



# BADMINTON BLAST 9-12

AGES 9-12 YRS

## SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up				
Badminton	Badminton	Badminton	Badminton	Badminton
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Badminton	Badminton	Badminton	Badminton Footwork	Badminton
<b>SIGN OUT</b>				

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch (for all day campers)



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# BADMINTON BLAST 12-15

AGES 12-15 YRS

## SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up				
Badminton Footwork	Badminton Footwork	Badminton	Badminton Footwork	Badminton
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Badminton	Badminton	Badminton	Badminton	Badminton
<b>SIGN OUT</b>				

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch (for all day campers)



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# GET COOL

## AGES 9-15 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
Court Sport: Tennis	Court Sport: Golf	Court Sport: Pickleball	Court Sport: Badminton	Court Sport: Table Tennis
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Skating: Hockey	Skating: Ringette	Skating: Figure Skating	Skating: Broomball	Skating
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

\*Schedule is subject to change\*

#### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch (for all day campers)

Skates, helmets and all other equipment will be provided but campers are welcome to bring their own



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# GET SKILLS 6-7

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: Dodgeball	Court Sport: Floorball	Court Sport: Handball	Court Sport: Kinball	Court Sport: Basketball
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Activity: Relay Races	Court Activity: Bowling	Court Activity: Parachute Games	Court Activity: Station Games	Court Activity: Tumble 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
Court Sport: Field Hockey	Court Sport: Soccer	Court Sport: Rugby	Court Sport: Baseball	Court Sport: Volleyball
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Sport: Tennis	Court Sport: Golf	Richmond Olympic Experience	Court Sport: Badminton	Court Sport: Table Tennis

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch (for all day campers)



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# GET SKILLS 8-10

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
Court Sport: Tennis	Court Sport: Golf	Court Sport: Pickleball	Court Sport: Badminton	Court Sport: Table Tennis
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Activity: Dodgeball	Court Sport: Floorball	Court Sport: Handball	Court Sport: Kinball	Court Sport: Basketball
<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 Activity: Relay Races	Court Activity: Bowling	Court Activity: Parachute Games	Court Activity: Station Games	Court Activity Tumble Play
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Sport: Field Hockey	Court Sport: Soccer	Outdoor Basketball Court	Court Sport: Baseball	Court Sport: Volleyball

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

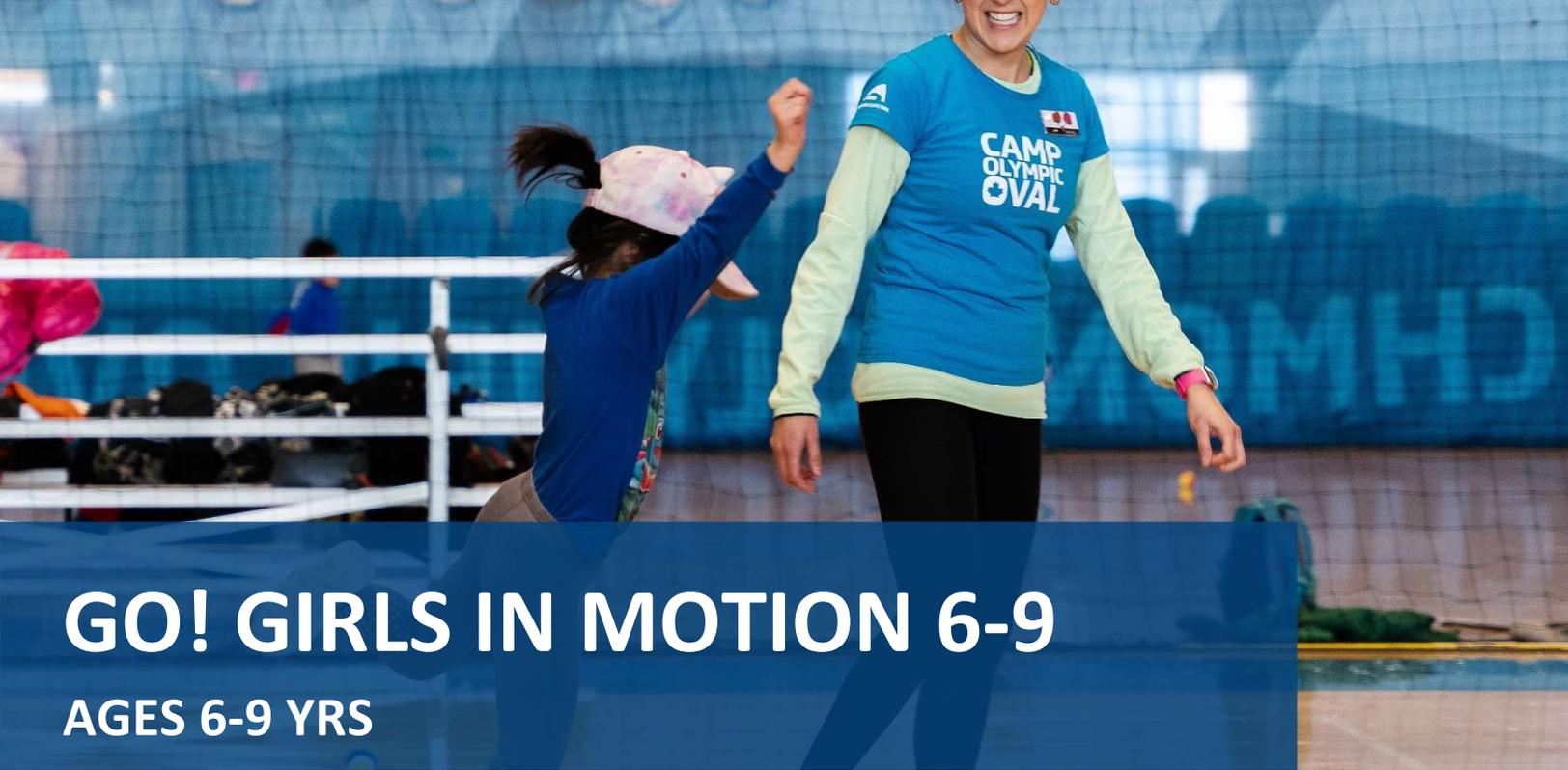
Lunch (for all day campers)



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# GO! GIRLS IN MOTION 6-9

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
Studio Time: Gymnastics	Studio Time: Cheer	Studio Time: Dance	Studio Time: Yoga	Fields
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Sport: Tennis	Court Sport: Golf	Court Sport: Pickleball	Court Sport: Badminton	Court Sport: Table Tennis
<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 Activity: Dodgeball	Court Sport: Floorball	Court Sport: Handball	Court Sport: Kinball	Court Sport: Basketball
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Studio Time: Dance	Skating	Studio Time: Dance	Studio Time: Zoomba	Richmond Olympic Experience

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch



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# GO! GIRLS IN MOTION 9-12

AGES 9-12 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: Field Hockey	Court Sport: Soccer	Court Sport: Rugby	Court Sport: Baseball	Court Sport: Volleyball
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Studio Time: Gymnastics	Studio Time: Cheer	Studio Time: Dance	Studio Time: Yoga	Richmond Olympic Experience
<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 Sport: Tennis	Court Sport: Golf	Court Sport: Pickleball	Court Sport: Badminton	Court Sport: Table Tennis
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Activity: Dodgeball	Court Sport: Floorball	Court Sport: Handball	Skating	Court Sport: Basketball

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch



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# HOCKEY FUNDAMENTALS

9AM-12PM

AGES 6-9 YRS

## SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up				
Court Sport: Dodgeball	Court Sport: Floorball	Court Sport: Handball	Court Sport: Kinball	Court Sport: Hockey
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Hockey	Hockey	Hockey	Hockey	Hockey
<b>SIGN OUT</b>				

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch (for all day campers)

### FULL HOCKEY GEAR



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# HOCKEY FUNDAMENTALS

1PM-4PM

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
Hockey	Hockey	Hockey	Hockey	Hockey
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Sport: Field Hockey	Studio Time: Gaga ball	Fields: Agility Drills	Court Sport: Kinball	Court Sport: Volleyball
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch (for all day campers)

### FULL HOCKEY GEAR



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# HOCKEY TOTS

9AM-12PM

AGES 4-5 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
Hockey	Hockey	Hockey	Hockey	Hockey
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Sport: Field Hockey	Court Sport: Soccer	Court Sport: Rugby	Court Sport: Baseball	Court Sport: Volleyball
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch (for all day campers)

### FULL HOCKEY GEAR



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# HOCKEY TOTS

1PM-4PM

AGES 4-5 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
Hockey	Hockey	Hockey	Hockey	Hockey
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Activity: Relay Races	Court Activity: Bowling	Court Activity: Parachute Games	Court Activity: Station Games	Court Activity: Tumble Tot Games
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch (for all day campers)

### FULL HOCKEY GEAR



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# LEARN TO SKATE NARWHALS

## AGES 9-12 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: Field Hockey	Court Sport: Soccer	Court Sport: Rugby	Court Sport: Baseball	Court Sport: Volleyball
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Skating	Skating	Skating	Skating	Skating
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

\*Schedule is subject to change\*

#### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch (for all day campers)

Skates and Helmets will be provided but campers are welcome to bring their own



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# LEARN TO SKATE PENGUINS & POLAR BEARS

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
Skating	Skating	Skating	Skating	Skating
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Activity: Dodgeball	Court Activity: Floorball	Richmond Olympic Experience	Court Sport: Kinball	Court Sport: Basketball
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch (for all day campers)

Skates and Helmets will be provided but campers are welcome to bring their own



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# LEARN TO SKATE PUFFINS

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
Court Sport: Field Hockey	Court Sport: Soccer	Court Sport: Rugby	Court Sport: Baseball	Court Sport: Volleyball
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Skating	Skating	Skating	Skating	Skating
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch (for all day campers)

Skates and Helmets will be provided but campers are welcome to bring their own



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# SPORT TOTS

AGES 4-5 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 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>
Court Sport: Field Hockey	Court Sport: Soccer	Court Sport: Rugby	Court Sport: Baseball	Court Sport: Volleyball
<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
Studio Time: Gymnastics	Studio Time: Gagaball	Studio Time: Dance	Studio Time: Yoga	Richmond Olympic eXperience
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Games: Relay Races	Court Games: Bowling	Court Games: Parachute	Court Games: FMS Station Games	Court Games: Tumble Tots Play

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

Lunch (for all day campers)



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