



# OUTDOOR ATHLETE 12-15

JULY 20-24, AUG 4-7, & AUG 17-21

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       |
| Field Sport: Weekly Activity                | Field Sport: Golf - Putting               | Bike to Garry Point Park    | Field Sport: Golf - Putting   | Field Sport: Weekly Activity |
| <b>SNACK</b>                                | <b>SNACK</b>                              | <b>SNACK</b>                | <b>SNACK</b>                  | <b>SNACK</b>                 |
| Bike to Terra Nova                          | Field Sport: Golf – Chipping and Pitching | Steveston                   | Westcoast Mini Putt           | Bike to South Arm            |
| <b>LUNCH</b>                                | <b>LUNCH</b>                              | <b>LUNCH</b>                | <b>LUNCH</b>                  | <b>LUNCH</b>                 |
| Bike to Burkeville Park                     | Bike to Pitch n’ Putt                     | Bike to Thompson Playground | Bike to Garden City Bike Park | Swimming at South Arm Pool   |
| Playground Games and Team Building Activity | Pitch n’ Putt                             | Park Activities             | Team Building Activity        | Park Activities              |
| <b>SNACK</b>                                | <b>SNACK</b>                              | <b>SNACK</b>                | <b>SNACK</b>                  | <b>SNACK</b>                 |
| Bike back to Oval                           | Bike back to Oval                         | Bike back to Oval           | Bike back to Oval             | Bike back to Oval            |

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Hat & sunscreen

Athletic attire & running shoes

Lunch

Bike lock

Swimwear, towel & a change of clothes on Friday

2-wheel fully operational bike

CSA approved bike helmet

*Bikes will be stored at the Oval for the week. We are not responsible for lost or stolen bikes.*



**RICHMOND  
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