

**Week 2 - Canoeing and Kayaking**

Monday July 12		Tuesday July 13		Wednesday July 14		Thursday July 15		Friday July 16	
						Drop off / Pick Up Clements Pond		Drop off / Pick Up Stoney Island Beach	
9	Meet and Greet / Ice Breakers	9	Warm Up Games	9	Warm Up Games	9	Canoeing and Kayaking on Clements Pond	9	Lesson: The fundamentals of Spikeball
:15		:15		:15				:15	
:30		:30		:30				:30	
:45	Early Break	:45	Lesson: Safe Boating Practices	:45	Lesson: Knots, Bends, and Hitches			:45	
10	Lesson: Good and Bad Qualities of a Leader	10	Break	10	Break			10	Spikeball and Other Beach Games
:15		:15		:15				:15	
:30		:30		:30				:30	
:45		:45		:45				:45	
11	Leadership Challenges	11	Kayaking	11	Canoeing			11	
:15		:15		:15				:15	
:30		:30		:30		:30	Volunteering: Beach Clean-Up		
:45		:45		:45		:45			
12	Lunch	12	Lunch	12	Lunch	12	Lunch @ Tom's island	12	Lunch
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
1	Swimming	1	Water Volleyball	1	Swimming	1	Fishing	1	Free Time / Swimming
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
2	Break	2	Break	2	Break	2		2	
:15		:15		:15		:15		:15	
:30	Lesson: Living a Physically Active Lifestyle	:30	Volunteering in the community	:30	Activity: Planning a Canoe Trip	:30	Battle of Clements Pond: Naval Water Balloon Fight	:30	
:45		:45		:45		:45			:45
3	Leaders' Choice	3	Free Play / Social Time	3	Free Play / Social Time	3		3	Sand Soccer
:15		:15		:15		:15		:15	
:30	Free Play / Social Time	:30		:30		:30	BBQ at Landing	:30	
:45		:45		:45		: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:
:15	
:30	
:45	
3	
:15	
:30	
:45	
4	Pick/Up
:15	
:30	
:45	