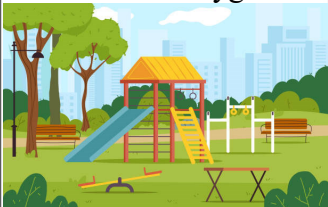


Creating **SUMMER MEMORIES** and **EXPERIENCES** that will last a lifetime!

CAMP: Girls Get Active – Self Care

WEEK: August 18-22

MONDAY August 18	TUESDAY August 19	WEDNESDAY August 20	THURSDAY August 21	FRIDAY August 22
8:30-9:30 Check-in & Free Time 9:30-10:00 Circle Time & Games 10:00-10:30 Snack 10:30-11:15 Playground  11:15-12:00 Self Care Wreath 12:00-12:45 Lunch 1:15-2:00 Passion Collage 2:00-3:15 Field Games 3:15-3:45 Snack 3:45-4:00 Wrap-up 4:00-5:00 Free Time & Sign-Out	8:30-9:30 Check-in & Free Time 9:30-10:00 Circle Time & Games 10:00-10:30 Snack 10:30-11:30 Skating @ Cliff McNabb 11:30-12:00 Self Care Potion  12:00-12:45 Lunch 1:00-3:00 Beban Park Driving Range 3:15-3:45 Snack 3:45-4:00 Wrap-up 4:00-5:00 Free Time & Sign-Out	8:30-9:30 Check-in & Free Time 9:30-10:00 Circle Time & Games 10:00-10:30 Snack 10:30-11:15 Westwood Lake Swimming  12:00-12:45 Lunch 1:00-3:00 Westwood Lake Swimming 3:15-3:45 Snack 3:45-4:00 Wrap-up 4:00-5:00 Free Time & Sign-Out	8:30-9:30 Check-in & Free Time 9:30-10:00 Circle Time & Games 10:00-10:30 Snack 10:30-11:15 Playground 11:15-12:00 Affirmation Poster  12:00-12:45 Lunch 1:15-2:00 Community Garden 2:00-3:15 Field Games 3:15-3:45 Snack 3:45-4:00 Wrap-up 4:00-5:00 Free Time & Sign-Out	8:30-9:30 Check-in & Free Time 9:30-10:00 Circle Time & Games 10:00-10:30 Snack 10:30-12:00 Harewood Playground/Water Park  12:00-12:45 Lunch 12:45-3:00 Harewood Playground/Water Park 3:15-3:45 Snack 3:45-4:00 Wrap-up 4:00-5:00 Free Time & Sign-Out

CAMP LEADERS: Mackenzie & Makenna

CAMP CELL PHONE: 250-268-6612

CAMP LOCATION: Beban Social Centre Rm 2&3

CAMP NOTES:

- Please bring to camp EVERY DAY: healthy, nut-free lunch/snacks, refillable water bottle, sunscreen, bathing suit, towel, walking shoes and a positive attitude. **LET'S HAVE SOME FUN!** (Schedule is subject to change.)