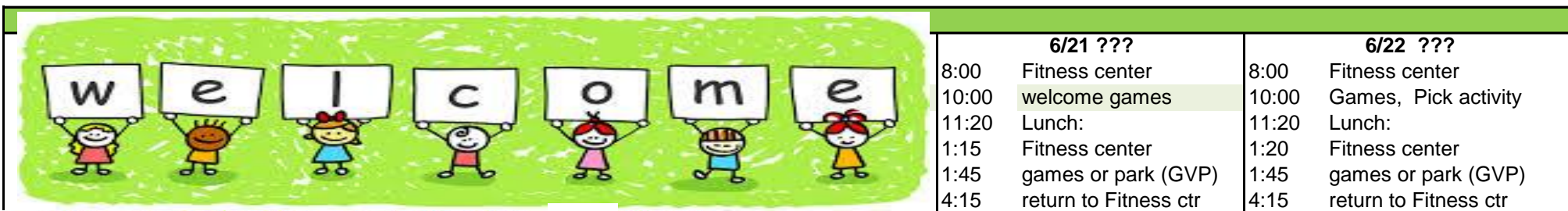


FUN FITNESS CAMP 2018



WELCOME

6/25		6/26		6/27		6/28		6/29	
8:00	Fitness center	8:00	Fitness center	8:00	Fitness center	8:00	Fitness center	8:00	Fitness center
10:00	welcome games	10:00	Luuu fun	10:00	Games, Pick activity	10:00	Luuu fun	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	1:15	Fitness center	1:10	Adventure Landing (1:40-3:40)	1:15	Fitness center
1:45	Outside (playground, park)	1:45	Swimming or Park	1:45	Swimming or Park	1:45	return to Fitness ctr	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

WELCOME

7/2		7/3		7/4		7/5		7/6	
8:00	Fitness center	8:00	Fitness center	HAPPY INDEPENDENCE DAY		8:00	Fitness center	8:00	Fitness center
10:00	Games, Pick activity	10:00	Patriotic fun			10:00	Games, Pick activity	10:00	Games, Pick activity
11:20	Lunch:	11:20	Lunch:			11:20	Lunch:	11:20	Lunch:
1:15	Fitness center	1:10	trampoline park (1:30-3:40)			1:20	Fitness center	1:15	Fitness center
1:45	Swimming or Park	4:15	return to Fitness ctr			1:45	Swimming or Park	1:45	Outside (playground, park)
4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:10	return to Fitness ctr	4:15	return to Fitness ctr		

WELCOME

7/9		7/10		7/11		7/12		7/13	
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	9:45	Halloween games	9:30	Games, Pick activity	10:00	Trick or Treat /Costume	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	1:15	RMSC (Museum) (1:30 - 3:40)	1:15	Fitness center	1:20	Fitness center
1:45	Outside (playground, park)	1:45	Swimming or Park	4:20	return to Fitness ctr	1:45	Outside (playground, park)	1:45	Swimming or Park
4:15	return to Fitness ctr	4:10	return to Fitness ctr	4:15	return to Fitness ctr	4:15	return to Fitness ctr	4:15	return to Fitness ctr

WELCOME

7/16		7/17		7/18		7/19		7/20	
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, Pick activity	10:00	Treasure hunt	10:00	Pirate & ninjas	10:00	Games, Pick activity
11:20	Lunch:	11:20	Lunch:	11:20	Lunch:	11:20	Lunch:	11:20	Lunch:
1:15	Fitness center	1:10	LASERTRON (1:40-4:00)	1:15	Fitness center	1:15	Fitness center	1:20	Fitness center
1:45	Outside (playground, park)	4:15	return to Fitness ctr	1:45	Swimming or Park	1:45	Swimming or Park	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

Swimming or Park can choose either **Lunch** Room where the camp has lunch & movie **Pick an activity** campers can pick from crafts or board games, sports, small games, etc.

FUN FITNESS CAMP 2018

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

Swimming or Park
can choose either

Lunch Room where the camp has lunch & movie

Pick an activity campers can pick from crafts or board games, sports, small games, etc.

****ALTERNATE SEABREEZE DAY**