



**GET SKILLS
PRO D DAY
8:30AM-4:30PM
AGES 6-12**

ITEMS TO BRING TO CAMP:

- Water bottle, snacks and lunch.
- Athletic wear and running shoes for indoor use.
- Warm and weather appropriate clothes for outdoor use and skating.
- Hat, gloves and sunscreen recommended.

THINGS TO NOTE:

- Sign in/out will take place on the Fields. If driving to the Oval, please park in the parkade and escort your child to the Fields.

Schedule of Activities

September 22

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

Your sport leaders:

- Isaac & Alex

October 24

- 8:30 – Welcome, Warm-up, Ultimate
- 9:30 – Skating
- 10:30 – Snack & Free Play
- 11:00 – Kin-ball
- 12:00 – Lunch
- 1:00 – FMS Obstacle Course
- 1:30 – Basketball
- 2:30 – Snack & Free Play
- 3:00 – Floorball
- 4:00 – Capture the Flag

Your sport leaders:

- Isaac & Mathew

November 21

(Vancouver)

- 8:30 – Welcome, Warm-up, Football
- 9:30 – Skating
- 10:30 – Snack & Free Play
- 11:00 – Kin-ball
- 12:00 – Lunch
- 1:00 – FMS Obstacle Course
- 1:30 – Golf
- 2:30 – Snack & Free Play
- 3:00 – Volleyball
- 4:00 – Capture the Flag

Your sport leaders:

- Lalaine & Mathew

November 28

(Richmond)

- 8:30 – Welcome, Warm-up, Field Hockey
- 9:30 – Skating
- 10:30 – Snack & Free Play
- 11:00 – Kin-ball
- 12:00 – Lunch
- 1:00 – FMS Obstacle Course
- 1:30 – Tennis
- 2:30 – Snack & Free Play
- 3:00 – Basketball
- 4:00 – Capture the Flag

Your sport leaders:

- Isaac & Mathew

December 1

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

Your sport leaders:

- Isaac & Mathew

subject to change