



**Courtenay  
Recreation**

Each day please bring:

- Lunch & snacks
- Lots of water
- Change of clothes (incase wet/messy)
- Please don't bring:
- Money or valuables
- Electronics
- Nut products

Camp Leaders:

- Leigha
- Ikhide

# Adventure Acro (July 7-11 )

Week 2	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
9:00 am	<b>Sign In</b> Vern Nichols Gym	<b>Sign In</b> Vern Nichols Gym	<b>Sign In</b> Vern Nichols Gym	<b>Sign In</b> Vern Nichols Gym	<b>Sign In</b> Vern Nichols Gym
9:15 am	Welcome to Camp Icebreakers Name Games	Warm up Games	Warm up Games	Warm up Games	Warm up Games
10:30 am	Snack	Snack	Snack	Snack	Snack
11:00 am	Acro Foundations	Acro Foundations	Acro Foundations	Acro Foundations	Acro Foundations
12:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 pm	Acro Skill Development	<b>Tour of Sid Williams Theatre</b>	<b>Outdoor Pool</b>	Acro Skill Development	<b>Outdoor Pool</b>
2:30 pm	Outdoor Play			Outdoor Play	
3:15 pm	Indoor Games	Indoor Games	Indoor Games	Indoor Games	Indoor Games/Reflection
4:00 pm	<b>Sign Out</b> Vern Nichols Gym	<b>Sign Out</b> Vern Nichols Gym	<b>Sign Out</b> Vern Nichols Gym	<b>Sign Out</b> Vern Nichols Gym	<b>Sign Out</b> Vern Nichols Gym