



**GO! GIRLS ONLY IN MOTION 9-12**  
**MARCH 22-26 | 9AM-4PM**  
**AGES 9-12**



**YOUR SPORT LEADERS:**  
➤ **Natalie & Samara**

**SCHEDULE OF ACTIVITIES**

**MONDAY:** Oval rules and introductions! Get to know your fellow campers and leader through basketball skills and table tennis! After lunch, campers will have their first dance and skating lessons!

**TUESDAY:** This morning, campers will do team building games and softball followed by a dance lesson and basketball.

**WEDNESDAY:** Today, campers will play pickleball and table tennis followed by a dance class and their second skating lesson.

**THURSDAY:** This morning, campers will play volleyball and running and agility games. After lunch they will practice their field hockey skills and go to their yoga class.

**FRIDAY:** To end the week, they will play tennis and volleyball before their Zumba class and heading to the bouldering wall!

**ITEMS TO BRING TO CAMP:**

- Snacks, a lunch, water to last the day
- Athletic wear and running shoes
- Extra masks!
- Warm clothes for skating Monday and Wednesday!

**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.**



**RICHMOND OLYMPIC OVAL**

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