



# OUTDOOR ATHLETE 12-15

## AGES 12-15 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
Field Sport: Weekly Activity	Bike to Garry Point Park	Field Sport: Golf - Putting	Westcoast Mini Putt	Outdoor Sports and Games
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	Bike to Pitch n' Putt	<b>SNACK</b>
Bike to Terra Nova	Park Activities	Field Sport: Golf – Chipping and Pitching	<b>SNACK</b>	Beach Activity: Beach Tennis
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	Pitch n' Putt	Bike to South Arm
Bike to Burkeville Park	Bike to Thompson Park	Bike to Garden City Bike Park	<b>LUNCH</b>	<b>LUNCH</b>
Playground Games and Team Building Activity	Playground Games and Railway Bike Park	Park Activities	Hugh Boyd Park	Swimming at South Arm Pool
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Bike back to Oval	Bike back to Oval	Bike back to Oval	Bike back to Oval	Bike back to Oval

*\*Schedule is subject to change\**

### ITEMS TO BRING TO CAMP:

- Snacks & water bottle
- Hat & sunscreen
- Athletic attire & running shoes
- Lunch
- Bike lock
- Swimwear, towel & a change of clothes on Friday
- 2-wheel fully operational bike
- CSA approved bike helmet

*Bikes will be stored at the Oval for the week. We are not responsible for lost or stolen bikes.*