



A Typical Week Instructional Sport Fitness Track "Where Kids Can Be Kids"

8:00-8:30am

- Arrival and Sign-in Procedures
- Morning Announcements

8:30-11:30am

- Every camper will experience a combination of FUN per day in the morning. The activities will rotate daily.
- Instructional Sports
- Introduce reward system to earn "Athlete of the Week"

11:30am-12pm

- Lunch
- Sunscreen Application
- Afternoon Announcements

12-2:45pm

- Every camper will experience a combination of FUN per day in the afternoon. The activities will rotate daily.
- Leadership
- Teambuilding
- Gardening
- Creek Exploration
- Sport Ethics
- Young Naturalist
- Agility Training
- Water Fun
- Special Event

2:45-3:00pm

- Afternoon Announcements
- Select our "Athlete of the Week"
- Stewardship
- Dismissal and Sign-Out Procedures

