



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

Odyssey Junior (July 6-10)

Week 2	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
9:00 am	Arrival (Craftroom B) soft start stations	Arrival (Craftroom B) soft start stations	Arrival (Craftroom B) soft start stations	Arrival (Craftroom B) soft start stations)	Arrival (Craftroom B) soft start stations
10:00 am	Introductions & snack	snack	Beach prep + snack	Snack	Snack + sunscreen
10:30 am	Sunscreen + walk to Simms Park	Paper plate crowns	Beach Day! Bus pick up	Wobbly snake craft	waterpark
11:30 am	Nature Bingo + walk back to Lewis	Early lunch and Adapted swim transition	Miracle Beach	Early lunch and Adapted swim transition	Paper ice cream craft
12:00 pm	Lunch	Adapted swim	Lunch	Adapted swim	Lunch
1:00 pm	Odyssey Jr Banner painting	Snack + individual activities	Bus back to Lewis	Individual activity + snack	Walk to blue Spruce
2:00 pm	Karaoke and stations	Bubble art	Glow stick craft	Ball games	Eat ice cream treat at Simms Park!
3:00 pm	Pick-up	Pick-up	Pick-up	Pick-up	Pick-up