



GET SKILLS PRO D DAY

8:30AM-4:30PM
AGES 6-12



ITEMS TO BRING TO CAMP:

- Athletic wear and running shoes.
- Water bottle, snacks and lunch.
- Warm clothes if skating

THINGS TO NOTE:

- Sign in/out will take place on North Plaza (centre doors)

Schedule of Activities

September 22

- 8:30 – Welcome, Warm-up, Bench Ball
- 9:30 – Badminton
- 10:30 – Snack & Free Play
- 11:00 – Kin-ball
- 12:00 – Lunch
- 1:00 – Soccer
- 2:00 – Tag Games
- 2:30 – Snack & Free Play
- 3:00 – Basketball
- 4:00 – Obstacle Course

Your sport leaders:

- Emily & James

October 2

- 8:30 – Welcome, Parachute Games, Skittles
- 9:30 – Tennis
- 10:30 – Snack & Free Play
- 11:00 – **Skating**
- 12:00 – Lunch
- 1:00 – Golf
- 2:00 – Capture the Flag
- 2:30 – Snack & Free Play
- 3:00 – Volleyball
- 4:00 – Obstacle Course

Your sport leaders:

- Brianna & James

October 20

- 8:30 – Welcome, Warm-up, Dodgeball
- 9:30 – Pickleball
- 10:30 – Snack & Free Play
- 11:00 – Climbing
- 12:00 – Lunch
- 1:00 – Baseball
- 2:00 – Kickball
- 2:30 – Snack & Free Play
- 3:00 – Floorball
- 4:00 – Obstacle Course

Your sport leaders:

- Emily & James

November 13

- 8:30 – Welcome, Parachute Games, Skittles
- 9:30 – **Skating**
- 10:30 – Snack & Free Play
- 11:00 – Tennis
- 12:00 – Lunch
- 1:00 – Field Hockey
- 2:00 – Tag Games
- 2:30 – Snack & Free Play
- 3:00 – Basketball
- 4:00 – Obstacle Course

Your sport leaders:

- Emily & Brianna

November 20

- 8:30 – Welcome, Warm-up, Skittles
- 9:30 – Badminton
- 10:30 – Snack & Free Play
- 11:00 – Kin-ball
- 12:00 – Lunch
- 1:00 – Rugby
- 2:00 – Capture the Flag
- 2:30 – Snack & Free Play
- 3:00 – Four Corner Soccer
- 4:00 – Obstacle Course

Your sport leaders:

- Emily & Brianna

subject to change