

# 2026 NBMS HEALTH SUMMIT

## 2026 NBMS Health Summit | Youth Program

The Charlotte County Boys & Girls Club (CCBGC) is excited to host a full-day enrichment program designed to keep kids happy, engaged, and well cared for so you can enjoy the 2026 NBMS Health Summit with peace of mind. This program offers a welcoming, safe, and stimulating environment where children can learn, create, move, and have fun throughout the day.

The Youth Program is open to children ages 5 to 12. All meals and snacks will be provided on site. Children should arrive dressed in weather-appropriate clothing and bring a refillable water bottle. We recommend leaving electronic devices at home. All Safety and Emergency Procedures will be strictly followed.



### Program Schedule

Time	Activity
8:00 – 8:15 am	Meet the CCBGC instructors at the Algonquin Lobby
8:15 – 8:30 am	Walk to the St. Andrews Community Youth Activity Centre (400m)
8:30 – 9:00 am	Free Play
9:00 – 10:45 am	Program Activity
10:45 – 11:00 am	Morning Break: Muffins and Bananas
11:00 – 12:00 pm	Program Activity
12:00 – 1:00 pm	Lunch, build your own subs & veggies, and Free Play
1:00 – 3:00 pm	Program Activity
3:00 – 3:15 pm	Afternoon Break: Yogurt Parfaits
3:15 – 3:30 pm	Walk to Algonquin Resort (400m)
3:30 – 4:00 pm	Parent/Guardian Pick-Up at the Algonquin Lobby: Photo ID is required for pick-up. Only individuals listed on the authorized pick-up list may collect a child.

### Program Activities

- **Kid Food Nation** is a hands-on cooking and food literacy program where kids explore new ingredients, build kitchen confidence, and learn about nutrition, food safety, healthy choices, and the cultural influence of food.
- **Kid Tech Nation** is a digital skills program focused on coding, internet safety, and computational thinking. Kids develop problem-solving skills while learning to create, not just consume technology. Designed for ages 7–12.
- **Outside Time:** Active play.
- **Inside Time:** Science experiments, art activities, and creative stations.

### Space is limited.

Please be sure to complete all registration questions so we can ensure the safety and well-being of every participant. We're confident your kids will have a fun, safe, and memorable day with the amazing CCBGC instructors!