



**Courtenay
Recreation**

Flour Power (July 27-31)

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:

- Abby
- Brennan
- Chloe

Week	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	Sign In Lewis Craft Room A	Sign In Lewis Craft Room A	Sign In Lewis Craft Room A	Sign In Lewis Craft Room A	Sign In Lewis Craft Room A
9:15 am	Welcome to Camp	Camp Games	Camp Games	Camp Games	Camp Games
10:00 am	Snack	Snack	Snack	Snack	Snack
	Kitchen Rules	Marshmallow Towers	Field Games	Catch It, Drop It	Bases Rock, Paper, Scissors
11:00 am	Rainbow Cupcakes	Quesadillas	Breadsticks	Mini Pizzas	Walk to Fit Park
12:00 pm	Lunch	Lunch	Lunch	Lunch	Lunch and Games @ Fit Park
	Egg Relay Race	12:30 – 2:00 Water Park	Camp Games	Rhythm Master	
1:00 pm	Hand Flower Craft		Brownie Bites	Messy Leader	Circle Games
2:00 pm	Candy Necklaces	Ice Cream in a Bag	Outdoor Games	2:00 – 3:00 Water Games	Chocolate Chip Cookies
3:00 pm	Camp Games	Camp Games	Freeze Dance	Kids' Choice Activity	Parachute Games @ Outdoor Stage
4:00 pm	Sign Out Lewis Craft Room A	Sign Out Lewis Craft Room A	Sign Out Lewis Craft Room A	Sign Out Lewis Craft Room A	Sign Out Lewis Craft Room A