



CITY OF
COURTENAY
Recreation

Program: Flour Power

Dates: Aug 19-23

Leaders:

Jordyn & Sophia

****Please note
schedule subject to
change****

Notes:

Bring Everyday

- Lunch
- Water Bottle
- Sunscreen
- Swim Gear
- Weather appropriate clothing
- Close toed shoes
- NO NUTS

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Sign In	Sign In	Sign In	Sign In	Sign In
9:15	Name Games & Fruit Crepes	Parfaits	Granola Bars	Banana Muffins	Energy Balls
10:15	Snack	Snack	Snack	Snack	Snack
10:30	Recipe Books	Fortune Cookies	Puffy Paint Activity	Slime	Trip to BigFoot Donuts
11:00	Outdoor Games	Outdoor Games	Outdoor Games	Outdoor Games	FitPark
12:00	Lunch	Lunch	Lunch	Lunch	Lunch
12:30	Calzones	Cinnamon Buns	Brownies & Fruit Kabobs	Raspberry Turn Overs	Make and Decorate Cookies
1:30	Snack	Snack	Snack	Snack	Snack
1:45	Change, Sunscreen & Water Play	Change, Sunscreen & Water Play	Change, Sunscreen & Water Play	Change, Sunscreen & Water Play	Change, Sunscreen & Water Play
4:00	Sign Out	Sign Out	Sign Out	Sign Out	Sign Out

Late Pick Ups will be brought to Kidsplay at extra charge.