



**GO! GIRLS ONLY IN MOTION 6-9**  
**MARCH 22-26 | 9AM-4PM**  
**AGES 6-9**



**YOUR SPORT LEADERS:**  
➤ **Hanna & Kezia**

### SCHEDULE OF ACTIVITIES

- MONDAY:** Introductions and Oval Rules! Get to know your fellow campers and leader and start the week off with an intro to golf and badminton. After lunch, you will head to your first skating lesson and dance class.
- TUESDAY:** Today, campers will play fun camp games then have an introduction to field hockey. After lunch, they will practice their volleyball skills and head to the studio for their dance class.
- WEDNESDAY:** To start the morning, campers will play soccer and tennis. After lunch, they will head to their second skating lesson and their dance class.
- THURSDAY:** This morning, they will play tennis and hula hoop games followed by a yoga lesson and head to the bouldering wall.
- FRIDAY:** To end the week, campers will do an obstacle course and pick a sport of their choosing to review followed by a Zumba lesson and fun camp games!

### ITEMS TO BRING TO CAMP:

- Snacks, a lunch, water to last the day
- 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.**