

Developed by: CommunityBuild

With funding support from the McKinney Vento Grant, administered by the MA Department of Elementary & Secondary Education, a Project of the Worcester Public Schools



#### These symbols note resources that incorporate healthy physical activity

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Please call the main office at the school if you would like this document translated into a language other than English.

Por favor, contate a secretaria central da escola caso deseje que este documento seja traduzido para o português.

Por favor, llame a la oficina central de la escuela si usted desea que este documento sea traducido al espanol.

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Xin gọi điện thoại cho văn phòng nhà trường nếu quý vị muổn tài liệu này được dịch ra một ngôn ngữ khác hơn tiếng Anh

WHERE WHAT	WHEN	FOR WHOM	Contact / Website	FEE
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#### Free Resources

Summer Food Service	Free Breakfast & Lunch	Call for	18 years &	Justine Khan	Free if
Programs	A schedule of places to go for this program in Worcester will be posted on the website	Information	younger	1-800-645-8333 Project Bread	qualify for free school
At various Worcester locations	in early July or call the hotline!			www.meals4kids.org	lunch Call for more Information
Jeremiah's Inn 1059 Main St. Worcester 01603	Nutrition Center & Food Pantry	M-F 9 am - 2 pm	Residents of South Worcester & Webster Square	Stephanie Charest 508- 755=6403 www.jeremiahsinn.com On Facebook	Free; income eligible based on USDA;
Worcester Community Action Council 484 Main St. 2 <sup>nd</sup> floor RM # 203 Worcester 01608	<u>SNAP</u> - food assistance	Mondays, Tuesdays and Wednesdays 8:30 am to 4:00 pm Thursdays 8:30 am to 12:00 pm	Call for more Info	Mayra Nieves (508)754-1176 Ext:124 mnmieves@wcac.net	Free
Oak Hill Community Development Corporation (CDC) 74 Providence St. Worcester 01604	Youth Group	Mondays at 4:30 pm	Youths Living in the Union Hill, Oak Hill, Vernon Hill, Grafton Hill & Upsala St. Areas. Ages - 11yrs. To 15yrs. Old	Anna Sequera 508-754-2858 Call for more info  www.oakhillcdc.org  On Facebook	Free

WHERE	WHAT	WHEN	FOR WHOM	Contact / Website	FEE
Family Health Center	<u>WIC Program</u> - nutrition program	Monday -	Pregnant &	Oanh Nguyen	Free
199 Chandler St.		Friday 8:30 am	Breastfeedi	508-762-5700	All languages
Worcester 01609		- 5 pm	ng moms;	Oanh.nguyenfhcw@umass	
			children	med.edu	On Busline
			under 5		
				On Facebook	
Oak Hill Community	Oak Hill CDC's Charlie Buffone Community			Anita Gallant	Free
Development	<u>Garden</u> is for youth and families of all ages	<u>Call for</u>		508-754-2858	
Corporation (CDC)	to enjoy. The community garden, located	<u>Information</u>			
74 Providence St.	across the street from Worcester				
Worcester 01604	Academy is completely run by neighborhood			www.oakhillcdc.org	
	families (adults and teens) during the				
Charlie Buffone	summer months. Families have their own				
Community Garden,	garden beds, 1 <sup>st</sup> come 1 <sup>st</sup> served.				
99 Penn Ave.					
Elm Park (at the	Neighborhood Nature and Neighborhood	Elm Park:	All Ages	508-753-6087	Free
Skate House	Nature on the Water - Drop in nature	6/26-8/23			
adjacent to the	activities, exploring and canoeing in the	Wed and Fri			
playground)	city.	Wed: 1-4pm		www.massaudubon.org	
and		Fri: 10-1pm			
Green Hill Park	Locations:	No activities			
	Neighborhood Nature at Elm Park (at the	thru July 4 <sup>th</sup>			
Mass Audubon	Skate House adjacent to the playground	Holiday			
Society	corner of Elm St. and Park Ave.)				
414 Massasoit Road	Neighborhood Nature on the Water at	Green Hill:			
Worcester 01604	Green Hill Park.	7/12-8/23			
		Fridays only			
		2-5pm			

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Worcester Youth	<u>Drop-in-Recreation</u> - Our"Rec" Room is a	Mon-Thurs.	Ages 14-24	(Assistant Director)	Free with
Center	drop in center with ping pong, pool table,	2pm to 7 pm	living in	Roberto Diaz	some
326 Chandler St.	basketball hoop, music and organized	Fridays	Worcester	508-791-4702	incentives for
Worcester 01602	recreational activities (arts and sports) on	2 pm to 5 pm	area		youth. Free
*	daily bases. Snacks served every day. We			rdiaz@worcesteryouthcer	rides home
dus	hold special events determined by the	Also see our		ter.org	
	youths such as open Mics, Fashion Shows	website for			
	and Dances at the end of the month. We	more Info		www.worcesteryouthcente	
	have dance crews that practice at the			r.org	
	center on a daily basis. Come check us out				
10 community sites in	The Ronald McDonald Care Mobile provides	Weekdays	Children and	Appointment Number	Free to
Worcester	dental and medical services at community	Mondays,	families in	508-334-6073	patients
	sites throughout Worcester.	Wednesdays	need of		
Locations vary-		Thursday	dental and		
check with the	We provide:		medical care		
UMass Care Mobile	-Dental exams and cleaning	Appointments	and without		
appointment number	-Physical exams for those who have no	preferred but	primary care		
	primary care provider	walk-ins	providers		
	-Immunizations	welcome			
Care Mobile	-Tb tests.				
UMass Memorial	-Exams for acute and chronic health				
119 Belmont St	problems and referrals to primary care				
Worcester 01605	Referrals to community resources for food,				
	housing, social services agencies.				

WHERE	WHAT	WHEN	FOR WHOM	Contact / Website	FEE
NORTH: Assembly of	<u>YouthNet</u>	7/8through	Ages 11-15	Youth Net Director	Free including
God Church/Mondays	Neighborhood based summer & after school	8/16		Bonnie Pulver	transportation
6pm to 9pm/30 Tyler	recreational, educational and cultural			508-755-4362	to & from
Prentice Rd;	activities to Worcester Middle School aged	Monday thru		pulverb@youinc.org	YouthNet
Worcester Youth	youth; programs take place at Worcester	Friday			
Center/Fridays Only	youth-serving agencies	6pm to 9pm			
(CO-ED;					
Boys & Girls					
Club/Mon- Friday					
6pm to 9pm.					
SOUTH: Boys & Girls					
Club-(Wednesdays					
Boy only) Tainter St;					
YMCA-Main St. Tues					
and Thurs.(CO-ED)					
EAST: Girls Inc					
Providence St					
Monday & Friday					
(CO-ED)Tuesdays					
and Thursdays (girls					
only);					
YWCA-Salem					
Square/Tues and					
Thurs (CO-ED)(Wed					
Girls Only);					
Friendly House-Wall					
St./Tuesday &					
Thursday(CO-ED)					
4					

WHERE	WHAT	WHEN	FOR WHOM	Contact / Website	FEE
Southeast Asian	Youth Effect, supported by the Southeast	Our program is	Youth	Andrew Le	Free
Center	Asian Coalition - opportunities for youth to	open for drop	Effect is	Youth Coordinator	
120 Chandler St.	positively express themselves by pursuing	in services and	available for		On a bus route
Worcester 01609	higher education, building leadership skills,	activities	youth	508-791-4373	
	and becoming role models who work to	Monday	between the		
Jak	improve their community and themselves.	through Friday	ages of 13	ale007@seacma.org	
	Includes community service projects and	from	and 19. Our		
	boxing program on Tuesdays and Thursday		program is		
	evenings and park days with an end of	12 pm - 7 pm	geared		
	summer day camp event at Green Hill Park,		specifically		
	workshops on financial literacy, job skills,	Call for more	towards		
	Microsoft office programs, and Asian	Info	Asian youth		
	Culture. These are meant to increase the		but all youth		
	knowledge of participating youth and equip		are welcome		
	youth with the skills to succeed.				
Locations:	Worcester Public Schools	July 1 -	For students	Yuisa Perez- Chionchio	Free
North High School;	21st Century Summer School - academic	July 26 (none	enrolled at	(508) 799- 3110	
Worcester East	support program for students needing	on July 4 & 5)	these		
Middle School	support in English Language Arts	8 am – 12 noon	schools		

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Locations:	Worcester Public Schools <u>Summer Community School Program</u> - to assist students with their summer reading requirements and other academic areas; recreational activities as well as lunch and dinner provided	July 1 - July 26 (none on July 4 & 5)	Students who attend the school grades 1-6	John Trainor 508-799-3092	Free
Canterbury Street School; Clark Street School; Elm Park Community School; Quinsigamond School		12 - 6 pm 1 - 5 pm 1 - 6 pm 12 - 6 pm			
Locations: North High School; South High Community School; City View Discovery School, Woodland Academy; Roosevelt Elementary School; Norrback Elementary School; Forest Grove Middle School	Worcester Public Schools  ESL Enrichments Summer School Programs  - a variety of learning programs that will enhance students' English language skills	July 1 - July 26 (none on July 4 & 5)  Monday-Friday 8 am - noon or 9 am -1 pm depending on location	WPS students enrolled in grades 1- 11 in need of support	Yuisa Perez- Chionchio (508) 799- 3110	Free Bus transportation is available

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Locations:	Worcester Public Schools	July 1 -	For students	Yuisa Perez- Chionchio	Free
City View;		July 26 (none	enrolled in a	(508) 799- 3110	
Belmont @ City View;	<u>Title I Summer School Programs</u> - to	on July 4 & 5)	Title I		
Rice Square;	enhance students' English Language Arts		school		
Union Hill @ Rice	skills with a variety of academic learning	Monday-Friday			
Square;	activities tailored to their needs; students	8 am – noon or			
Grafton St. Rice	will also be required to complete their	9 am -1 pm			
Square;	summer reading assignments.	depending on			
Chandler Elementary;		location			
May St.@Elm Park;					
Norrback;					
Roosevelt;					
Lake					
View@Roosevelt;					
Clark Street;					
McGrath@Clark St.;					
Lincoln Street;					
Jacob					
Hiatt@Chander					
Elementary;					
Midland St.@Elm					
Park;					
Thorndyke@Norrback					
Burncoat					
Prep@Lincoln St.;					
Wawecus@Lincoln St;					
Canterbury Street;					
Columbus Park;					
Heard <u>St.@Columbus</u>					
Park;					
(Continued)					

WHERE	WHAT	WHEN	FOR WHOM	Contact / Website	FEE
Locations Continued:	(Continued)	July 1 -	For students	Yuisa Perez- Chionchio	Free
Chandler Magnet@	Worcester Public Schools	July 26 (none	enrolled in a	(508) 799- 3110	
Chandler Elementary;		on July 4 & 5)	Title I		
Tatnuck Magnet@Elm	<u>Title I Summer School Programs</u> - to		school		
Park;	enhance students' English Language Arts	Monday-Friday			
Woodland Academy;	skills with a variety of academic learning	8 am - noon or			
Goddard@Woodland	activities tailored to their needs; students	9 am -1 pm			
Academy;	will also be required to complete their	depending on			
Quinsigamond;	summer reading assignments.	location			
Vernon					
Hill@Quinsigamond;					
Gates Lane@Columbus					
Park;					
Elm Park;					
Worcester Arts					
Magnet@ Norrback					
Locations: Boys &	Wheels to Water Summer Swim Program	Monday-	Youth 7 to	Jesse Edwards	Free - Please
Girls Club of	Youth and families can take part in	Sunday	17 years of	(508) 799-1590	check the City
Worcester,	swimming activities at local indoor facilities	starting July	age	or	of Worcester
YMCA, YWCA, Girls,	and outdoor beaches free of charge.	1st-August 11 <sup>th</sup>		(508) 799-1400 ×503	Website for
Inc., Coes Pond,					registration
Indian Lake, Bell	Included is the summer feeding program,	Registration is		<u>www.worcesterma.gov</u>	pick up and
Pond, Shore Park,	recreation and swim lessons.	required			drop off sites
WPI, Holy Cross					near you.
					Registration is
Please call for more	To be Determined				required
<b>₽</b>	Please call for more Information				
Information 🌯					

WHERE	WHAT	WHEN	FOR WHOM	Contact / Website	FEE
Locations: Boys &	Wheels to Water Summer Recreation	Mon-Sun	Youth 7 to	Jesse Edwards	Free.
Girls Club of	Activities	Call for more	17 years of		
Worcester : Beaver	Youth can take part in recreational	Info	age	508-799-1400 ×503	Registration is
Brook Park, Elm	programs including sports games and clinics,				required for
Park, Great Brook	arts and crafts, board games etc.	Registration is		www.worcesterma.gov	youth to
Valley Park		required			participate.
•					
Autumn Woods	Summer lunch and activities program at	Free lunch at	Lunch	Bonnie Gibbs	Free
Community Room	Autumn Woods	11:30 am	program	Director of Resident	
15 Upland Gardens	Activities following lunch include summer	Beginning July	(open to all)-	Services	
Drive Worcester	reading, arts and crafts, and outdoor play	8 <sup>th</sup>	ages 1-18		
01607	activities	Ending August		508-798-0445 ×204	
		9 <sup>th</sup>	Activity		
Jan			program	bgibbs@spearmgmt.com	
		Mondays-	(resident		
		Fridays	children		
		11 am- 3 pm	Only)		
			ages 5-13		
African Community	African Community Education Program -			Julia Kilgore	Free
Education Program	educational, social and cultural support to	Call for more		Program Director	
(ACE)	refugee and immigrant students from	Info			No
24 Chatham St.	countries of Africa who are currently				Transportation
(Fanning Bldg.)	residing in Worcester		Tu .		On Busline
Worcester		Tuesdays and	5 <sup>TH</sup> Grade	508-799-3653	
	Our programs will focus on summer reading,	Thursdays	thru 12 <sup>th</sup>	1.41.1	
	literacy, and youth empowerment.	3pm-6pm		www.acechildren.org	
			10th C	We are on Facebook	
	Workforce Development and Financial	Mondays -	10 <sup>th</sup> Grade		
	Literacy	Wednesdays 1pm-4pm	thru 12th		

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Safe Homes Youth	Safe Homes is LGBTQ Youth Drop-In	Every	For LGBTQ	Laura Farnsworth	Call for more
Drop-In Center	Center offering: weekly drop-in center,	Thursday	(Lesbian,		Info
The Bridge of	one-on-one counseling, diversity trainings,	Night from	Gay,	508-631-2699	
Central	trans supports, school, family and health	6:30-9pm	Bisexual,	or	
Massachusetts	care advocacy, resources for youth and		Transgender	508-755-0333 x142	
4 Mann St.	families, youth leadership activities, fun,		Questioning)		
Worcester 01602	food, and a sense of community.		youth AND		
			Straight		
			Allies Ages		
			14-23		
Safe Homes Youth	Greater Worcester P-FLAG	3 <sup>rd</sup> Wednesday	18 Yrs. Old	Laura Farnsworth	Call for more
Drop-In Center	Parents, Friends, family and LGBTQ	of each month	up	(508) 631-2699	info
The Bridge of	Community Members	7 pm- 9 pm		Or	
Central				(508) 755-0333 x 142	
Massachusetts					
4 Mann St.					
Worcester 01602					
					_
Edward M. Kennedy	Refugee groups for refugees from Iraq,	Schedules	Refugee	Sue Schlotterbeck	Free
Community Health	Bhutan, Burma, and Burundi.	vary for each	Populations	508-854-2122	
Center		group	Languages		
19 Tacoma Street	Each group discussion includes different	51 11.6	include		
Worcester 01605	topics.	Please call for	Arabic,		
	The same and a same the same to the same and	more	Nepali,		
	There are women's and men's groups	information	Burmese,		
			Kayah,		
			Kirundi		

WHERE	WHAT	WHEN	FOR WHOM	Contact / Website	FEE
	Free Family Fun -come in to enjoy free	Fridays, 6 -	Girls and	Tiffany Lillie	Free
YWCA 1 Salem Sq.	family gym activities and swimming (7-9 pm	7:30 pm	Boys any age	508-767-2505 x3032	
Worcester, MA	only)	Swimming 7-9	with parent/		
		pm	guardian	tlillie@ywcacentralmass.or	On busline
	Youth Pickup Basketball			<u>a</u>	
		Fri: 7- 9 pm	Ages 13-17		
		·		On Facebook	
YOU Inc. 81	YMD (Youth Making a Difference) -	July 8 -	Youth 12 -	Sarah Valois	Free for
Plantation St.	Therapeutic recreational program building	August 16	16 Males &		MassHealth;
Worcester, 01604	teamwork, trust and confidence,		Females;	508-770-0511 x112	Bus to ropes
	communication, problem-solving skills; ropes	Call for Days &	DCF involved		course
*	challenge course	Times			
•					
	ASCEND (Acquiring Strength to Change &		Girls 10- 14		
	Empower Through New Discoveries) -		who struggle		
	Therapeutic recreational program building		with trust,		
	teamwork, trust and confidence, wellness,		relationships		
	communication, problem-solving skills; ropes		& confidence		
	challenge course				

WHERE WHAT WHEN FOR WHOM Contact / Website FEE
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#### Low to Moderate Cost Resources

Broad Meadow Brook	Butterfly Festival	August 11 <sup>th</sup>	All ages	508-753-6087	\$ 5.00
Mass Audubon	,	10 am - 4 pm			•
Society		'			
414 Massasoit Road	Canoeing at Green Hill Park	July			
Worcester 01604		12 <sup>th</sup> (Fridays)			Free
*		2pm-5pm		www.massaudubon.org	
YOU Inc. 81	PUNCH - Anger management	Thur: 3 - 4 pm	Youth 11 - 18		Must have
Plantation St.		or 4:30 - 5:30	Years old		health
Worcester, 01604		pm		508-849-5600 x421	insurance
*	Adolescent Substance Abuse Services	By appointment			
	<u>Harmony - Movement-oriented group to</u>				
	help with self-regulation and interpersonal	Wed: 4 - 5 pm	Youth 7 - 12		
	relationships	·	years old		
Joy of Music	Wide Variety of Music, Instrument and	Ongoing	Ages	Rich Ardizzone	\$30-56/lesson
Program	Vocal Lessons & Classes	7 weeks	Birth – adult	508-856-9541	Limited
1 Gorham Street		6/24-8/9		www.jomp.org	Scholarships
Worcester 01605					are available
Gymnastics Learning	Full and half day Summer Camp for youth 3	Camps start	Swim for 3.5	Patty	Call for more
Center	years and older with a variety of themed	June 24 <sup>th</sup>	yrs old & up	508-792-1551	information
574 Lake St.	activities including Red Cross Swimming				
Shrewsbury 01545		Swim starts	Camps for 3	www.gymnasticslearning	
	Red Cross Swimming for 3.5 Yrs old and up	June 11 <sup>th</sup>	.5 years and	<u>center.com</u>	
Total Control of the			up		

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Boys & Girls Club of	Fun, youth development program separated	Monday-	Ages 8-18		Must be a
Worcester	into different camps such as athletics,	Friday,			member (\$25
65 Tainter St.	social recreation, arts and science; All	8:00am-			fee)
Worcester 01610	camps include swimming and lunch; Summer	2:00pm			If sign up
<b>*</b>	reading will be incorporated into all of the			www.bgcworcester.org	before 6/1
A. C.	programs as well.				\$40/week
		Others are			After 6/1
	Summer Programs include:	one week at a			\$50/week
	Athletics (basketball, fun & fitness); Social	time			
	Recreation; Teen Camp	8:00 am-			Call for more
	Gang Awareness for the Next Generation	2:00 pm			Info
	(with the Worcester Police Department);				
	The Arts (Dance Camp, crafts, Dessert	Call For more			
	Week);( Drama Camp	Info			
				Sabrina St. Martin	
	8 week summer program with session		Call for more	508-753-3377	
	choices in Art, Education, Social		Info		
	Recreation, Character and Leadership;				
	Lunch and snack will be provided				
	Gang Camp-run in conjunctions with the	Beginning on	8-10yrs old		
	Worcester Police Department Gang Unit	6/8	,		
		6/15 to 6/19	11-13yrs old	Emily	
		6/22 to 6/26	13-16yrs old	508-753-3377 ×114	
	EEC Licensed School Age Child Care - full		,		
	day summer vacation program in				
	multicultural setting; Breakfast, lunch and	Monday-Friday	5Yrs to13		
	snack provided	7:30am - 6pm	Yrs old		

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Easter Seals 486 Main Street Suite 600 Worcester 01608	Explorer Camp - camp activities in small groups with high staff ratios for children with disabilities; also leadership training for teens (in Ringe, NH)	August 19-24	Ages 8 - 22	Colleen Flanagan 508-751-6410	Sliding scale available Limited scholarships
	<u>Leadership Network</u> - peer and mentoring group	June 1: 1-3 pm	Youth up to age 26	Email youth@eastersealsma.org	are available
	Summer Youth Transition Training SeriesTransition Planning: The Basics -Development of the Transition Portfolio -Post-Secondary Transition Planning Checklist	8/7 9 - 11 am 8/7 11 am-1 pm 8/7 2 - 4 pm	Educators, Parents & Students; School Personnel	Contact Lisa Sirois at 508-751-6390  www.eastersealsma.org	1 session: \$60 2 sessions: \$90 3 sessions \$110 Group rate available
Friendly House 36 Wall Street Worcester 01604	Friendly House Gym & Swim Program children are provided breakfast, snack and lunch and are bused to area state parks where they participate in a variety of activities like swimming, arts & crafts, summer reading, educational & recreational activities, cooking, games, field trips and more.	Begins July 1 <sup>st</sup> to August 23rd  Monday to Fridays 9am - 5pm  Registration begins May 2 <sup>nd</sup>	All children ages 5-16	Dannell Delgado 508-755-4362  www.friendlyhousema.org	\$85.00/week for ages 5-12 \$125/month for ages 13-16 Limited scholarships are available Limited free transportation

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Rainbow Child	Summer Camp Program - Children are bused	July 1st -	Boys & Girls	Tracy Cartagena	Fees based on
Development Center	from 10 Edward St. to Mohegan Boy Scout	August 23rd	Ages 5-13	508-791-6849	income
10 Edward St.	Council Treasure Valley Reservation in				Vouchers
Worcester 01605	Rutland, Ma. Camp activities include:	Monday-Friday			accepted-
<b>-</b>	swimming lessons, arts & crafts,			www.rainbowcdc.com	Fees include
Camp Location	science/nature activities, recreational	7:30am -		Look us up on Facebook	transportation
394 Pleasentdale Rd.	activities & field trips. Children receive	5:30pm			to and from
Rutland, Ma	breakfast, lunch & snack each day. (Main				Rainbow camp
	Office)AM drop off/PM pick-up				& all meals.
Worcester Jewish	Camp Sabra, Habonim, Sha'ar, Galit and	Call Center for	3-5 year		Call for more
Community Center	Sports Specialty Camps	dates	olds	Tali Mugg	information
633 Salisbury St			Camp Sabra	(508)756-7109 Ext 245	Members pay
Worcester 01609			Habonim 1-6		lower rate
<b>-</b>			grades	www.worcesterjcc.org	Scholarships
<u></u>			Sha'ar		are available
			7 <sup>th</sup> &8 <sup>th</sup>		
			Galit		
			9 <sup>th</sup> &10th		

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Girls Incorporated of Worcester 125 Winthrop Street Worcester 01604	Girls Inc. of Worcester Super Camp:  9 themed weeks for girls in grades 1-8; girls will enjoy an urban and city setting; 2 days a week at our in town facility and 2 days a week at our Camp Kinney wood and 1 day will be a wild card (field trip or a special project)	June 24 <sup>th</sup> - August 23 <sup>rd</sup> Monday thru Friday 8:00 am- 5:30 pm	Girls Grades 1 thru 8	Kathy Odgren 508-755-6455  http://www.girlsincworces ter.org/ See website or call for scholarship deadline	Sliding Scale \$200.00 Limited financial assistance available for girls grades 1-6 \$100.00 for teen middle school & High school program / Scholarships may be available for girls entering
YWCA Camp Wind in the Pines Stiles Reservoir Leicester 01524  DROP off LOCATIONS:  YWCA Westboro Child Care Center 15 Grove St. Westboro, MA	Recreational summer day camp program- curriculum is theme-based and provides a variety of nature based activities that include hiking, boating (8 yr and up), daily swim lessons, afternoon free swim, sports, arts and crafts, theater, science and nature, and summer reading.	June 17 <sup>h</sup> - August 27 Monday-Friday 7:30am-6pm	Co-Ed Ages 4-15	Deidre Young Camp Director 508-366-8005 x 3019	7 <sup>th</sup> grade \$225/week Scholarships and sliding scale available

WHERE	WHAT	WHEN	FOR WHOM	Contact / Website	FEE
YWCA 1 Salem Sq.	Youth Memberships -swimming, fitness	During our	Youth ages	Contact Ashley Sheard	On busline
Worcester, MA	classes, gym, game room, strength training	hours	6-17 years	508-767-2505 ×3003	
*				asheard@ywcacentralma.	Sliding Scale
	Family Health & Wellness -swimming,	During our	Adults,	<u>rg</u>	available
	fitness classes, strength training, cardio	hours	youth,		
	center, personal training		families		3 months: Ind
					- \$99./ Family
					- \$150. Youth
	<u>Learn to Swim</u> -swimming lessons	Sat: 9 - 11 (30	6 months -	Same as above	\$10 - 20/mos
		min blocks)	adult		10 lessons/
	Running Team	Wed: 6 pm;	Adults 18 &	Contact Patty Flanagan at	\$103
	Running Team	Sat: 8 am	over	×3021	Ψ103
				pflanagan@ywcacentralmo	\$100
				.orq	
	Triathlon training	Sat: 6:30 am	Ages 14 - 17		\$113
	-		& adults	Same as above	

WHERE	WHAT	WHEN	FOR WHOM	Contact / Website	FEE
Central Branch YMCA	Alden Summer Program (At the YMCA):	Call for more	Boys and	Call Sara Sparrow	Call for more
766 Main St.	Choose between sports and the arts.	information	Girls	ssparrow@ymcaofcm.org	Info
Worcester 01610	Swimming, lunch, outdoor play, rock climbs		Children 5 -		Free
<b>*</b>	too.		13 years old		Transportatio
3				Call Sarah Levy at x229	·
208 Manchaug Rd.,	Voyager Camp (at the YMCA): for your			or <u>slevy@ymcaofcm.org</u>	
Sutton, MA	first camp experience, exploring the world,				
	field trips, swimming, outdoor play, lunch.		Children 4 -		
			5 years old		
	Camp Blanchard (in Sutton): outdoor camps		,	Call Nadine Anderson	
	with boating, swim lessons, free swim,			508-755-6101 ×225	
	outdoor sports/adventure, drama, art and		Children	nanderson@ymcaofcm.org	
	more!		entering 1st	, ,	
			grade -8 <sup>th</sup>		
			grade	www.ymcaofcm.org	
				On Facebook	

WHERE	WHAT	WHEN	FOR WHOM	Contact / Website	FEE
Worcester State	Club Invention - nationally-acclaimed week-	July 8-12	Children in	Brennan Green at Seven	Register by
University	long day program in partnership with the	9 am- 3:30 pm	grades 1 - 6	Hills Charter Public	5/30 - \$205
<b>-</b>	National Inventors Hall of Fame and US			School	(use promo
•	Trademark & Patent Office focusing on			508-799-7500 x4114	code:
	creativity and inventiveness with hands-on			bgreen@sevenhillscharte	SPRING);
	Science, Technology, Engineering and Math			.org	Register
	(STEM) content				online: \$200
					(use promo
					code:
					SPRING);
					Otherwise -
					\$220 for week
					On Bus Route
					#3

#### Other Resources

- For the Parents Helping Parents **Parental Stress Line**, call 1-800-632-8188.
- For more information about summer resources that are able to accommodate children with special needs:

(PAL) Parent	Resource information and support from this	Monday-	All Ages	<u>Info@ppal.net</u>	Free
Professional	parent-professional partnership specifically	Friday			
Advocacy League	for families of children with special needs -			508-767-9725	
51 Union St., Suite	ask folks what have worked for them!				
308					
Worcester 01608					

The Worcester Public Schools is not responsible for, or connected with, any aspect of these programs except those identified as being conducted by the Worcester Public Schools. Participation in any of these programs is the sole decision and responsibility of the parent/guardian.