

# 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: Badminton	Court Sport: Pickleball	Court Sport: Baseball	Court Sport: Basketball
<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



**RICHMOND  
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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	Climbing Wall	Court Sport: Baseball	Court Sport: Volleyball
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Activity: Relay Races	Court Sport: Badminton	Court Activity: Team-Building Exercises	Court Sport: Kinball	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: Field Hockey	Court Sport: Soccer	Court Sport: Rugby	Court Sport: Badminton	Court Sport: Table Tennis
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Sport: Tennis	Court Sport: Golf	Court Sport: Handball	Court Sport: Floorball	Court Sport: Basketball

\*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: Football	Wall
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Activity: Dodgeball	Court Sport: Floorball	Court Sport: Badminton	Court Activity: Station Games	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: Relay Races	Court Activity: Bowling	Court Activity: Handball	Court Activity: Kinball	Court Activity Tumble Play
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Sport: Badminton	Court Sport: Soccer	Richmond Olympic Experience	Court Sport: Baseball	Court Sport: Soccer

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Athletic attire & running shoes

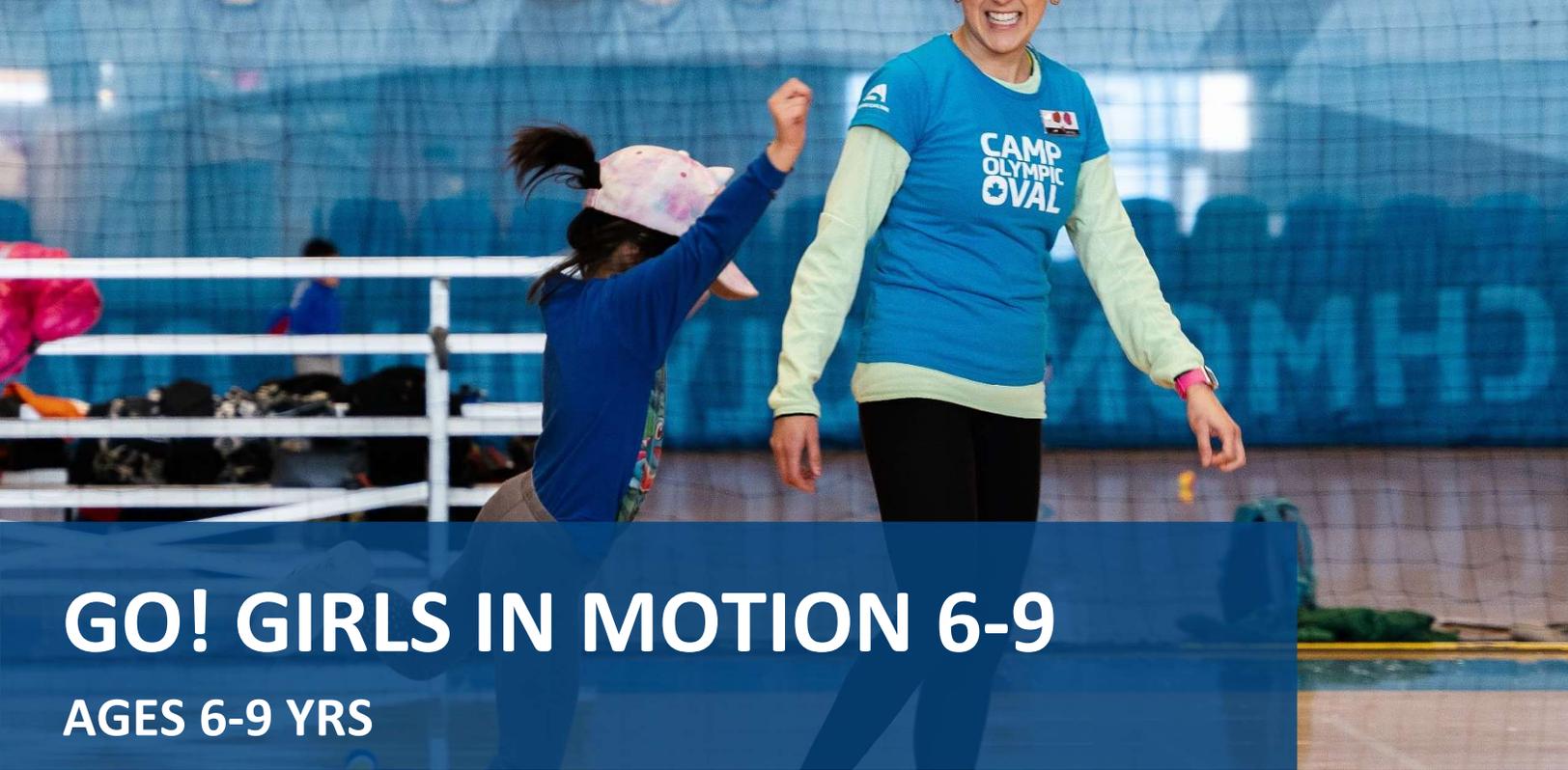
Lunch (for all day campers)



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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	Court Sport: Basketball
<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 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 Activity: Dodgeball	Court Sport: Floorball	Court Activity: Parachute Games	Court Activity: Station Games	Climbing
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Studio Time: Dance	Badminton	Skating	Court Sport: Kinball	Court Sport: Volleyball

\*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: Handball	Court Sport: Kinball	Court Activity: Tumble Play
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Studio Time: Gymnastics	Studio Time: Cheer	Court Sport: Rugby	Studio Time: Yoga	Skating
<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: Badminton	Court Sport: Golf	Climbing	Court Sport: Baseball	Court Sport: Badminton
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Activity: Dodgeball	Court Sport: Floorball	Studio Time: Dance	Studio Time: Yoga	Court Sport: Table Tennis

\*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	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 Activity: Team-Building Exercises	Court Sport: Baseball	Court Sport: Badminton
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Hockey	Hockey	Hockey	Hockey	Hockey
<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 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	Court Sport: Badminton	Court Sport: Football	Richmond Olympic Experience
<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	Studio Time: Dance	Court Activity: Station Games	Court Sport: Tumble Play
<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)

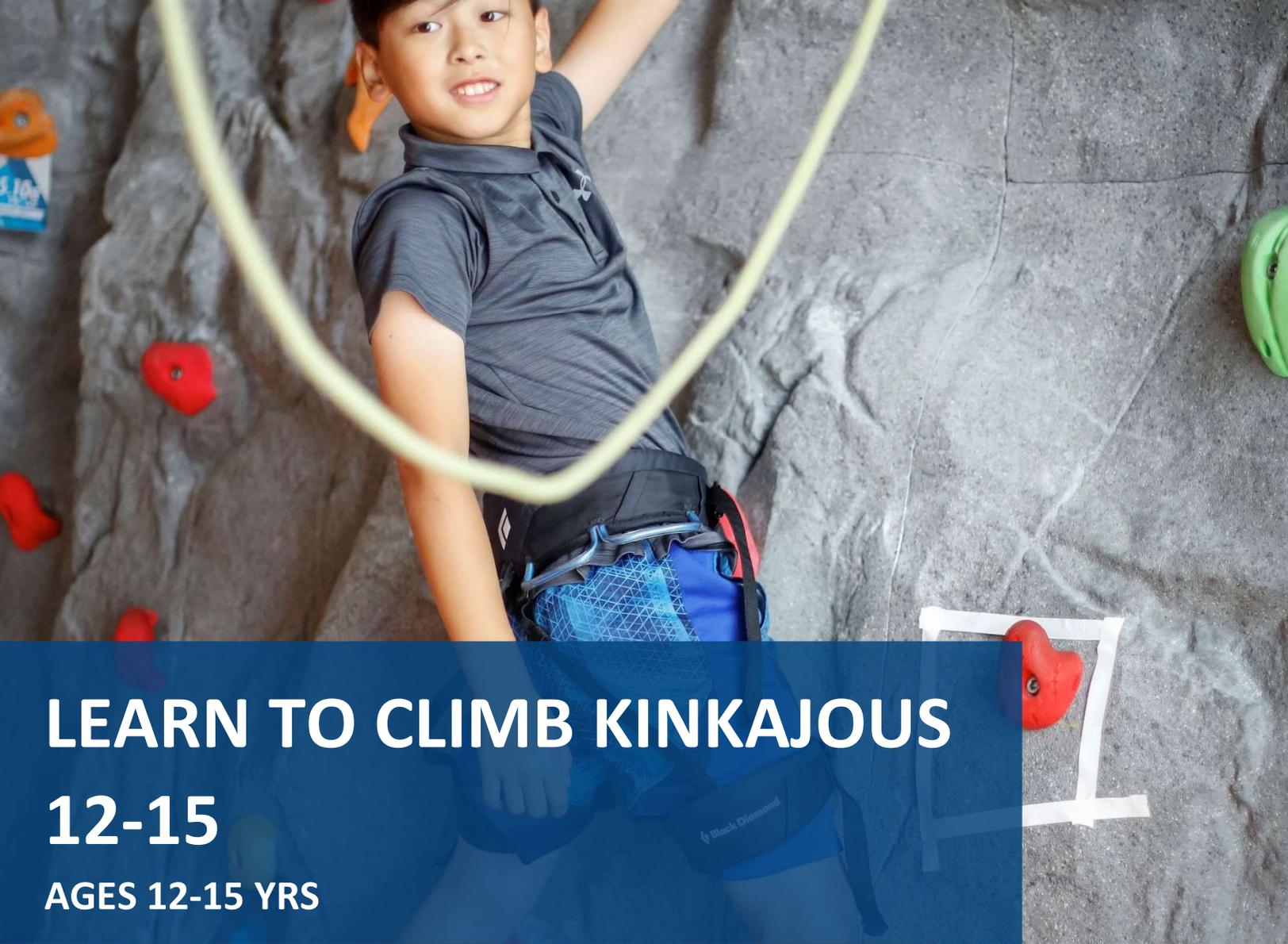
### FULL HOCKEY GEAR



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# LEARN TO CLIMB KINKAJOUS

## 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
Climbing	Climbing	Footwork Drills (AM Camp)/ Climbing (PM Camp)	Climbing	Climbing
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Climbing	Climbing	Climbing	Climbing	Climbing (AM Camp)/ Richmond Olympic Experience (Pm Camp)
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

#### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Hat & sunscreen

Athletic attire & running shoes

Lunch (for all day campers)



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# LEARN TO CLIMB KOALAS 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
Climbing	Climbing	Court Activity: Team-Building (AM Camp)/Pickleball (PM Camp)	Climbing	Climbing/ Court Sport Badminton (PM Camp)
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Climbing	Climbing	Climbing	Climbing	Climbing
<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

Hat & sunscreen

Athletic attire & running shoes

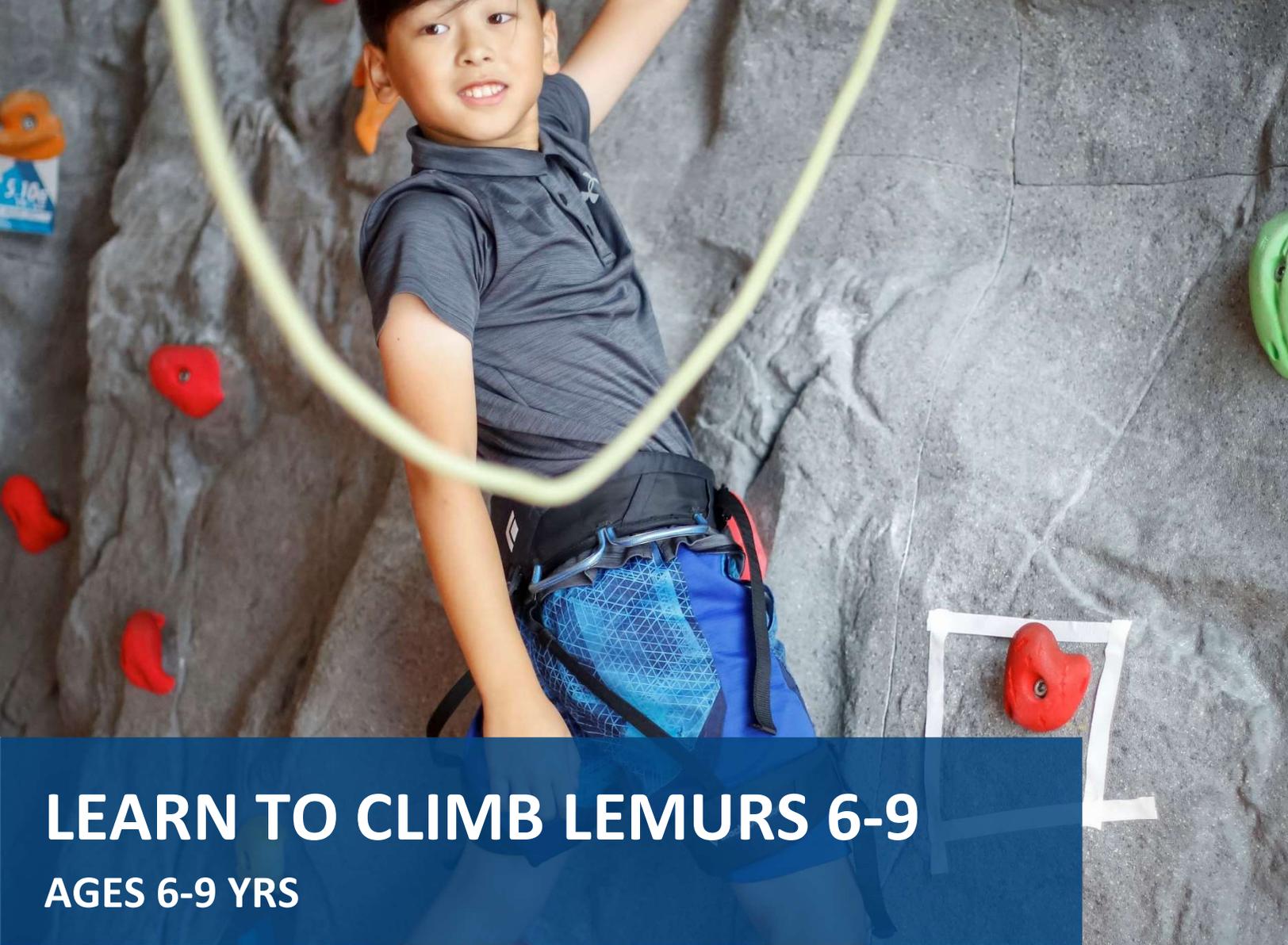
Lunch (for all day campers)



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# LEARN TO CLIMB LEMURS 6-9

AGES 6-9 YRS

## SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up				
Climbing	Climbing	Court Activity	Climbing	Court Activity
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Climbing	Climbing	Climbing	Climbing	Climbing
<b>SIGN OUT</b>				

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Hat & sunscreen

Athletic attire & running shoes

Lunch (for all day campers)



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# LEARN TO CLIMB LEOPARDS 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
Climbing	Climbing	Climbing	Climbing	Climbing
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Climbing	Climbing	Racquet Sport: Weekly Activity	Climbing	Climbing
<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

Hat & sunscreen

Athletic attire & running shoes

Lunch (for all day campers)



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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: Handball	Court Sport: Kinball	Court Sport: Basketball
<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: Badminton	Court Activity: Bowling	Court Sport: Handball	Court Sport: Baseball	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: Badminton	Court Sport: Rugby	Court Sport: Football	Court Sport: Basketball
<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 Sport: Rugby	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	Studio Time: Dance	Court Sport: Football	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: Gymnastics	Studio Time: Yoga	Court Sport: Smashball
<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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