



YOUR SPORT LEADER:
➤ Kenta

GET SKILLS 6-7 (B)
MARCH 22-26 | 9AM-4PM
AGES 6-7



SCHEDULE OF ACTIVITIES

MONDAY: Introduction and Oval rules! Campers will work on their balance skills and have an intro to volleyball. After lunch, they will work on their jumping and balance skills through an obstacle course and rugby relays.

TUESDAY: To start off the morning, campers will play badminton and work on their speed and agility. After lunch, campers will play a fun game of scoops and tennis.

WEDNESDAY: Today, campers will play soccer and jumping and balancing games. After lunch they will play flag football relays before heading to the bouldering wall!

THURSDAY: Campers will play basketball and noodle tag in the morning before play hula hoop games and throwing and catching after lunch!

FRIDAY: On the final day of camp, campers will play 4 corner soccer and basketball shooting. After lunch they will play badminton and then a choice of how to end the week!

ITEMS TO BRING TO CAMP:

- Snacks, lunch and water to last the day
- Athletic attire and running shoes
- Extra masks!

A mask must be worn when entering, exiting and moving around the building. While taking part in physical activities, masks are optional and if desired, sport camp leaders will direct participants to remove mask when appropriate.