

# SUMMER CAMPS!

## Footsteps Camp Age 10 - 15

Gain and develop social skills with peers, receive mentoring, and have fun! Choose any area to enjoy: Leadership, Sports or Arts  
Monday to Friday / 9 - 4 p.m.  
**Saint Mother Teresa Catholic Academy**  
Register online at [www.tcdsb.org](http://www.tcdsb.org)

## Youth Action Sports Camp Age 12 +

Enjoy an exciting introduction to the basics of skateboarding, BMX, and scootering.  
Date: July 12, 27 | August 10 & 23  
10 a.m - 3:00 p.m.  
**30 Sewells Rd (Blue Rink 2)**  
Register for one or multiple sessions

## Eco Camp Age 12 +

A week filled with activities to connect with the environment. Explore walking trails, gardens, parks through exciting scavenger hunts and other activities.  
August 14 - August 18  
Monday to Friday  
9:30 a.m - 3:30 p.m.  
**90 Littles Rd.**

Programs and services may be subject to change or cancellation without notice

Register for camp Monday-Friday 9:00 a.m-5:00 p.m at 90 Littles Rd or 1321 Neilson

## Leaders in Training (LIT) Age 13-15

Gain practical hands-on camp experience. Weekly trip during leadership program time. 4 days of leadership training and 4 days practical experience per session  
Monday to Thursday  
Session 1: July 10 - 20  
Session 2: July 24 - August 3  
Session 3: Week 3: Aug 14 - Aug 24  
9:30 a.m - 3:30 p.m.  
**Blessed Pier Giorgio Frassati Catholic School**

## ENGage Science & Engineering Camp Age 12+

A dynamic week of exciting science and engineering activities designed to challenge you  
July 31 - August 4  
Monday to Friday  
9:30 a.m - 4 p.m.  
**90 Littles Rd.**

*All participants MUST complete a blue 2017 registration form. Participants under 14 years, requires a parent signature.*

### Program Fees:

*Annual Youth Registration: \$5*

*Annual Agency Membership: \$5*

### Locations:

90 Littles Road  
Scarborough, ON M1B 5E2  
Tel: 416.284.4184  
Fax: 416.293.1997  
Web: [www.mfrc.org](http://www.mfrc.org)

1321 Neilson Road  
Scarborough, ON M1B 3C2  
Tel: 416.281.1376



## What's Happening ..... Summer 2017



**MFRC CLOSURES**  
Closed: July 3, August 7

For program information, contact:  
**Fiona at 416-284-4184 ext.244 or**  
**Derry at 416-284-4184 ext.211**



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Creative Expression (Age 12 +)**  
1:30 - 4 p.m

Express yourself through drama, art, music, singing, creative writing and poetry

**90 Littles Road**

**Malvern Tween Basketball**

Age 10-13  
5 - 7 p.m

Participate in fun drills & scrimmages to improve your shooting, dribbling and defensive skills

**90 Littles Road**

**Post High Summer League**

Age 19 - 24  
7- 9 p.m

Connect with other youth, while displaying your talents in a fun competitive environment

**90 Littles Road**

**Youth Outreach Worker**

Youth Outreach Worker assists youth and their families to access services & support, such as referrals, resources for education, housing or employment.

By appointment, offered on Monday to Friday

**Contact:**

**Morgan 416-284-4184 ext.214**

**Niyasan 416-284-4184 ext.215**

**Shape Up 2017 (Age 12 +)**  
1- 4 p.m

Join us for a fun multi-sports experience & engaging cooking activities

Blessed Pier Giorgio Frassati Catholic School  
**8 Seasons Drive**

**Race to the Finish Bootcamp**

Age 14 - 24  
2:30 - 4 p.m

Challenge yourself physically, intellectually and technologically through weekly trainings leading up to the Race to Finish event

**90 Littles Road**

**Soccer Drillz (Age 9 - 12)**

Develop cooperation through kicking, shooting, passing & learning fun Soccer skills and drills

4 - 6 p.m.

**90 Littles Road**

**42 Rides: BMX Drop In**

4 - 8 p.m

Try a new sport while making new friends

**30 Sewells Rd (Blue Rink 2)**

**Sight Beyond Sight (Age 18+)**

6 - 9 p.m

Discuss real life issues that are important to you like education, employment, health and the community

**1321 Neilson Rd**

**SEE BACK PAGE FOR FULL WEEK CAMPS**

**Rising Stars (Age 12 +)**  
10 a.m - 12 p.m

Youth with special needs will build life skills, and gain social skills through meeting new peers

**1321 Neilson Road**

**Malvern Youth Cabinet (Age 14 +)**

1- 3 p.m

Engage and make a difference in your community through team building workshops, and leadership activities.

**1321 Neilson Road**

**Creative Expression (Age 12 +)**

2:30 - 4 p.m

Express yourself through drama, art, music, singing, creative writing & poetry

**1321 Neilson Rd**

**42 Rides: Skateboarding Drop In**

4 - 8 p.m

Try something new to build athletic skills while meeting new people

**30 Sewells Rd (Blue Rink 2)**

**Tween Multi Sport (Age 10 - 13)**

5 - 7 p.m

Designed for sports enthusiasts! Participate in a variety of activities such as volleyball, baseball, and soccer

**90 Littles Road**

**Youth Multi Sport (Age 14 -18)**

7 - 9 p.m

Participate in a variety of activities that will build fitness, team spirit and fair play

**90 Littles Road**

**Shape Up 2017 (Age 12 +)**  
1- 4 p.m

Shake up your summer with a fun multi-sports experience & engaging cooking activities

Blessed Pier Giorgio Frassati Catholic School  
**8 Seasons Drive**

**42 Rides: BMX Drop In**

4 - 8 p.m

Try a new sport while making new friends

**30 Sewells Rd (Blue Rink 2)**

**Skills4U (Soccer) (Age 13 -15)**

5:30- 7:30p.m

Develop cooperation through kicking, shooting, passing & learning fun Soccer skills and drills

**90 Littles Road**

**Girls Only Recreation (Age 10 +)**

5 - 7 p.m

A time for girls to engage in multi sports activities while building confidence and leadership skills

**90 Littles Road**

**Gentlemen's Club (Age 14 - 18)**  
4 - 5 p.m

Young men work on building self-confidence, leadership, life and social skills through engaging group discussions and creative workshops

**90 Littles Road**

**Malvern Summerlicious**

Ages 12+  
2 - 4 p.m

Join us as we watch & get inspired by Tasty videos to create delicious summer recipes. Learn cooking skills, food handling, budgeting and nutrition

**1321 Neilson Road**

**Malvern Youth Basketball**

**Summer League**

Age 14 - 18

Showcase your talents while developing and mastering new basketball skills

5 - 9 p.m

**90 Littles Road**

**Specialized Youth Services:**

**Individual Youth & Family Support Counselling:**

Free confidential counselling services aim to provide support to individual youth & families. By appointment, offered on Monday to Friday

**Contact: Anushka, Youth & Family Support Counsellor**

**416-284-4184 ext.212**