

SESSION 1: JCC, GIRLS 9-12		SESSION 2: RU, GIRLS 6-8	
MONDAY	June 7, 2010	MONDAY	June 21, 2010
9:00-9:15	Warm-up	9:00-9:15	Warm-up
9:15-9:30	Team Time	9:15-9:30	Team Time
9:30-10:00	Group Activity	9:30-10:00	Group Activity
10:00-11:00	Tennis/Softball	10:00-11:00	Tennis/Basketball
11:00-11:15	Snack/Break	11:00-11:15	Snack/Break
11:15-12:15	Tennis/Softball	11:15-12:15	Tennis/Basketball
12:15-12:45	Lunch 1/Speaker 1	12:15-12:45	Lunch
12:45-1:15	Lunch 2/Speaker 2	12:45-1:15	Speaker
1:15-2:00	Yoga/Lacrosse	1:15-2:00	Yoga/Ultimate frisbee
2:00-2:45	Yoga/Lacrosse	2:00-2:45	Yoga/Ultimate frisbee
2:45-2:55	Snack/Break	2:45-2:55	Snack/Break
2:55-3:45	Live Active	2:55-3:45	Live Active
3:45-4:00	Wrap up	3:45-4:00	Wrap up
TUESDAY	June 8, 2010	TUESDAY	June 22, 2010
9:00-9:45	Speaker	9:00-9:45	Speaker
9:45-10:00	Warm up	9:45-10:00	Warm-up
10:00-11:00	Handball/Softball	10:00-11:00	Tennis/Basketball
11:00-11:15	Snack/Break	11:00-11:15	Snack/Break
11:15-12:15	Handball/Softball	11:15-12:15	Tennis/Basketball
12:15-12:45	Lunch 1/Group Activity 1	12:15-12:45	Lunch
12:45-1:15	Lunch 2/Group Activity 2	12:45-1:15	Group Activity
1:15-2:00	Martial Arts/Golf	1:15-2:00	Strength Training/Martial Arts
2:00-2:45	Martial Arts/Golf	2:00-2:45	Strength Training/Martial Arts
2:45-2:55	Snack/Break	2:45-2:55	Snack/Break
2:55-3:45	Live Active	2:55-3:45	Live Active
3:45-4:00	Wrap up	3:45-4:00	Wrap up
WEDNESDAY	June 9, 2010	WEDNESDAY	June 23, 2010
9:00-9:15	Warm-up	9:00-9:15	Warm-up
9:15-10:00	Live Active	9:15-10:00	Group Activity
10:00-11:00	Flag football/Basketball	10:00-11:00	Flag football/Soccer
11:00-11:15	Snack/Break	11:00-11:15	Snack/Break
11:15-12:15	Flag football/Basketball	11:15-12:15	Flag football/Soccer
12:15-1:00	Lunch 1/Speaker 1	12:15-12:45	Lunch
1:00-1:45	Lunch 2/Speaker 2	12:45-1:15	Speaker
1:45-2:15	Group Activity	1:15-2:00	Volleyball/Softball
2:15-2:30	Snack/Break	2:00-2:45	Volleyball/Softball
2:30-3:15	Basketball/Soccer	2:45-2:55	Snack/Break
3:15-4:00	Basketball/Soccer	2:55-3:45	Live Active
THURSDAY	June 10, 2010	THURSDAY	June 24, 2010
9:00-9:15	Warm-up	9:00-9:15	Warm-up
9:15-9:30	Team Time	9:15-9:30	Team Time
9:30-10:00	Group Activity	9:30-10:00	Group Activity
10:00-12:00	Rugby	10:00-11:30	Rugby
12:00-1:00	Lunch/Live Active	11:30-12:00	Live Active
1:00-1:45	Soccer/Basketball	12:00-12:30	Lunch
1:45-2:00	Snack/Break	12:30-1:00	Speaker
2:00-2:45	Soccer/Basketball	1:00-1:45	Volleyball/Softball
2:45-4:00	End of camp activity/wrap-up	1:45-2:00	Snack/Break
		2:00-2:45	Volleyball/Softball
		2:45-4:00	End of camp activity/wrap-up