



# LEARN TO CLIMB KOALAS AM 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
Field Sport: Weekly Activity	Climbing	Climbing	Beach Games: Teambuilding Exercises	Climbing
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Climbing	Climbing	Studio: Yoga	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)



**RICHMOND OLYMPIC OVAL**

6111 River Road, Richmond B.C.  
778.296.1400 | info@richmondoval.ca

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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>
Field Sport: Cricket	Climbing	Court Sport: Handball	Climbing	Richmond Olympic eXperience
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

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Athletic attire & running shoes

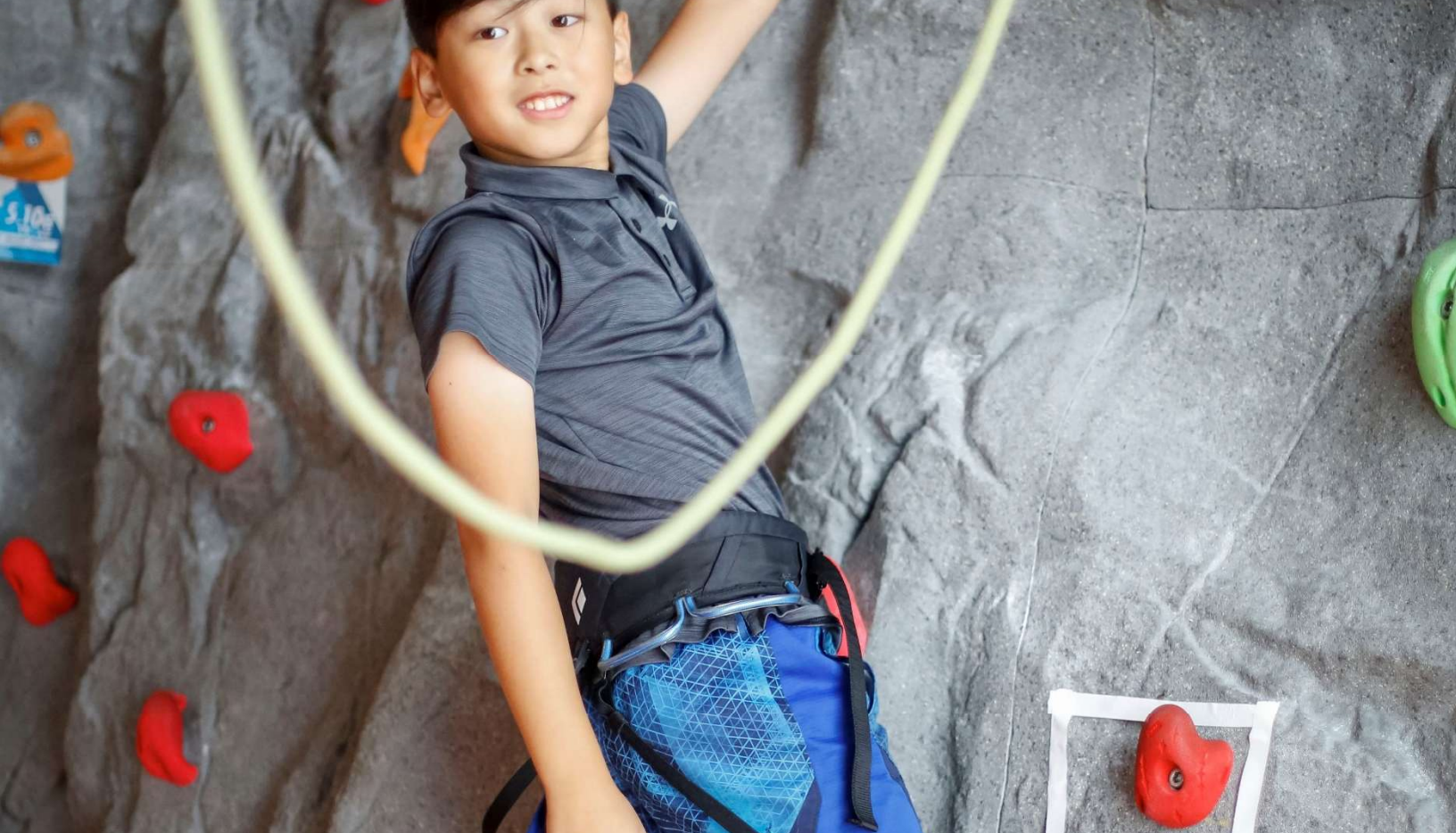
Lunch (for all day campers)



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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	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>
Court Games: FMS Relay Races	Court Sport: Handball	Field Sport: Weekly Activity	Racquet Sport: Weekly Activity	Court Activity: Capture the Flag
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

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#### 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>
Court Sport: Floorball	Field Sport: Lacrosse	Court Sport: Kinball	Court Sport: Volleyball/Smashball	Water Games or Capture the Flag
<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

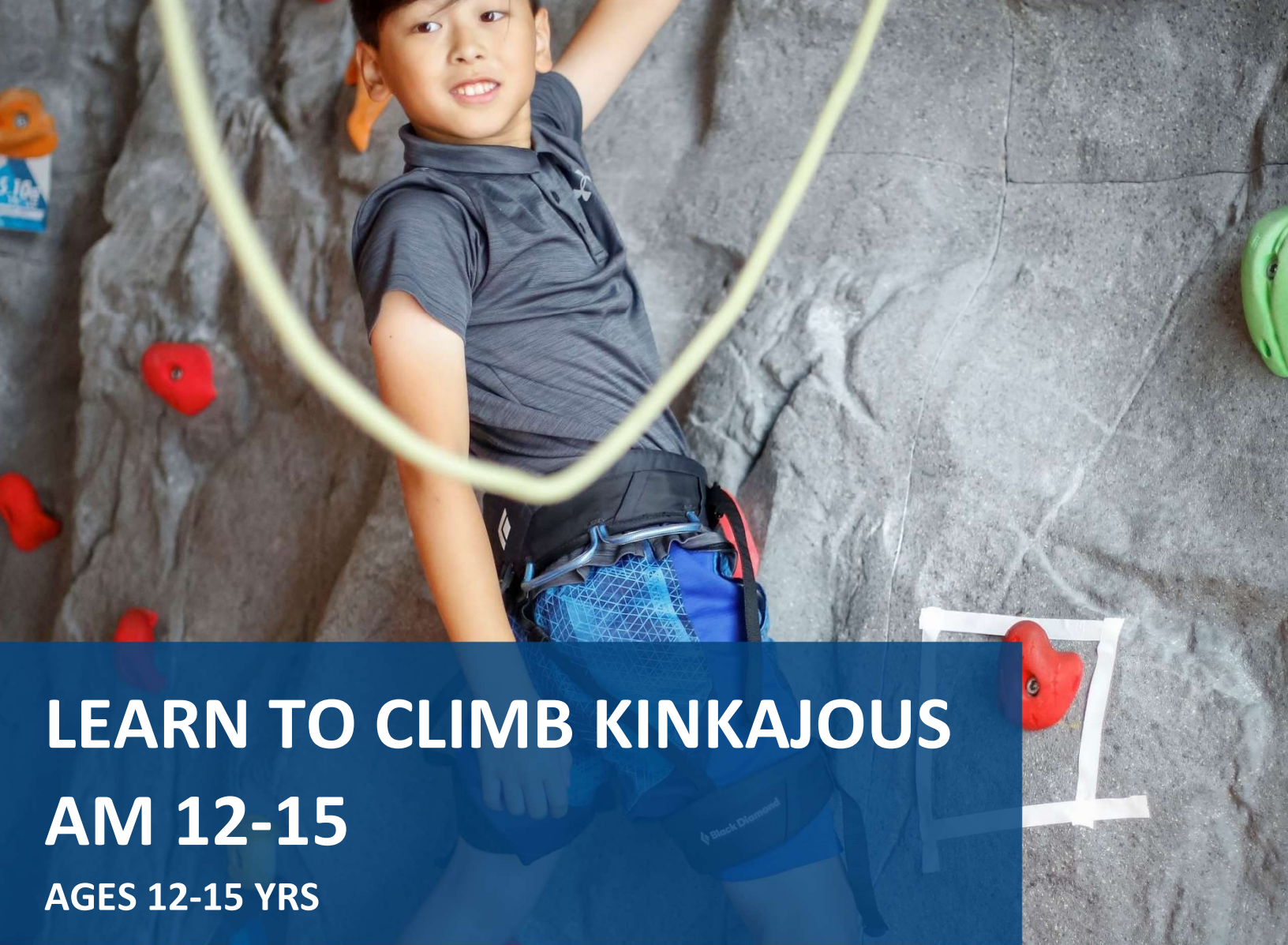
Lunch (for all day campers)



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# LEARN TO CLIMB KINKAJOUS

## AM 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	Climbing	Climbing	Climbing
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Climbing	Field Sport: Weekly Activity	Climbing	Court Games: FMS Station Games	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

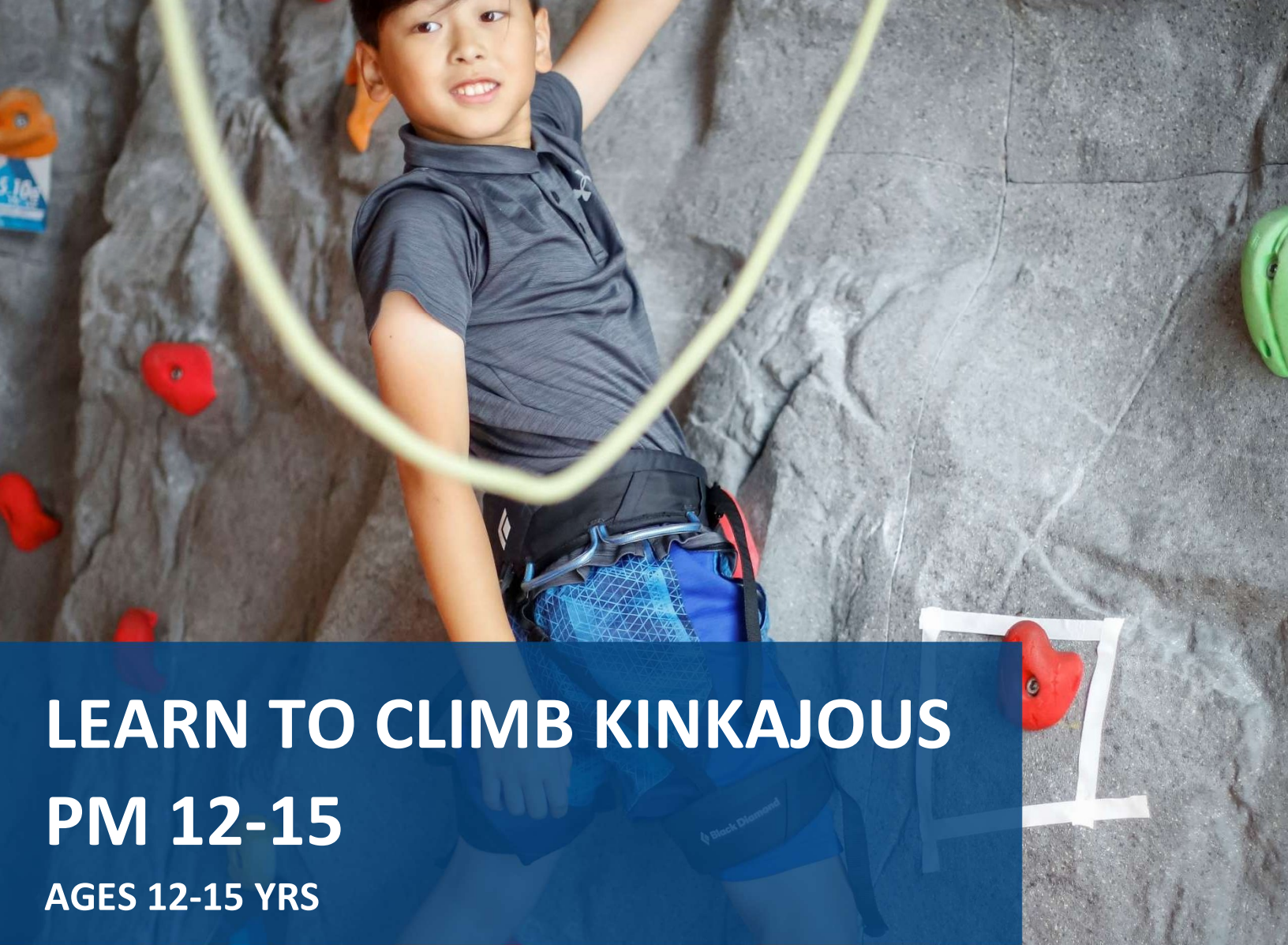
Lunch (for all day campers)



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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	Studio Activity: Yoga	Climbing	Racquet Sport: Weekly Activity	Climbing
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

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