



CDG Summer Day Camp Programs 2017

Mini Discovery & Adventure Camp - Ages 2-6 years



...a fun place to play and learn!

Interactive Play, Organized Sports Development, Sports Skills, Sensory Play, Group Play, Social Reciprocity and Interactive Language and Communication Development

This program will introduce your little one to the camp experience and help prepare them for the routines of kindergarten by exposure to the early learning essentials of how to get along with others and to become excited about learning. Campers will learn they are able to do things on their own, without their parents. They have to take responsibility for themselves, for their space, for their belongings, and their whole self-concept starts to improve. They will develop their gross and fine motor skills as they participate in daily sports, outdoor games and crafts. Every day the children will be involved in water play, sand play, music and movement.

Discovery & Adventure Camp -Ages 7-13 years



Team Work, Cooperative Relationship Building, Sports Development, Social Thinking, Organized Sports and Social Language Development

This group will learn to engage with each other in a group dynamic so as to build social relationships which will prosper outside of the camp experience. The campers will participate in a variety of recreational and educational activities that will enhance their self-confidence and create lifetime memories. Some of these could include, cooperative games, skill development activities, recreation and adventure activities and water activities. They will also engage in storytelling in a circle. With close to 1 acre of fenced outdoor space, children and youth get a true outdoor camp experience as they learn to work in teams and develop their cooperative skills through games such as obstacle courses, relays etc. Gross motor development will be targeted on our huge jungle gym and outdoor trampoline all while breathing in the fresh air of the outdoors!

Yoga Program – add-on to Camp - Ages 5 - 12 years



Our Yoga instructor Sara has agreed to a special yoga program for two weeks this summer (**Aug. 14 – 18 & Aug. 21 – 25**) as an add-on to our summer camp. Sara is an Ontario Certified Teacher, but has decided to take her teaching outside of the classroom and embark on a path of health, wellness and mindfulness through sharing her passion and love of yoga with others. Kids' yoga is extremely beneficial in the ways that it can help children to self-regulate, build self-esteem and give them tools

that will help them in situations where they may feel particularly overwhelmed or anxious. Yoga is more than just stretching and moving on a physical level – we allow for more opportunities to breathe more fully, become aware of our bodies and to find that gorgeous light from within that will surely shine once we get laughing and expressing ourselves. Our hope is that each student walks away from class with a pose, activity or breathing technique which can help them in their everyday lives, off their mats. We love to see the benefits that yoga can provide for children.

Leadership Camp - Ages 14-17 years



Skill Development Goals: Leadership Qualities, Self Confidence and Self-Esteem

Development, Team Work, Trust Building and Decision Making

Young adults will have the opportunity to develop leadership skills and self-confidence through activities designed to provide them with an opportunity to learn and implement the principles of leadership, mentorship and good sportsmanship through discussions, competitive sports and other recreational activities. The teens will be assigned as camp counsellors to the younger campers for part of the day and will be delegated the task of designing the camp itinerary (from a pre chosen list of activities) for the younger children under the direct supervision of instructor therapists. They will learn a sense of responsibility through being role models to the younger campers. Camp counsellors will be responsible for helping organize the days schedule, ensure that everyone are active participants in camp activities and help facilitate social relationships among the younger campers through group activities and cooperative games.

For the second part of the day, the young adults will be involved in a curriculum designed to target skill development and growth. This portion of the program involves teens learning to be accountable for projects in which they have invested time, effort and energy helping to instil a sense of achievement, confidence and pride in their abilities.

**Ratio with a therapist is 1:6 for kids 5 and older
Ratio with a therapist is 1:5 for kids under 5**

Items to Bring to Camp

snacks (peanut free)

sunscreen (SPF 15 or higher)

reusable water bottle

lunch (peanut free)

hat

bathing suit and towel (Discovery & Mini Discovery Camp)

All personal belongings should have names clearly marked on them

Contact Debbie at the number below



Children's Development Group,
9875 Leslie Street,
Richmond Hill, Ontario,
L4B 3Y3

TEL: 905-887-1717