

Week 1 - The Great Outdoors

Monday July 5		Tuesday July 6		Wednesday July 7		Thursday July 8 Hike Day Drop off @ Wireless Road Pick Up @ Rec Centre		Friday July 9 Beach Day Drop off @ Stoney Island Pick Up @ Stoney Island	
9		9	Warm Up Games	9	Lesson: Preparing for a hike	9		9	Lesson: The fundamentals of Spikeball
:15	Meet and Greet / Ice Breakers	:15		:15		:15		:15	
:30		:30	Archery with Misty	:30		:30	Wireless Hike w/ Active Adventurers	:30	
:45	Early Break	:45		:45	Dodgeball / Other outdoor Games	:45		:45	
10	Lesson: Good and Bad Qualities of a Leader	10	Break	10		10	Break @ wireless station	10	Spikeball and Other Beach Games
:15		:15		:15	Break	:15		:15	
:30		:30	Ultimate Frisbee	:30		:30		:30	
:45		:45		:45		:45		:45	
11	Leadership Challenges	11	Bench Football	11	Volunteering: Helping Day Camp with Archery	11	Wireless Hike w/ Active Adventures	11	
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	Volunteering: Beach Clean-Up
:45		:45		:45		:45		:45	
12	Lunch	12	Lunch	12	Lunch	12	Lunch	12	Lunch
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
1	Soccerbase	1	Swimming	1	Water Balloon Volleyball	1	Swimming	1	
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	Free Time / Swimming
:45		:45		:45		:45		:45	
2	Break	2	Break	2	Break	2	Break	2	
:15	Lesson: Living a physically active lifestyle	:15	Activity: Plan an outdoor physical activity (CTF)	:15		:15	Leaders' Choice	:15	
:30		:30		:30		:30		:30	
:45	Leaders' Choice	:45		:45	Capture the flag w/ Active Adventures	:45		:45	
3	Free Play / Social Time	3	Free Play / Social Time	3		3	Free Play / Social Time	3	Sand Soccer
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	
:45		:45		:45	Clean Up: Capture the flag	:45		:45	
4	Pick Up	4	Pick Up	4	Pick Up	4	Pick Up	4	Pick Up
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	

Rainy Day	
9	Indoor Group Games
:15	
:30	
:45	
10	Board Games
:15	
:30	
:45	
11	Free Play Indoors
:15	
:30	
:45	
12	Lunch
:15	
:30	
:45	
1	Leading Day Camp into some indoor games
:15	
:30	
:45	
2	Movie: Leaders' Choice
:15	
:30	
:45	
3	
:15	
:30	
:45	
4	Pick/Up
:15	
:30	
:45	