



# GET SKILLS 6-7

## EVERY WEEK ALL SUMMER LONG

### AGES 6-7 YRS

## SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Court Sport: Floorball	Court Sport: Dodgeball	Court Sport: Handball	Court Sport: Kinball	Court Sport: Smashball
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Field Sport: Weekly Activity	Racquet Sport: Weekly Activity	Richmond Olympic eXperience	Outdoor Court: 3x3 Basketball	Climbing
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Court Games: FMS Relay Races	Court Games: Bowling	Court Games: Parachute	Court Games: FMS Station Games	Court Games: Tumble Tots Play
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Beach Activity: Beach Volleyball	Beach Activity: Sandcastles and Spikeball	Climbing	Beach Activity: Beach Tennis	Water Games or Capture the Flag

### ITEMS TO BRING TO CAMP:

- Snacks & water bottle
- Hat & sunscreen
- Athletic attire & running shoes
- Lunch (for all day campers)

# GET SKILLS – TEAM CANADA EDITION

JULY 14-18

AGES 6-9 YRS

## SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Floorball	Dodgeball	Handball	Kin-Ball <i>A team sport created in Quebec with a worldwide federation.</i>	Smashball
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Cricket <i>New sport featured at the L.A. 2028 Games.</i>	Lacrosse <i>Team Canada Lacrosse is set to make history at the 2028 Summer Olympics, with both the men's and women's teams ranked #1 in the world.</i>	Rugby <i>A spirited silver medal from the women's rugby sevens team kept Canada's medal streak alive at the Paris Olympics.</i>	Skating <i>Ice skating is deeply rooted in Canadian culture, with strong representation in both short track and long track speed skating, as well as figure skating, and hockey at the Olympic Games.</i>	Climbing <i>Para climbing will make its Paralympic debut at the LA28 Games featuring para-athletes from Team Canada.</i>
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	Walk to Dover Park	<b>LUNCH</b>
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	<b>LUNCH</b>	Camp Games and Warm Up
3x3 Basketball	Richmond Olympic eXperience <i>Relive the greatest moments in Canada's sports history.</i>	Boathouse Park <i>In an intense and thrilling race, the Canadians Women's Eight Rowing Team locked in the second-place position in Paris following their Gold at the Tokyo 2020 Games.</i>	Flag Football <i>New sport debuting in the LA28 Olympic Games.</i>	Breaking <i>Phil Wizard of Vancouver made Canadian sports history as the country's first-ever Olympic breaking athlete – oh and he won Gold.</i>
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Beach Volleyball <i>Canadians Brandie Wilkerson and Melissa Humana-Paredes made history with their silver medal at Paris 2024 in Beach Volleyball.</i>	Hammer Throw and Athletics <i>After Paris 2024, hammer throw fever is sweeping Canada, with Camryn Rogers winning gold in the women's event and Ethan Katzberg winning gold on the men's side.</i>	Climbing <i>After training at the Oval, Alannah Yip and Sean McColl, earned their spot on Canada's Olympic Squad for Climbing's debut at the Tokyo 2020 Games.</i>	Beach Tennis <i>The Canadian mixed doubles tennis pair, Félix Auger-Aliassime and Gabriela Dabrowski, claimed the bronze medal at the 2024 Summer Olympics in Paris.</i>	Water Games or Capture the Flag

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Hat & sunscreen

Athletic attire & running shoes

Lunch



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# GET SKILLS 8-10

## EVERY WEEK ALL SUMMER LONG

### AGES 8-10 YRS

## SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Beach Activity: Beach Volleyball	Beach Activity: Sandcastles and Spikeball	Beach Activity: Bocce and Soccer	Beach Activity: Beach Tennis	Skating
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Racquet Sport: Weekly Activity	Richmond Olympic eXperience	Outdoor Court: 3x3 Basketball	Climbing	Court Games: Tumble Tots Play
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Field Sport: Cricket	Field Sport: Lacrosse	Field Sport: Ultimate	Field Sport: Kickball	Field Sport: Disc Golf
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Climbing	Court Sport: Dodgeball	Court Sport: Handball	Court Sport: Kinball	Water Games or Capture the Flag

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Hat & sunscreen

Athletic attire & running shoes

Lunch (for all day campers)



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