



SESSION 1: (6 - 8 YEAR OLDS)

MONDAY	Day One
8:30-9:00	Welcome Activity/Take Attendance
9:00-9:20	LIVE ACTIVE LEARNING
9:20-9:30	Camp WIN Welcome - Introductions
9:30-9:45	Warm up
9:45-10:45	Volleyball / Soccer
10:45-11:00	Snack (banana) Break
11:00-12:00	Volleyball / Soccer
12:00-12:30	Lunch
12:40-1:10	SPEAKER
1:15-2:15	Fencing & Pound / Field Hockey
2:15-2:30	Snack (Nature Valley Bars) Break
2:30-3:30	Fencing & Pound / Field Hockey
3:30	Wrap up
3:35-3:50	GROUP ACTIVITY
3:50-4:00	Closing Activity
TUESDAY	Day Two
8:30-9:00	Welcome Activity/Take Attendance
9:00-9:20	LIVE ACTIVE LEARNING
9:30-9:45	Warm up
9:45-10:45	Yoga / Lacrosse
10:45-11:00	Snack (granola bars) Break
11:00-12:00	Yoga / Lacrosse
12:00-12:30	Lunch
12:40-1:10	SPEAKER
1:15-2:15	Fit-Tastic & Zumba / Softball
2:15-2:30	Snack (apples) Break
2:30-3:30	Fit-Tastic & Zumba / Softball
3:30	Wrap up
3:35-3:50	GROUP ACTIVITY
3:50-4:00	Closing Activity
WEDNESDAY	Day Three
8:30-9:00	Welcome Activity/Take Attendance
9:00-9:20	LIVE ACTIVE LEARNING
9:30-9:45	Warm up
9:45-10:45	Cycling / Tennis
10:45-11:00	Snack (fruit snacks) Break
11:00-12:00	Cycling / Tennis
12:00-12:30	Lunch
12:40-1:10	SPEAKER
1:15-2:15	Self-Defense / Golf
2:15-2:30	Snack (pretzels) Break
2:30-3:30	Self-Defense / Golf
3:30	Wrap up
3:35-3:50	GROUP ACTIVITY
3:50-4:00	Closing Activity
THURSDAY	Day Four
8:30-9:00	Welcome Activity/Take Attendance
9:00-9:20	LIVE ACTIVE LEARNING
9:30-9:45	Warm up
9:45-10:45	Football / Basketball
10:45-11:00	Snack (cereal bars) Break
11:00-12:00	Football / Basketball
12:00-12:30	Lunch
12:30-12:40	Post Lunch: Put together Shelly Bean Crowns
12:45-1:45	Gymnastics / Track & Field
1:45-1:55	Snack (gold fish) Break
1:55-2:55	Gymnastics / Track & Field
2:55	Retrieve crowns and distribute to wear
3:00-3:30	SPEAKER
3:30	Wrap up
3:35-4:00	CAMP WIN CELEBRATION