

**Week 1 - S.U.P.ing and Kayaking**

Monday July 4		Tuesday July 5		Wednesday July 6		Thursday July 7		Friday July 8		
						Canoe Trip Drop off @ Clements Pond Pick Up @ Clements Pond		Beach Day Drop off @ Stoney Island Pick Up @ Stoney Island		
9	Meet and Greet / Ice Breakers	9	Warm Up Games	9	Warm Up Games	9	Canoeing and Kayaking on Clements Pond (Weather Permitting)	9	Lesson: The fundamentals of Spikeball	
:15		:15		:15		:15			:15	
:30		:30		:30		:30			:30	
:45	Early Break	:45	Lesson: Safe Boating Practices	:45	Lesson: Knots, Bends, and Hitches	:45			:45	
10	Lesson: Good and Bad Qualities of a Leader	10	Break	10	Break	10			10	Spikeball and Other Beach Games
:15		:15		:15		:15			:15	
:30		:30		:30		:30			:30	
:45		:45		:45		:45			:45	
11	Leadership Challenges	11	Kayaking with Joel	11	S.U.P.ing with Joel	11			11	
:15		:15		:15		:15			:15	
:30		:30		:30		:30		:30		
:45		: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		1	Free Time / Swimming	
:15		:15		:15		:15		:15		
:30		:30		:30		:30		:30		
:45		:45		:45		:45	Fishing	:45		
2	Break	2	Break	2	Break	2		2		
:15	Lesson: Living a Physically Active Lifestyle	:15	Batting Cages	:15	Activity: Planning a Canoe Trip	:15	Battle of Clements Pond: Naval Water Balloon Fight	:15		
:30		:30		:30		:30		:30		
:45		:45		:45		:45		:45		
3	Leaders' Choice	3	Free Play / Social Time	3	Free Play / Social Time	3	BBQ at Landing	3	Sand Soccer	
:15		: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	Leader's Choice
:15	
:30	
:45	
2	Movie
:15	
:30	
:45	
3	
:15	
:30	
:45	
4	Pick/Up
:15	
:30	
:45	