

# Summer Camp Schedule

*\*schedule is subject to change*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:00 AM</b>	Welcome	Welcome	Welcome	Welcome	Welcome
<b>8:30 AM</b>	Games	Games	Games	Games	Games
<b>9:00 AM</b>	Allandale Heights Park	Yoga	Allandale Heights Park	Scavenger hunt	Amazing Race
<b>9:30 AM</b>	Allandale Heights Park	Yoga	Allandale Heights Park	Scavenger Hunt	Amazing Race
<b>10:00 AM</b>	Allandale Heights Park	Physical Activity-lower meeting room 10:10-10:55	Allandale Heights Park	Physical Activity-lower meeting room 10:00-10:55	Amazing Race
<b>10:30 AM</b>	Snack	Snack 10:55	Snack	Snack 10:55	Snack/Skates on
<b>11:00 AM</b>	Off-Ice Conditioning	Off-Ice	Off-Ice	Off-Ice	On-ice at 10:30
<b>11:55 AM</b>	Skates on-Lunch on Flood	Skates on-Lunch on Flood	Skates on-Lunch on Flood	Skates on-Lunch on Flood	Skates off/cool down LUNCH
<b>2:05 AM</b>	Skates off/cool down	Skates off/cool down	Skates off/cool down	Skates off/cool down	1-3 swimming
<b>3:00 AM</b>	Soccer or Capture the Flag	Tennis 3:30-4:30 Shear Park	Flag Football or Yoga	Active for life	Out of pool
<b>4:30 AM</b>	Clean up	Clean up	Clean up	Clean up	Clean-up
<b>5:00 AM</b>	Good-Bye	Good-Bye	Good-Bye	Good-Bye	Good-Bye

## NOTES

\*Please pack peanut free snacks, refillable water bottle and lunch.

\*Off ice attire is required.

\*Hockey players are not required to wear full equipment, just skates, helmet and gloves.

\*CanSkaters are required to wear a helmet.

