



What to Bring every day:

- Lunch*
- Water Bottle
- Swimwear & Towel
- Spare Clothes
- Weather Appropriate Clothing

*We are peanut, tree nut & sesame-seed free.

Please do not pack any items containing peanuts, nut butters, or sesame seeds to help ensure the safety of our campers. This includes hummus products.

In case of Emergency or absence call us at 905-902-1261

Hours of Operation: 7am- 6pm
 Location: Waterdown District Highschool
 **Activities and trips may change for weather or other circumstances

Times may vary according to children's interests	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-9am	Free Choice/ Continental Snack (Snack Ends at 8:45am)				
9:00-10:00am	Personal Power	½ DAY FIELD TRIP	FIELD TRIP Arrive by 8:30am	FIELD TRIP Arrive by 8:30am	MVP Mentors
10:00-10:30am	Nutrition Break				
10:30-12:30am	Mountain Academy	Aspire Climbing Rock Climbing & Ninja Courses 12:30pm	Rollerplex Indoor Rollerskating	Kelso Conservation Aerial Ropes and Team Building	Hit the Gym Adventure Running
12:30-1:30pm	Lunch & Free Choice				
1:30-3:00pm	Skateboarding and Scootering	Return Approximately 3:30pm	Return Approximately 2:00pm	Return Approximately 3:00pm	Track and Field
3:00-4:00pm	Outdoor Time				
4-6pm Free Choice & Snack					