



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
- Livea
- Chloe
- Mica
- Liam
- Ella

Gym & Swim (Aug 24-28)

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	Warm Up/Stretch	Warm Up/Stretch	Warm Up/Stretch	Warm Up/Stretch	Warm Up/Stretch
10:00 am	Stations & Skill Development	Stations & Skill Development	Stations & Skill Development	Stations & Skill Development	Stations & Skill Development
11:00 am	Snack and Smoothies @ LINC	Outdoor Games	Snack and Parfaits @ LINC	Outdoor Craft	Snack and Smoothies @ LINC
12:00 pm	Relays and Gymnastics Games	Relays and Gymnastics Games	Relays and Gymnastics Games	Relays and Gymnastics Games	Relays and Gymnastics Games
1:00 pm	Lunch @ Water Park	Lunch @ Water Park	Lunch @ Water Park	Lunch @ Water Park	Lunch @ Water Park
2:00 pm	1:30 – 3:00 Pool	1:30 – 3:00 Pool	1:30 – 3:00 Pool	1:30 – 3:00 Pool	1:30 – 3:00 Pool
3:00 pm	Camp Games	Camp Games	Camp Games	Camp Games	Camp Games
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