



YOUR SPORT LEADER:
➤ Justin

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



SCHEDULE OF ACTIVITIES

MONDAY: Introductions and Oval Rules followed by a warm up game and introduction to badminton and soccer. After lunch, campers will have an intro to tennis and finish the day with a game of noodle tag.

TUESDAY: This morning, campers will build on their soccer skills from the day before and have a chance to try badminton. In the afternoon, campers will practice their jumping and balance through an obstacle course and have an introduction to throwing and catching.

WEDNESDAY: Campers will start their day with basketball and rugby relays followed by a visit to the bouldering wall and camp games in the afternoon!

THURSDAY: To start the morning, campers will play floor hockey followed by basketball shooting. After lunch they will test out their soccer skills and play pickleball.

FRIDAY: On their last day of camp, campers will play volleyball and flag football relays. After lunch, they will play fun games with noodles and then a sport of their choice.

- ITEMS TO BRING TO CAMP:**
- Snacks, lunch, water bottle 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.