



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:

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Teen Odyssey (July 20-24)

Week 4	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
9:00 am	Arrival (LINC) Introductions/check in	Arrival (LINC)	Arrival (LINC)	Arrival (LINC)	Arrival (LINC)
10:00 am	Walk to Simms Park	Snack/free play	Snack + suunscreen	Check in/freeplay	Check in/free play
10:30 am	Snack @ Simms Park + nature bingo	Paper bag monsters	Beach Day! Bus pick-up	Snack + jelly craft	Snack + walk to Simms
11:30 am	Lunch	early lunch + adapted swim transition	Miracle Beach	early lunch + adapted swim transition	Early Lunch
12:00 pm	Beach Bash Boogie dance	Swim	Lunch	Lunch	Nickel carnival
1:00 pm	Cont.	Sponge sail boat	Bus back to LINC	Make your own snack plate	Basketball
2:00 pm	Paper plate spiders	Outdoor games	Games	Movie + pick up	Slime + craft
3:00 pm	Pick-up	Pick-up	Pick-up	Pick-up	Pick-up