

ABC Club Summer Camp

Full Day Camp: 7:30am to 6:00pm

Part Day Camp: 9:00am to 3:00pm

7:30am - 6:00pm

5-day week rate: \$415

4-day week rate: \$360

3-day week rate: \$270

9:00am - 3:00pm

5-day week rate: \$355

4-day week rate: \$300

3-day week rate: \$200

All meals provided by
Real Food for Kids



Mindfulness Week

July 4 - 8th, 2022

The focus this week will be on self-care and learning to listen to, and hear, our bodies. We will spend time looking at 'who we are' and the type of people we would like to be. Taking care of ourselves is an important skill to have as we grow through life, learning this at a young age will help children navigate stresses and challenges they face in the coming months and years. Kindness is truly a superpower that benefits both the giver and receiver, we will be looking at how we can grow this skill in our lives and in our community.

Discovery & Innovation Week

July 11th - 15th, 2022

Our children are growing up in the fastest moving and most dynamic era in human history! We want to give them the tools to lead them down the path to discovery and innovation. This exciting theme will encourage children to get hands on in developing experiments across different areas and making observations, hypotheses, and determining outcomes. Throughout this process, children are flaming their thirst for knowledge and most importantly FUN!



Lights, Camera, Action

July 18th - 22nd, 2022

Calling all children who love the performing arts! This week we will be focusing on all things theatrical; music, acting, and dance. As well, we will explore photography. Children will learn to take picture and work a camcord. The children will work on creating their own play/short story as well as learning dance routines as part of the fun. This week will help the children learn to channel their creative energy to create art while fostering their confidence, self-esteem, and team spirit!

Design, Create, Construct

July 25th - 29th, 2022

This week our children will learn to design projects, create how they will accomplish this task, and construct the final project. Children will take ownership of their ideas and execute projects independantly and as a group. Building structures encourages children to test spatial relationships and mentally rotate objects in the mind's eye. Such practice leads kids to develop superior spatial abilities and there is clear evidence to prove this.



Sports & Fitness Week

August 2nd- 5th, 2022

Nowadays, much of our time is focused on the indoors and spent using technology. This week is an opportunity to rediscover a love for the outdoors and being active. Exercise and fitness plays a vital role in keeping children healthy, both physically and mentally. This week we will have a wide variety of sports and fitness activities that promote healthy bodies and minds. We will also be discussing nutrition and brainstorming ideas of how we can make simple changes to our daily lives and routines that will set us on the right track for the years to come!

STEAM Week

August 8th - 12th, 2022

STEAM week will give the children the opportunity to embrace their love of learning and inquiry. We will be focusing on the 5 main topics, science, technology, engineering, arts and math. The children will be encouraged to explore fun activities such as coding, experimentation, card games, and a variety of creative explorations; all guided by their imagination and natural curiosity. This theme also encourages the children to develop their critical-thinking, problem-solving and social team-building skills.



Mystery and Games Week

August 15th - 19th, 2022

This week children will be challenged with games and mysteries. Board games offer opportunity for early learning. Even simple games help young players identify colours, count spaces, and develop hand-eye coordination and dexterity in moving cards and pieces around the board. Board games are an easy way to encourage healthy brain development in older kids and teens. Children will also be given the opportunity to problem solve mysteries set up. They will have an opportunity to work as a team in our escape room.

Earth Exploration: Past, Present and Future!

August 23rd - 27th, 2022

Children will have the opportunity to explore Earth like never before! In the Earth exploration theme children will investigate everything from archeology, geography, environments from the past, present and future, and even lift off our imaginations into space! Children will adventure through these domains, learning real life skills as they engage in both experimentation and hands on play. Our goal will be to help children appreciate that the Universe is infinite, boundless, and amazing, while the earth we live on is only a very small part of it. Whether children choose to explore dinosaurs or aliens, rocks or rocket ships, to satisfy their curiosity exploring space, astronauts, stars or solar system through a series of creative and exciting activities and workshops this theme is going to be a blast, the sky is NOT the limit!



Challenge Week

August 29th- 31st, 2022

The outdoors and fresh air will become our classroom as we provide children the space to run, the freedom to explore, and the imagination to go on an adventure of the mind, body and spirit! Children will test their abilities in ways that promote pro-social behaviours such as teamwork, critical thinking and problem-solving skills. With a mix of individual and group activities, physical and mental work. Children will be motivated to work together to create experiences that build lasting relationships and foster self-esteem

