

Fit & Fun Summer Camp Schedule

KIDS CAMP

8:45-9:15 a.m.	Kids Camp Drop-Off
9:15-10 a.m.	Ice Breaker Games/Character Quality Pod Sessions
10-10:30 a.m.	Outdoor Group Games
10:30-11 a.m.	Snack Time
11 a.m.-noon	Featured Activity/Instructor OR Sport-Specific Play
Noon-1 p.m.	Lunch and Free Play
1-1:45 p.m.	Indoor Group Games
1:45-2:30 p.m.	Free Play OR Featured Activity/Instructor
2:30-2:45 p.m.	Kids Camp Pick-Up
2:45-3 p.m.	Splash campers only: Change for Swim Time
3-3:45 p.m.	Splash Camp (Pool Time)
3:45-4 p.m.	Gather Belongings
4-4:15 p.m.	Splash Camp Pick-Up

YOUTH CAMP

8:45-9:15 a.m.	Youth Camp Drop-Off
9:15-10 a.m.	Ice Breaker Games/Character Quality Pod Sessions
10-10:30 a.m.	Outdoor Group Games
10:30-11 a.m.	Snack Time
11 a.m.-Noon	Featured Activity/Instructor OR Sport-Specific Play
Noon-1 p.m.	Lunch and Free Play
1:15-2:15 p.m.	Swim Time
2:15-2:30 p.m.	Change/Transition
2:30-4 p.m.	Indoor Group Games OR Featured Activity/Instructor
4-4:15 p.m.	Youth Camp Pick-Up

EXTENDED CARE ADD-ON

Kids Campers and Youth Campers

7:30-9 a.m.

Kids Splash Campers and Youth Campers

4-5:30 p.m.

Featured Activities of the Day

KIDS CAMP

Monday	Scavenger Hunt/Nature Walk
Tuesday	Splash Day
Wednesday	Yoga
Thursday	Nutrition
Friday	Special Event Friday

YOUTH CAMP

Monday	Strength/Conditioning
Tuesday	Tennis
Wednesday	Yoga
Thursday	Nutrition
Friday	Special Event Friday