

# FUN FITNESS CAMP 2018




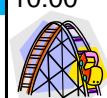

<div><div>w</div><div>e</div><div>l</div><div>c</div><div>o</div><div>m</div><div>e</div></div>				<div>6/21 ???</div> <div>8:00 Fitness center</div> <div>10:00 welcome games</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 games or park (GVP)</div> <div>4:15 return to Fitness ctr</div>		<div>6/22 ???</div> <div>8:00 Fitness center</div> <div>10:00 Games, Pick activity</div> <div>11:20 Lunch:</div> <div>1:20 Fitness center</div> <div>1:45 games or park (GVP)</div> <div>4:15 return to Fitness ctr</div>			
<div>LUAU WEEK</div>									
<div>6/25</div> <div>8:00 Fitness center</div> <div>10:00 welcome games</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 Outside (playground, park)</div> <div>4:15 return to Fitness ctr</div>		<div>6/26</div> <div>8:00 Fitness center</div> <div>10:00 Luau fun</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 Swimming/Park - GVP</div> <div>4:15 return to Fitness ctr</div>		<div>6/27</div> <div>8:00 Fitness center</div> <div>10:00 Games, Pick activity</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 Swimming/Park - GVP</div> <div>4:15 return to Fitness ctr</div>		<div>6/28</div> <div>8:00 Fitness center</div> <div>10:00 Luau fun</div> <div>11:20 Lunch:</div> <div>1:10 Adventure Landing (1:40-3:40)</div> <div>4:15 return to Fitness ctr</div>		<div>6/29</div> <div>8:00 Fitness center</div> <div>10:00 Games, Pick activity</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 Outside (playground, park)</div> <div>4:15 return to Fitness ctr</div>	
<div>PATRIOTIC WEEK</div>									
<div>7/2</div> <div>8:00 Fitness center</div> <div>10:00 Games, Pick activity</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 Swimming/Park - GVP</div> <div>4:15 return to Fitness ctr</div>		<div>7/3</div> <div>8:00 Fitness center</div> <div>10:00 Patriotic fun</div> <div>11:20 Lunch:</div> <div>1:10 trampoline park (1:30-3:40)</div> <div>4:15 return to Fitness ctr</div>		<div>7/4</div> <div>HAPPY INDEPENDENCE DAY</div>		<div>7/5</div> <div>8:00 Fitness center</div> <div>10:00 Games, Pick activity</div> <div>11:20 Lunch:</div> <div>1:20 Fitness center</div> <div>1:45 Swimming/Park - GVP</div> <div>4:10 return to Fitness ctr</div>		<div>7/6</div> <div>8:00 Fitness center</div> <div>10:00 Games, Pick activity</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 Outside (playground, park)</div> <div>4:15 return to Fitness ctr</div>	
<div>HALLOWEEN WEEK</div>									
<div>7/9</div> <div>8:00 Fitness center</div> <div>10:00 Games, Pick activity</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 Outside (playground, park)</div> <div>4:15 return to Fitness ctr</div>		<div>7/10</div> <div>8:00 Fitness center</div> <div>9:45 Halloween games</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 Swimming/Park - GVP</div> <div>4:10 return to Fitness ctr</div>		<div>7/11</div> <div>8:00 Fitness center</div> <div>9:30 Games, Pick activity</div> <div>11:20 Lunch:</div> <div>1:15 RMSC (Museum) (1:30 - 3:40)</div> <div>4:20 return to Fitness ctr</div>		<div>7/12</div> <div>8:00 Fitness center</div> <div>10:00 Trick or Treat /Costume</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 Outside (playground, park)</div> <div>4:15 return to Fitness ctr</div>		<div>7/13</div> <div>8:00 Fitness center</div> <div>10:00 Games, Pick activity</div> <div>11:20 Lunch:</div> <div>1:20 Fitness center</div> <div>1:45 Swimming/Park - GVP</div> <div>4:15 return to Fitness ctr</div>	
<div>PIRATE WEEK</div>									
<div>7/16</div> <div>8:00 Fitness center</div> <div>10:00 Games, Pick activity</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 Outside (playground, park)</div> <div>4:15 return to Fitness ctr</div>		<div>7/17</div> <div>8:00 Fitness center</div> <div>10:20 Red Wings game (10:45-1:30)</div> <div>2:15 Fitness center</div> <div>2:30 Room</div> <div>4:15 return to Fitness ctr</div>		<div>7/18</div> <div>8:00 Fitness center</div> <div>10:00 Treasure hunt</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 Swimming/Park - GVP</div> <div>4:15 return to Fitness ctr</div>		<div>7/19</div> <div>8:00 Fitness center</div> <div>10:00 Pirate games</div> <div>11:20 Lunch:</div> <div>1:15 Fitness center</div> <div>1:45 Swimming/Park - GVP</div> <div>4:15 return to Fitness ctr</div>		<div>7/20</div> <div>8:00 Fitness center</div> <div>10:00 Games, Pick activity</div> <div>11:20 Lunch:</div> <div>1:20 Fitness center</div> <div>1:45 Outside (playground, park)</div> <div>4:15 return to Fitness ctr</div>	

**GVP:** Genesee Valley Park  
(pool or park)

**Lunch:** Room where the camp  
has lunch & movie

**Pick an activity:**campers can pick from  
crafts, sports, croquet, etc.

# FUN FITNESS CAMP 2018

WATER WEEK									
<b>7/23</b> 		<b>7/24</b>		<b>7/25</b>		<b>7/26</b>		<b>7/27</b> 	
8:00	Fitness center	8:00	Fitness center	8:00	Fitness center	8:00	Fitness center	8:00	Fitness center
10:00	Games, Pick activity	10:00	games	10:00	Water activities	10:00	games	10:00	Games, Pick activity
11:20	Lunch:	11:20	Lunch:	11:20	Lunch:	11:20	Lunch:	11:20	Lunch:
1:15	Fitness center	1:00	<b>Ontario Beach</b>	1:15	Fitness center	1:15	Fitness center	1:20	Fitness center
1:45	Outside (playground, park)		(1:45 - 3:45)	1:45	Swimming/Park - GVP	1:45	Water activities	1:45	Swimming/Park - GVP
4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:15	return to Fitness ctr
ANIMAL WEEK									
<b>7/30</b> 		<b>7/31</b>		<b>8/1</b> 		<b>8/2</b>		<b>8/3</b> 	
8:00	Fitness center	8:00	Fitness center	8:00	Fitness center	8:00	Fitness center	8:00	Fitness center
11:00	Games, Pick activity	10:00	Animal activities	10:00	Games, Pick activity	10:00	Animal games	10:00	Games, Pick activity
11:20	Lunch:	11:20	Lunch:	11:20	Lunch:	11:20	Lunch:	11:20	Lunch:
1:15	Fitness center	1:15	Fitness center	1:10	<b>Seneca park zoo</b>	1:15	Fitness center	1:15	Fitness center
1:45	Outside (playground, park)	1:45	Swimming/Park - GVP		(1:30-3:45)	1:45	Swimming/Park - GVP	1:45	Outside (playground, park)
4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:15	return to Fitness ctr
FUN WEEK / COLOR WARS									
<b>8/6</b>		<b>8/7</b>		<b>8/8</b>		<b>8/9</b> 		<b>8/11**</b>	
8:00	Fitness center	8:00	Fitness center	8:00	Fitness center	8:00	Fitness center	8:00	Fitness center
10:00	Games, Pick activity	10:00	Color games	10:00	Color games	10:00	<b>Seabreeze</b>	10:00	Games, Pick activity
11:20	Lunch:	11:20	Lunch:	11:20	Lunch:			11:20	Lunch:
1:15	Fitness center	1:15	Fitness center	1:15	Fitness center			1:15	Fitness center
1:45	Outside (playground, park)	1:45	Swimming/Park - GVP	1:45	Swimming/Park - GVP			1:45	Outside (playground, park)
4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:15	return to Fitness ctr	5:00	return to Fitness ctr	4:15	return to Fitness ctr
RETRO WEEK									
<b>8/13</b>		<b>8/14</b>		<b>8/15</b> 		<b>8/16</b>		<b>8/17</b> 	
8:00	Fitness center	8:00	Fitness center	8:00	Fitness center	8:00	Fitness center	8:00	Fitness center
10:00	<b>Tie Dye</b>	9:40	<b>Horizon Fun FX</b>	11:00	Lunch:	10:00	<b>Tie Dye</b>		<b>RETRO ACTIVITIES</b>
11:20	Lunch:		(10:00-11:40)	12:45	<b>Community Service Day</b>	11:20	Lunch:		Lunch:
1:15	Fitness center	12:00	Lunch:		Medical student fun day	1:15	Fitness center	1:20	Fitness center
1:45	Swimming/Park - GVP	2:00	outside for activities		GVP (1:00-3:30)	1:45	Swimming/Park - GVP	1:45	Outside (playground, park)
4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:00	return to Fitness ctr	4:45	return to Fitness ctr	4:15	return to Fitness ctr
GAME WEEK									
<b>8/20</b> 		<b>8/21</b>		<b>8/22</b>		<b>8/23</b> 		<b>8/24</b>	
8:00	Fitness ctr	8:00	Fitness center	8:00	Fitness center	8:00	Fitness ctr	8:00	Fitness center
10:00	Games, Pick activity	10:30	<b>GAMESHOW games</b>	10:00	Games, Pick activity	10:30	<b>GAMESHOW games</b>	10:30	Games, Pick activity
11:15	Lunch:	11:20	Lunch:	11:20	Lunch:	11:20	Lunch:	11:20	Lunch:
1:15	Fitness center	1:15	Fitness cntr	1:30	<b>Bowling</b>	1:15	Fitness cntr	1:20	Fitness center
1:45	Outside (playground, park)	1:45	Swimming/Park - GVP		(1:45-3:30)	1:45	Swimming/Park - GVP	1:45	Outside (playground, park)
4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:15	return to Fitness ctr

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(pool or park)

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**\*\*ALTERNATE SEABREEZE DAY**