



Camp Cardinal Health participants must be between the ages of 3-17 and be an RBC Child registrant.





CAMP CARDINAL HEALTH

Ages 3-6
ROMPERS



Wednesday, July 19 | **Boston Tea Party**

As campers arrive for their first day of Camp Cardinal Health, they will learn about the history of Boston and the Boston Tea Party with an interactive scavenger hunt throughout camp. Some of Boston's most important historical figures will greet campers along the way, and Rompers will design a souvenir Teacup to take home.

Thursday, July 20 | **Science, Science, Science!**

Campers will put their thinking caps on for a day of STEM projects. Rompers will explore ways to test different structures, engineer shapes to make different objects, and learn how to change liquids into solids. At the end of the day, campers can relax with a snack and enjoy a bubble show.

Friday, July 21 | **Ninja Course**

Half Ninja course, half obstacle course, campers will test their skills and endurance as they dip, dodge, and dive across the room. After all their hard work, we will sit down and relax with a special treat and enjoy a Puppet Show.

Saturday, July 22 | **Glow Party**

Saturday is our last day of camp, and we'll celebrate with a Glow Dance Party Day! Rompers will make souvenir glow items to wear during the party. Once the DJ sets the stage, we will dim the lights and watch everything glow.



CAMP CARDINAL HEALTH

Ages 7-11 ADVENTURERS



Wednesday, July 19 | The Freedom Trail, North End & Xtreme Craze

Campers will walk a section of The Freedom Trail in the North End. We will begin the journey with a self-guided tour of Paul Revere's House, and 18th Century guides will visit us along the way to tell stories of 18th Century Boston. Campers will follow the red line through the North End to The Old North Church where we will meet a Paul Revere impersonator. The tour will end at Copp's Hill Burying Ground.

Xtreme Craze is a great entertainment venue with many fun activities. Adventurers can challenge fellow campers to an exciting game of Laser Tag or head over to the Air Park - a soft inflatable obstacle course where you can jump, climb, and bounce your way through. If they need a break to relax, an arcade is on hand for them to enjoy a game or two. Pizza and snacks will be available for lunch.

Thursday, July 20 | Charlestown Navy Yard, The Anchor & Constitution Beach & Ben & Jerry's Ice Cream

The Charlestown Navy Yard was one of the first six navy yards established in the United States¹. Campers will get to see the USS Constitution, the oldest commissioned ship in the Navy and tour the USS Cassin Young, a WWII destroyer. The USS Constitution Museum is a hands-on experience where campers can furl a sail, fire a cannon and scrub the decks to learn what life was like 200 years ago.

The Anchor is an outdoor venue adjacent to the Navy Yard. Campers will enjoy a boxed lunch while playing outdoor games.

Constitution Beach is a hidden gem that has a shallow kid-friendly shoreline. This beautiful beach comes equipped with lifeguards and a playground. The runways of Logan Airport are just across the water, and kids love watching the planes take off and land. **Ben & Jerry's** will set up a private ice cream stand for campers to enjoy a snack by the beach.

1. <https://www.nps.gov/places/charlestown-navy-yard.htm#:~:text=In%201800%2C%20the%20U.S.%20Navy%20established%20the%20Charlestown,docks%2C%20numerous%20piers%2C%20its%20own%20railway%2C%20and%20more.>



CAMP CARDINAL HEALTH

Ages 7-11
ADVENTURERS



Friday, July 21 | **Edward M Kennedy Institute & The Franklin Zoo**

The Kennedy Institute is a full-scale replica of the United State Senate Chamber. The Institute's mission is to show the important role the Senate has in our government and to encourage and inspire the next generation to engage in the civic life of their communities.

Campers will participate in the Future Senators program. Future Senators (Campers) will consider whether the federal government should make the school day longer. Campers will interview "expert witnesses" and cast their vote in the Senate Chamber. Campers will also learn about the three branches of government.

Today, lunch is served at **The Franklin Zoo**. A delicious catered lunch will be served in our private space and, once lunch is served, campers can spend the rest of the day visiting the zebras, monkeys and tigers.

Saturday, July 22 | **Museum of Science**

The Museum of Science of Boston has the most up-to-date hands-on exhibits. There are many amazing exhibits, ranging from topic to topic that it's impossible to experience them all in one day. The popular, iconic Theater of Electricity is still going strong, with an exciting live presentation of the science behind the storm that is sure to thrill.

Campers will enjoy boxed lunches at the Museum and Mugar Omni Theater.



CAMP CARDINAL HEALTH

Ages 12-17 EXPLORERS



Wednesday, July 19 | **Charlestown Navy Yard, The Anchor & Constitution Beach & Ben & Jerry's Ice Cream**

The Charlestown Navy Yard was one of the first six navy yards established in the United States¹. Campers will get to see the USS Constitution, the oldest commissioned ship in the Navy and tour the USS Cassin Young, a WWII destroyer. The USS Constitution Museum is a hands on experience where campers can furl a sail, fire a cannon and scrub the decks to learn what life was like 200 years ago.

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Thursday, July 20 | **Edward M Kennedy Institute, Today's Vote & The Franklin Zoo**

The Kennedy Institute is a full scale replica of the United State Senate Chamber. The Institute's mission is to show the important role the Senate has in our government and to encourage and inspire the next generation to engage in the civic life of their communities.

Campers will participate in a simulated U.S. Senate session and a live floor debate on an actual piece of legislation pending before the Senate. Students will consider the issue from multiple perspectives, share their own ideas, and then cast their votes.

Today, lunch is served at **The Franklin Zoo**. A delicious catered lunch will be served in our private space and, once lunch is served, campers can spend the rest of the day visiting the zebras, monkeys and tigers.

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