



# SPORT TOTS (A)

MARCH 22-26 | 10:30-12:30

AGES 4-5



**YOUR SPORT LEADERS:**  
➤ Avia and Lily

## SCHEDULE OF ACTIVITIES

**MONDAY:** Oval Rules and Introductions! The tots will start the week with soccer skills and balloon volleyball!

**TUESDAY:** This morning, the tots will work on their balancing, jumping, throwing and catching skills!

**WEDNESDAY:** Today, the tots will focus in on their balance skills and work on their volleyball skills from Monday!

**THURSDAY:** This morning, tots will practice basketball dribbling and build on their soccer skills from Monday!

**FRIDAY:** To finish off the week, the campers will play a sport of their choosing followed by practicing their basketball skills!

## ITEMS TO BRING TO CAMP:

- Athletic attire and running shoes!
- Snacks and water bottle!
- 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.