



**Courtenay  
Recreation**

# Summer Sk8 School (July 28-31)

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:

- Charlie

| Week     | Monday         | Tuesday                                      | Wednesday                                 | Thursday                                     | Friday                                    |
|----------|----------------|----------------------------------------------|-------------------------------------------|----------------------------------------------|-------------------------------------------|
| 9:00 am  | <b>NO CAMP</b> | Camp Sign In<br><b>LINC</b>                  | Camp Sign In<br><b>Isfeld Skate Park</b>  | Camp Sign In<br><b>LINC</b>                  | Camp Sign In<br><b>Isfeld Skate Park</b>  |
| 9:45 am  |                | Welcome to Camp Games                        | Roll Downs<br>Flip Tricks                 | Outside Longboards<br>Drop Ins               | Skate Bingo                               |
| 10:30 am |                | Snack                                        | Snack                                     | Snack                                        | Snack                                     |
| 11:15 am |                | Limbo<br>Sheep v Lions                       | Body Verials<br>Nose Stalls<br>Ollies     | Take Skate Apart<br>Nose Stalls<br>Tail Drag | Blind Maze<br>Roll Down Starts            |
| 11:45 am |                | Quarter Pivots<br>Burt Slides<br>Flip Tricks | Pumping in Bowl<br>Bank Pivots            | Drop Ins<br>Free Time                        | Ollie Flip Tricks<br>Trick Show           |
| 12:00 pm |                | Camp Sign Out<br><b>LINC</b>                 | Camp Sign Out<br><b>Isfeld Skate Park</b> | Camp Sign Out<br><b>LINC</b>                 | Camp Sign Out<br><b>Isfeld Skate Park</b> |