



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:

- Charlie
- Ella
- Jaimie

Girls on the Move (July 20-24)

Week	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	Sign In Lewis Outdoor Stage	Sign In Lewis Outdoor Stage	Sign In Lewis Outdoor Stage	Sign In Lewis Outdoor Stage	Sign In Lewis Outdoor Stage
9:15 am	Welcome to Camp Games	Camp Games	Camp Games	Camp Games	Camp Games
10:00 am	Snack	Tennis @ Lewis Park	Hula Hoop Challenge	Bus to Air Park	Bus to MARS
	21 Copy Game			Circle Games	MARS Tour
11:00 am	Bedazzling @ the LINC	Basketball Games @ LINC	Salad Bowls @ LINC	Nature Bingo	
12:00 pm	Lunch	Lunch	Face Masks & Hair Styling	Lunch	Lunch
	Skateboard/Scooting @ LINC	Hydro Dip Paintings	Yoga	Bus to Lewis Centre	Mini Golf @ Miracle Beach
1:00 pm	Smoothies		Lunch	Guided Imagery	
2:00 pm	Volleyball @ Lewis Field	Archery @ MP Hall	1:30 – 3:00 Pool	2:30-3:30 Dance with Leigha	Lawn Games
3:00 pm	Parachute Games	Balloon Caterpillars			Frozen Treats
4:00 pm	Sign Out Lewis Outdoor Stage	Sign Out Lewis Outdoor Stage	Sign Out Lewis Outdoor Stage	Sign Out Lewis Outdoor Stage	Sign Out Lewis Outdoor Stage