

**Week 3 - "Wet n' Wild"**

Monday July 26		Tuesday July 27		Wednesday July 28		Thursday July 29		Friday July 30	
								Beach Day	
9	Meet and Greet / Ice Breakers	9	Warm Up Games	9	Warm Up Games	9	Volunteering with Active Adventurers	9	Lesson: The fundamentals of Spikeball
:15		:15		:15		:15		:15	
:30		:30		:30	Activity: Plan an Olympic Relay to play with the Active Adventurers	:30		:30	
:45	Early Break	:45	Capture the Flag	:45		:45		:45	
10	Lesson: Good and Bad Qualities of a Leader	10	Break	10	Break	10	Break	10	Spikeball and Other Beach Games
:15		:15		:15		:15		:15	
:30	Leadership Challenges	:30	Lesson: Living a physically active lifestyle	:30	Sponge Battleships	:30	Water Balloon Volleyball	:30	
:45		:45		:45		:45		:45	
11		11	Grounders, Home Free, Twice around the Rec Centre and other school yard games	11	Lifeguarding with Tori Smith	11	Leaders' Choice	11	Volunteering: Beach Clean-Up
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	
: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	Capture the Flag	1	Swimming	1	Swimming	1	Volunteering Active Adventurers with the Olympic Relay	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	Break	2	
:15		:15		:15		:15		:15	
:30	Lesson: Living a physically active lifestyle	:30	Activity: Plan an active outdoor physical activity:	:30		:30	Free Play / Leader's Choice	:30	
:45		:45		:45		:45		:45	
3	Leaders' Choice	3	Free Play / Social Time	3	Slip and Slide	3	Swimming	3	Sand Soccer
:15		:15				:15			
:30	Free Play / Social Time	:30		:30		:30		: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	