

FUN FITNESS CAMP 2019










					6/20 8:00 Fitness center 10:00 welcome games 11:20 Lunch: 1:15 Fitness center 1:45 games or park (GVP) 4:15 return to Fitness ctr		6/21 8:00 Fitness center 10:00 Games, Pick activity 11:20 Lunch: 1:20 Fitness center 1:45 games or park (GVP) 4:15 return to Fitness ctr	
6/24 8:00 Fitness center 10:00 welcome games 11:20 Lunch: 1:15 Fitness center 1:45 Outside (playground, park) 4:15 return to Fitness ctr					6/25 8:00 Fitness center 10:00 Luau fun 11:20 Lunch: 1:15 Fitness center 1:45 Swimming or Park 4:15 return to Fitness ctr		6/26 8:00 Fitness center 10:00 Luau fun 11:20 Lunch: 1:15 Fitness center 1:45 Swimming or Park 4:15 return to Fitness ctr	
6/27 8:00 Fitness center 10:00 Games, Pick activity 11:20 Lunch: 1:10 Clubhouse Greece (1:40-3:40) 4:15 return to Fitness ctr					6/28 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		6/29 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	
7/1 8:00 Fitness center 10:00 Games, Pick activity 11:20 Lunch: 1:15 Fitness center 1:45 Swimming or Park 4:15 return to Fitness ctr					7/2 8:00 Fitness center 10:00 Patriotic fun 11:20 Lunch: 1:10 LASERTRON (1:40-4:00) 4:15 return to Fitness ctr		7/3 8:00 Fitness center 10:00 Patriotic fun 11:20 Lunch: 1:15 Fitness center 1:45 Outside (playground, park) 4:15 return to Fitness ctr	
7/4 HAPPY INDEPENDENCE DAY					7/5 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		7/6 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	
7/8 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					7/9 8:00 Fitness center 9:45 Halloween games 11:20 Lunch: 1:15 Fitness center 1:45 Swimming or Park 4:10 return to Fitness ctr		7/10 8:00 Fitness center 9:30 Games, Pick activity 11:20 Lunch: RMSC (Museum) (1:30 - 3:40) 4:20 return to Fitness ctr	
7/11 8:00 Fitness center 10:00 Trick or Treat /Costume 11:20 Lunch: 1:15 Fitness center 1:45 Outside (playground, park) 4:15 return to Fitness ctr					7/12 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		7/13 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	
7/15 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					7/16 8:00 Fitness center 10:00 games 11:20 Lunch: 1:15 Fitness center 1:45 Swimming or Park 4:15 return to Fitness ctr		7/17 8:00 Fitness center 10:00 Treasure hunt 11:20 Lunch: 1:15 Fitness center 1:45 Swimming or Park 4:15 return to Fitness ctr	
7/18 8:00 Fitness center 10:00 Games, Pick activity 11:20 Lunch: 1:10 trampoline park (1:30-3:40) 4:15 return to Fitness ctr					7/19 8:00 Fitness center 10:00 Games, Pick activity 11:20 Lunch: 1:20 Fitness center 1:45 Outside (playground, park) 4:15 return to Fitness ctr		7/20 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	

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 2019

ANIMAL WEEK									
7/22 		7/23		7/24 		7/25		7/26 	
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	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	Seneca park zoo (1:30-3:45)	1:15	Fitness center	1:20	Fitness center
1:45	Outside (playground, park)	1:45	Swimming or Park	4:15	return to Fitness ctr	1:45	Swimming or Park	1:45	Swimming or 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
RETRO WEEK									
7/29 		7/30		7/31 		8/1		8/2 	
8:00	Fitness center	8:00	Fitness center	8:00	Fitness center	8:00	Fitness center	8:00	Fitness center
10:00	Tie Dye	9:40	Horizon Fun FX (10:00-11:40)	11:00	Tie Dye	10:00	Tie Dye	RETRO ACTIVITIES	
11:20	Lunch:	12:00	Lunch:	11:20	Lunch:	11:20	Lunch:	11:20	Lunch:
1:15	Fitness center	2:00	outside for activities	1:20	Fitness center	1:15	Fitness center	1:20	Fitness center
1:45	Swimming or Park	4:15	return to Fitness ctr	1:45	Outside (playground, park)	1:45	Swimming or Park	1:45	Outside (playground, park)
4:15	return to Fitness ctr			4:15	return to Fitness ctr	4:45	return to Fitness ctr	4:15	return to Fitness ctr
FUN WEEK / COLOR WARS									
8/5		8/6		8/7		8/8 		8/11** 	
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	Seabreeze	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 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	5:00	return to Fitness ctr	4:15	return to Fitness ctr
WATER WEEK									
8/12 		8/13 		8/14		8/15		8/16 	
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	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	Ontario Beach (1:45 - 3:45)	1:15	Fitness center	1:15	Fitness center	1:15	Fitness center
1:45	Outside (playground, park)	4:15	return to Fitness ctr	1:45	Swimming or Park	1:45	Water activities	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
MISC WEEK									
8/19		8/20 		8/21		8/22 		8/23	
8:00	Fitness ctr	8:00	Fitness ctr	8:00	Fitness center	8:00	Fitness ctr	8:00	Fitness center
10:00	Games, Pick activity	10:30	SUPER HERO parade	10:00	Games, Pick activity	10:30	GAMESHOW games	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	Bowling (1:45-3:30)	1:15	Fitness cntr	1:20	Fitness center
1:45	Outside (playground, park)	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			4:15	return to Fitness ctr	4:15	return to Fitness ctr

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****ALTERNATE SEABREEZE DAY**