



#### 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 interest	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-9am	<b>Free Choice/ Continental Snack (Snack Ends at 8:45am)</b>				
9:00-10:00am	MVP Madness and Kind Vibes Only	Leadership Lingo	Personal Power	<b>FIELD TRIP</b> Arrive by 8:30am	Collaboration Challenges
10:00-10:30am	<b>Nutrition Break</b>				
10:30-12:30am	Smells like Team Spirit	Sports Central	Fitness Academy	<b>Tim Hortons Field</b> Tour, Skills and Football Drills	On and off the Court
12:30-1:30pm	<b>Lunch &amp; Free Choice</b>				
1:30-3:00pm	<b>Community Connection</b> Motivational Speaker	<b>Community Connection</b> Local Heroes	<b>Community Connection</b> Entrepreneur	<b>Return Approximately</b> 3:00pm	Goal Setting Ceremonies
3:00-4:00pm	<b>Outdoor Time</b>				
4-6pm Free Choice & Snack					