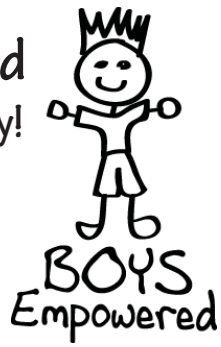




Girls Empowered \* Kids Empowered \* Boys Empowered

Please call 734.487.7678 or visit [www.hvsports.com](http://www.hvsports.com) to register today!



Camps held at High Velocity Sports: 46245 Michigan Ave. in Canton

### General Information:

- Curriculum includes educational-themed crafts, daily fitness activities, games, and role plays plus a 30-minute demonstration for parents.
- Parents receive an emailed camp overview of what the kids are learning.
- Please bring a HEALTHY snack and a reusable water bottle.
- Wear comfortable clothes and athletic shoes.

### Fashion-Spa Week & Dealing with the Fashion Bully

Girls learn about fashion, skin care, hair, and appropriately dressing their age while still being able to express themselves. Campers will learn to stand up to the Fashion Bully, deal with peer and societal pressure to "look" a certain way and be critical thinkers about the media. At the end of camp, the girls will show off what they learned in a Fashion Show that family and friends are invited to attend.

Week: June 28-July 2 Ages: 6-9 (girls only) Time: 1:00-4:00 pm Fee: \$ 150

### Girl Power, Boy Power

Kids learn about personal power and how their attitude and beliefs about themselves affect how they handle friendships, peer relationships, and Opportunities/problems in life. Kids will look at their inner-self and outer-self they present to the world to see if it fits with who they want to be. Activities focus on building self-esteem, appreciation for who we are, what we have, our dreams, and liking ourselves.

Week: July 12-16 Ages: 6-8 (girls only) Time: 9:00 am--12:00 pm Week: July 12--16 Ages: 9-11 (girls only) Time: 1:00-4:00 pm

Week: July 5-9 Ages: 6-8 (boys only) Time: 9:00 am--12:00 pm Fee: \$ 150

### Kid Power

This camp will lay the foundation for our little ones to become confident and empowered. They will learn how to use positive self-talk and language to believe in themselves and handle sticky situations. A child who believes in him/herself, likes him/herself, and has the skills to manage difficult situations with peers will feel happy with him/herself and be able to manage peer relationships in a healthy way. We do crafts, games, and use books to learn about Kid Power!

Week: July 5-9 Ages: 4-6 (boys & girls) Time: 1:00-4:00 pm Fee: \$ 150

### American Girl Camp with Girls Empowered

Girls will have fun with their American Girl dolls learning lessons about building character with the historical dolls and learning how to deal with girl friendship issues using the movie "Chrissa Stands Strong." Camp includes matching girl/doll crafts, role plays, fitness activities all while learning to be empowered and true to themselves.

Week: July 19-23 Ages: 6-11 (girls only) Time: 9:00 am--12:00 pm Fee: \$ 150

### Bugs and Boys

Boys will have fun learning to believe in themselves, feel good about who they are and stand up for themselves using lessons from the movies "A Bug's Life" and "The Ant Bully." As explorers they will uncover ways to be the boy they want to be.

Week: July 19-23 Ages: 6-8 (boys only) Time: 1:00-4:00 pm Fee: \$ 150

### Assertiveness Boot Camp-What to say to the bully & more!

Being assertive is a life skill every kid needs to have in dealing with bullies, negotiating, handling conflict, setting boundaries, to be taken seriously, and getting his/her needs met. Kids will learn and practice being assertive in their words, voice, and body language through role-playing and crafts.

This camp will help kids no matter what their confidence level is including those who don't use their voice at all to those who are too aggressive.

Week: August 2-6 Ages: 6-10 (girls only) Time: 9:00 am--12:00 pm Fee: \$ 150

### Get Ready for Kindergarten

Going to kindergarten is a big transitional period for kids. This camp will help kids prepare for the new adventure with activities to teach them how to make new friends, manage emotions, make good decisions, and enter this exciting time with confidence.

Week: August 2-6 Ages: (boys & girls entering kindergarten only) Time: 1:00-4:00 pm Fee: \$ 150