



# Youth Summer Fun Fiesta

Open to all youth ages 12+

- **Small Group (10) in-person events (outdoor events)**
- **Following Public Health & Government of Canada Covid Guidelines**
- **PPE Use recommended & Supplied (Masks Mandatory Indoors)**
- **Participants screened the day prior & upon arrival to events**
- **Register for 1, 2...or ALL EVENTS**
- **Bring a Friend or Family Member (registration required)!**

## Contacts:

[Amy Bannerman](#) (Facilitator)

519-576-1329 (x3513)

226-791-6917 (cell – text/call)

[Tammy Hall-Stoll](#) (Facilitator)

519-576-1329 (x3795)

226-792-2370 (cell – text/call)

[Liz Hedley](#) (Supervisor)

519-576-1329 (x3003)

519-573-3123 (cell – text/call)

To make a referral or to register please send an email to: [specialsrv.referrals@facswaterloo.org](mailto:specialsrv.referrals@facswaterloo.org) including the following information:

Youth Participant's Name:

D.O.B.:

Caregiver:

Contact Info:

Additional Info:

Offered in collaboration with the [Resilience Project](#) and Partners.



## HIKE HURON NATURAL AREA

**Tuesday July 6<sup>th</sup> 2:30pm - 4:30pm**

(rain date July 7<sup>th</sup> 3:30pm - 5:30pm)

Come explore local trails in KW, while doing something good for YOU!

- Wilderness challenge...
- No experience needed...walk at your own pace- do what works for you.
- Sunscreen, bug spray and water provided!

[Click here to Refer](#)



## Summer FUN BEACH Day

**Friday, July 16<sup>th</sup> 11am - 5:00pm**

(rain date August 16<sup>th</sup> 3:30pm - 7:30pm)

- Floaties...FRIENDS...FUN...music. Come make memories with US!!!
- BBQ, snacks and drinks provided.

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## Self-Defense/ Fitness Bootcamp

**Thursday, August 5<sup>th</sup>**

Two sessions available:

**1:00pm – 2:30pm (females only) 3:00pm – 4:30pm (all welcome)**

- ⊙ Beginner level – self-defense lessons ~ POWER UP ~
- ⊙ Featuring local instructor ~ Sifu Zack George from Return of the Dragon (ROTD)

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**NEW!**

## HEAL and REBUILD

**Friday, July 9<sup>th</sup> 2:00pm - 3:30pm**

- Health and wellness techniques – Focus on YOU!
- Featuring local instructor ~ Sifu Zack George from Return of the Dragon (ROTD)

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## My Inner ZEN

**Tuesday, July 13<sup>th</sup> 2:30pm - 4:30pm**

- Focus on mindfulness techniques – YOUTH STYLE!
- Learn to calm the chaos...connect with friends in a beautiful setting while learning helpful techniques.

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## OUTDOOR Art Mural

Friday, August 6<sup>th</sup> 11:00am - 3:00pm

- Participate in creating an outdoor mural with local artist Pamela Rojas
- Leave your mark for the Community to see – Youth Voice!

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## CAMBRIDGE DOWNTOWN MOVIE FILMING & HERITAGE WALK

Wednesday, August 11<sup>th</sup> 4:00pm - 6:30pm

Tour downtown Cambridge, taking in the beautiful sights and scenery

- Learn about Recent Movies filmed right here in the City of Cambridge & visit local Landmarks!
- Cup of Java & Food Truck Fun Meal to end our evening together!

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## GRAND RIVER FLOAT DAY

Wednesday, August 11<sup>th</sup> 11:00am - 4:00pm

- Sit back and enjoy the ride, as you float on a tube down the Grand River!
- No skill needed.
- Bring a friend (registrations required)
- **Note: LIMITED SPOTS AVAILABLE \*\***

(BBQ and drinks provided at the end of the route)

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## PHOTO FILTER- GIRLS DAY

Thursday, July 8<sup>th</sup> 1:00pm - 4:00pm

- DOVE Filter Effect – learn about Social Media filters and the effects on body image
- Tie Dye Activity
- Creations with Caitlyn & Adriana from Keuzecanada!
- Smoothie Bar Snack
- Wellness Take Home Gift

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\*\* Stay Tuned for more Youth Events September, October & December!

Offered in collaboration with the [Resilience Project](#) and Partners.