Girls will have the chance to rotate through stations and experience each of Girls Inc.'s eight identity programs, from self-defense and

personal safety, to financial literacy. Members will end the summer and embark on a new year of school being their strongest, smartest and, boldest selves.

*****Please make sure your daughter(s) are here fifteen minutes prior to departure times on field trip days so that they can check in with their group leader and get a lunch. If your daughter(s) misses the bus, she will be unable to stay at Girls Inc. because we will not have accommodations to provide care for her on that day.*****