



**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
- Emma
- Isobel

Adventure Acro (Aug 17-21)

Week	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	Sign In Vern Nichols Gym	Sign In Vern Nichols Gym	Sign In Vern Nichols Gym	Sign In Vern Nichols Gym	Sign In Vern Nichols Gym
9:15 am	Welcome to Camp	Warm Up	Warm Up	Warm Up	Warm Up
10:00 am	Snack	Snack	Snack	Camp Games	Snack
	Warm Up	Acro Foundations	Acro Foundations	10:30 – 12:00 Sid Williams Theatre	Acro Foundations
11:00 am	Acro Foundations				
12:00 pm	Acro Skill Development	Nature Walk	Lunch	Picnic Lunch	Lunch
		Lunch	Skill Development		Nature Walk and Games
1:00 pm	Lunch	Free Time		Camp Games	
2:00 pm	1:30 – 3:00 Pool	Skill Development	1:30 – 3:00 Pool	Dairy Queen Ice Cream!	1:30 – 3:00 Pool
3:00 pm	Camp Games and Crafts	Outdoor Camp Games	Camp Games and Crafts	Camp Games and Crafts	Camp Games and Crafts
4:00 pm	Sign Out Vern Nichols Gym	Sign Out Vern Nichols Gym	Sign Out Vern Nichols Gym	Sign Out Vern Nichols Gym	Sign Out Vern Nichols Gym