



GET SKILLS 6-7

EVERY WEEK ALL SUMMER LONG

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: Floorball	Court Sport: Handball	Court Sport: Kinball	Court Sport: Volleyball	Court Game: Capture the Flag
SNACK	SNACK	SNACK	SNACK	SNACK
Field Sport: Weekly Activity	Racquet sport: Weekly Activity	Outdoor Court: 3x3 Basketball	ROXS	Climbing Wall
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
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: FMS Relay Races	Court Sport: Bowling/Skittles	Court Sport: Parachute games and Team-building activities	Court Games: FMS Station Games	Court Games: Tumble Tot Play
SNACK	SNACK	SNACK	SNACK	SNACK
Beach Sport: Beach Volleyball	Beach Activity: Sandcastles and Spikeball	Climbing Wall	Beach: Team-building exercises	Water Games

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

richmondoval.ca



GET SKILLS 8-10

EVERY WEEK ALL SUMMER LONG
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
Beach Activity: Beach Volleyball	Beach Activity: Sandcastles and Spikeball	Beach Activity: Soccer	Outdoor Sport: 3x3 Basketball	Beach Sport: Football
SNACK	SNACK	SNACK	SNACK	SNACK
Court Sport: Floorball	Court Sport: Bowling/ Skittles	Court Sport: Parachute games and Team-building exercises	Climbing	Court Games: Tumble Tots Play
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
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: Cricket	Field Sport: Lacrosse	Field Sport: Ultimate	Field Sport: Kickball	ROXS
SNACK	SNACK	SNACK	SNACK	SNACK
Climbing	Court Sport: Handball	Court Sport: Kinball	Court Sport: Volleyball	Water Games

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GET SKILLS – TEAM CANADA EDITION

JULY 14-18

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
Floorball	Handball	Kin-Ball <i>A team sport created in Quebec with a worldwide federation</i>	Smashball.	Capture the Flag
SNACK	SNACK	SNACK	SNACK	SNACK
Cricket <i>New sport featured at the L.A. 2028 Games.</i>	Lacrosse <i>Team Canada Lacrosse is set to make history at the 2028 Summer Olympics, with both the men's and women's teams ranked #1 in the world.</i>	Rugby <i>A spirited silver medal from the women's rugby sevens team kept Canada's medal streak alive at the Paris Olympics.</i>	Skating <i>Ice skating is deeply rooted in Canadian culture, with strong representation in both short track and long track speed skating, as well as figure skating, and hockey at the Olympic Games.</i>	Climbing <i>Para climbing will make its Paralympic debut at the LA28 Games featuring para-athletes from Team Canada.</i>
LUNCH	LUNCH	LUNCH	Walk to Dover Park	LUNCH
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	LUNCH	Camp Games and Warm Up
3x3 Basketball	Richmond Olympic eXperience <i>Relive the greatest moments in Canada's sports history.</i>	Boathouse Park <i>In an intense and thrilling race, the Canadians Women's Eight Rowing Team locked in the second-place position in Paris following their Gold at the Tokyo 2020 Games.</i>	Flag Football <i>New sport debuting in the LA28 Olympic Games.</i>	Breaking <i>Phil Wizard of Vancouver made Canadian sports history as the country's first-ever Olympic breaking athlete – oh and he won Gold.</i>
SNACK	SNACK	SNACK	SNACK	SNACK
Beach Volleyball <i>Canadians Brandie Wilkerson and Melissa Humana-Paredes made history with their silver medal at Paris 2024 in Beach Volleyball.</i>	Hammer Throw and Athletics <i>After Paris 2024, hammer throw fever is sweeping Canada, with Camryn Rogers winning gold in the women's event and Ethan Katzberg winning gold on the men's side.</i>	Climbing <i>After training at the Oval, Alannah Yip and Sean McColl, earned their spot on Canada's Olympic Squad for Climbing's debut at the Tokyo 2020 Games.</i>	Beach Tennis <i>The Canadian mixed doubles tennis pair, Félix Auger-Aliassime and Gabriela Dabrowski, claimed the bronze medal at the 2024 Summer Olympics in Paris.</i>	Water Games or Capture the Flag

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Lunch



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