

Camp Fit-N-Fun Itinerary: WEEK Four *July 5th-July 9th*

MONDAY			TUESDAY			WEDNESDAY		
Group 1	Group 2	Group 3	Group 1	Group 2	Group 3	Group 1	Group 2	Group 3
7:00-9:00 am Ext. Care (UL)	7:00-9:00 am Ext. Care (UL)	7:00-9:00 am Ext. Care (UL)	7:00-9:00 am Ext. Care (UL)	7:00-9:00 am Ext. Care (UL)	7:00-9:00 am Ext. Care (UL)	7:00-9:00 am Ext. Care (UL)	7:00-9:00 am Ext. Care (UL)	7:00-9:00 am Ext. Care (UL)
9-11:45am: Swim (Groups 1, 2, 3) *Snack on Bus*			9-9:05am Prepare for Trip 4:00pm: Fantasy Lake/Hope Mills, NC *Snack on Bus/Lunch @ Facility			9-9:10am: Prepare for Trip (Groups 1, 2, 3)		
11:45-12:15pm Lunch (Lobby 1)	11:45-12:15pm Lunch (PS Room)	11:45-12pm Change Out				9:10-11:30am: Smithfield Gym (Groups 1, 2, 3) *Snack on Bus*		
12:15-12:45pm Reading/Change Upper Level	12:15-12:45pm Reading/Change (Gym 1)	12-12:15pm Open Gym (Gym 1)				11:30am-12pm Gymnastics (Gym 2)	11:30am-12pm Lunch (Lobby 2)	11:30am-12:15pm Gymnastics (Gym 1)
12:45-2:15pm Gymnastics (Gym 1)	12:45-1:15pm Open Gym (Gym 2)	12:15-12:45pm Lunch (PS Room)				12-12:30pm Lunch (Lobby1)		12-12:30pm Lunch (Lobby 2)
2:15-2:30pm Snack (Lobby 1)	1:15-2pm Craft (PS Room)	12:45-1:15pm Reading (Upper Level)				12:30-1:15pm Read/Music	12pm-12:15pm Read (Ramp)	12:30-1pm Learning Lab (Lobby 1)
2:30-3:00pm Craft (Lobby 1)	2-2:30pm Games Upper Level	1:15-2:45pm Gymnastics (Gym 2)				1:15-1:45pm Games (UL)	12:15-12:45pm Creative Corner (PS Room)	1-1:30pm Craft (Lobby 2)
3-3:45pm Learning Lab (Upper Level)	2:30-2:45pm Snack (Lobby 2)	2:45-3pm Snack (PS Room)				1:45-2:15pm Craft (Party Room)	12:45-1:30pm Craft (Lobby 1)	1:30-2pm Indoor Act (Floor)
	2:45-3:15pm Learning Lab (Lobby 2)	3-3:45pm Inside Activity (Gym 1)				2:15-2:45pm Sports Cntr (Gym 1/Share)	1:30-2pm Music (Lobby 1)	2-2:30pm Open Gym (Gym 2)
	3:15-3:45pm Indoor Act. (Gym 2)					2:45-3pm Snack (Lobby 2)	2-2:30pm Sports Cntr (Floor)	2:30-3pm Games Vault
3:45-4:00 pm Color Wars						3-3:45pm Indoor Act (Gym 1)	2:30-2:45pm Snack (L2)	3-3:15pm Snack (PS Room)
4:00-6:00 pm Ext. Care (PS Room)	4:00-6:00 pm Ext. Care (PS Room)	4:00-6:00 pm Ext. Care (PS Room)	2:45-3:45pm Indoor Act (Gym 1/Share)	3:15-3:45pm Craft (PS Room)				
			3:45-4:00 pm Color Wars					
THURSDAY								
Group 1	Group 2	Group 3						

7:00-9:00 am Ext. Care (UL)	7:00-9:00 am Ext. Care (UL)	7:00-9:00 am Ext. Care (UL)				4:00-6:00 pm Ext. Care (Party Room)	4:00-6:00 pm Ext. Care (WU Floor)	4:00-6:00 pm Ext. Care (WU Floor)
9-9:30am Outside 3	9-9:30am Outside 1	9-9:15am Games (UL)	4:00-6:00 pm Ext. Care (Party Room)	4:00-6:00 pm Ext. Care (WU Floor)	4:00-6:00 pm Ext. Care (WU Floor)	Weekly Reminders		
9:30-9:45am Snack (L1)	9:30-9:45am Snack (L2)	9:15-9:30am Snack (L2)						
9:45-11am Art Experience	9:45-11am Art Experience	9:30-10am Outside 3	FRIDAY					
11-11:30am Gymnastics (G2)	11-11:30am Gymnastics (G2)	10-11am Gymnastics (G2)	Group 1	Group 2	Group 3			
11:30-12pm Lunch (L1)	11:30-12pm Lunch (L2)	11-11:30am Lunch (L2)	7:00-9:00 am Ext. Care (UL)	7:00-9:00 am Ext. Care (UL)	7:00-9:00 am Ext. Care (UL)			
12-12:30pm Reading (UL)	12-12:30pm Creative Corner (L1)	11:30am-12:15pm Art Exp (G1)	9-11:45am: Swim (Groups 1, 2, 3) *Snack on Bus*					
12:30-1pm Games (UL)	12:30-1pm Music (Ramp)	12:15-12:45pm Open Gym (G2)	11:45-12:15pm Lunch (Lobby 1)	11:45-12:15pm Lunch (PS Room)	11:45-12pm Change Out			
1-1:30pm Indoor Act (G1)	1-1:30pm Indoor Act. (G1)	12:45-1:30pm UB/TT (G1)	12:15-12:45pm Reading/Change Upper Level	12:15-12:45pm Reading/Change (Gym 1)	12-12:15pm Open Gym (Gym 1)			
1:30-2:15pm Creative Corner (Lobby 1)	1:30-3pm Gymnastics (Gym 1)	1:30-2:15pm Craft (Lobby 2)	12:45-2:15pm Gymnastics (Gym 1)	12:45-1:15pm Open Gym (Gym 2)	12:15-12:45pm Lunch (PS Room)			
2:15-3pm Games (Lobby 2)	3-3:15pm Snack (Lobby 2)	2:15-2:45pm Reading (Upper Level)	2:15-2:30pm Snack (Lobby 1)	1:15-2pm Craft (PS Room)	12:45-1:15pm Reading (Upper Level)			
3-3:15pm Snack (Lobby 1)	3:15-3:45pm Reading (Upper Level)	2:45-3:15pm Inside Act (G1)	2:30-3:00pm Craft (Lobby 1)	2-2:30pm Games Upper Level	1:15-2:45pm Gymnastics (Gym 2)			
3:15-3:45pm Open Gym (Gym 2)		3:15-3:30pm Snack (L1)						
3:45-4:00 pm Color Wars		3:30-3:45pm Sports Cntr (G2)						
4:00-6:00 pm Ext. Care (Party Room)	4:00-6:00 pm Ext. Care (WU Floor)	4:00-6:00 pm Ext. Care (WU Floor)	3-3:45pm Learning Lab (Upper Level)					
					2:30-2:45pm Snack (Lobby 2)	2:45-3pm Snack (PS Room)		
					2:45-3:15pm Learning Lab (Lobby 2)	3-3:45pm Inside Activity (Gym 1)		
					3:15-3:45pm Indoor Act. (Gym 2)			
			3:45-4:00 pm Color Wars					

1. Bring 1 lunch, 2 snacks, & 3 drinks to camp daily!
2. Wear/bring tennis shoes to camp EVERY day!
3. Bring swim suit & towel, on swim days!
4. Don't forget to dress up like you have been stranded on an island on Wednesday!

4:00-6:00 pm Ext. Care (PS Room)	4:00-6:00 pm Ext. Care (PS Room)	4:00-6:00 pm Ext. Care (PS Room)
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MONDAY			TUESDAY			WEDNESDAY					
Group 4	Group 5	Group 6	Group 4	Group 5	Group 6	Group 4	Group 5	Group 6			
7:00-9:00 am Ext. Care (PS Room)	7:00-9:00 am Ext. Care (PS Room)	7:00-9:00 am Ext. Care (PS Room)	7:00-9:00 am Ext. Care (PS Room)	7:00-9:00 am Ext. Care (PS Room)	7:00-9:00 am Ext. Care (PS Room)	7:00-9:00 am Ext. Care (PS Room)	7:00-9:00 am Ext. Care (PS Room)	7:00-9:00 am Ext. Care (PS Room)			
9-9:30am Outside Act (Out 3)	9-9:30am Outside (Out 1)	9-9:30am Inside Act (Gym 1)	9-9:30 Outside 1	9-9:30am Inside (G1) 9:30-9:45am Snack (L2)	9-9:15am Outside 3	9-9:15am Sports Center (Gym 1)	9-9:15am Outside (Out 3)	9-9:15am Outside (Out 1)			
9:30-9:45am Open Gym (Gym 2)	9:30-9:45am Snack (PS Room)	9:30-9:45am Snack (Lobby 2)	9:30-9:45am Snack (PS) 9:45-10:45am Gymnastics (G1)	9:45-10:45am Learning Lab (PS)	9:30-10 Gym 2 10-10:45am Inside Act (G1)	9:15-9:30am Outside Act (Out 1)	9:15-9:30am Snack (Lobby 2)	9:15-9:30am Snack (PS Room)			
9:45-10am Snack (Lobby 2)	9:45-10:15am Games (Upper Level)	9:45-11am Gymnastics (Gym 2)	10:45-11am Creative Cnr (PS) 11-11:30am	10:45-11:30am Open Gym(G1) 11:30-12pm	10:45-11:15am Craft (L2) 11:15-11:45am	9:30-9:45am Snack (Lobby 2)	9:30-10:45am Art Exp. (Gym 1)	9:30-10:45am Art Exp (G1)			
10-11:30am Gymnastics (Gym 1)	10:15-11am Learning Lab (PS Room)	11-11:30am Lunch (Lobby 2)	11:30-1pm Lunch (L2) Art Exp. (G1)	12-12:30pm Lunch (L2) Reading (UL)	11:45-12:15 CGA (WU FX) Lunch (PS)	9:45-10:15am Reading (Pit)	10:45-11:15am Reading (Upper Lvl)	10:45-11:15am Craft (PS Room)			
11:30-12pm Lunch (Lobby 2)	11-11:30am Lunch (Lobby 1)	11:30-12pm Reading (Gym 1)	1-1:45pm Reading (Upper Level)	12:30-2pm Gymnastics (G2)	12:15-12:45pm Reading (PS Room)	10:15-11am Learning Lab (Lobby 2)	11:15-11:45am Lunch (PS Room)	11:15-11:45am Music (Ramp)			
12-12:30pm Reading (Gym 2)	11:30-12pm Reading (Upper Level)	12-12:30pm CGA (lobby 2)	1:45-2:15pm Learning Lab (L2)	2-2:30pm Sports Cntr (Gym 1)	12:45-1:30pm Learning Lab (PS)	11-11:30am Music (Ramp)	11:45-12pm Learning Lab (PS)	11:45-12pm Reading (Upper Lvl)			
	12-12:30pm Inside Activity (Gym 1)		2:15-2:45pm Inside Act (G2)	2:30-3pm Creative Corner (Party Room)	1:30-2pm Sports Ctr(G1)	2-2:30pm Creative Cr (L2)	11:30-12pm Lunch (L1)	12-12:30pm Gymnastics (Gym 2)	12-12:30pm Lunch (Lobby 2)		
12:30-3:15pm: Swim (Groups 4, 5, 6) *Snack on Bus*			2:45-3pm Snack (Lobby 1)	3-3:15pm Snack (Lobby 2)	2:30-3:15pm Games (UL) 3:15-3:30pm Snack (PS) 3:30-3:45pm Open (Gym2)	12:30-3pm: Smithfield Gym (Groups 4, 5, 6) *Snack on Bus*					
			3-3:45pm Sports (Gym 1)	3:15-3:45pm Games (Upper Level)	3:45-4:00 pm Color Wars						
			4:00-6:00 pm Ext. Care (UL)	4:00-6:00 pm Ext. Care (UL)	4:00-6:00 pm Ext. Care (UL)	3-3:15pm Ice Cream (Outside)	3-3:15pm Ice Cream (Outside)	3-3:15pm Ice Cream (Lobby 2)			
						FRIDAY			3:15-3:45pm CGA (Upper Lvl)	3:15-3:45pm Open Gym (Gym 2)	3:15-3:45pm Gym Share) Open (G2-
						Group 4	Group 5	Group 6	3:45-4:00 pm Color Wars		
			7:00-9:00 am Ext. Care (PS Room)	7:00-9:00 am Ext. Care (PS Room)	7:00-9:00 am Ext. Care (PS Room)	4:00-6:00 pm 4:00-6:00 pm 4:00-6:00 pm					

3:15-3:45pm Craft/Change (Lobby 1)	3:15-3:45pm Craft/Change (Lobby 2)	3:15-3:45pm Craft/Change (PS Room)	9-9:30am Outside Act (Out 3)	9-9:30am Outside (Out 1)	9-9:30am Inside Act (Gym 1)	Ext. Care (Upper Lvl)	Ext. Care (Upper Lvl)	Ext. Care (Upper Lvl)		
3:45-4:00 pm Color Wars			9:30-9:45am Open Gym (Gym 2)	9:30-9:45am Snack (PS Room)	9:30-9:45am Snack (Lobby 2)					
4:00-6:00 pm Ext. Care (Upper Lvl)	4:00-6:00 pm Ext. Care (Upper Lvl)	4:00-6:00 pm Ext. Care (Upper Lvl)	9:45-10am Snack (Lobby 2)	9:45-10:15am Games (Upper Level)	9:45-11am Gymnastics (Gym 2)					
THURSDAY			10-11:30am Gymnastics (Gym 1)	10:15-11am Learning Lab (PS Room)	11-11:30am Lunch (Lobby 2)					
Group 4	Group 5	Group 6	11:30-12pm Lunch (Lobby 2)	11-11:30am Lunch (Lobby 1)	11:30-12pm Reading (Gym 1)					
7:00-9:00 am Ext. Care (PS Room)	7:00-9:00 am Ext. Care (PS Room)	7:00-9:00 am Ext. Care (PS Room)	12-12:30pm Reading (Gym 2)	11:30-12pm Reading (Upper Level)	12-12:30pm CGA (lobby 2)					
9-9:05am Prepare for Trip 4:00pm: Fantasy Lake/Hope Mills, NC *Snack on Bus/Lunch @ Facility			12-12:30pm Inside Activity (Gym 1)							
			12:30-3:15pm: Swim (Groups 4, 5, 6) *Snack on Bus*							
			3:15-3:45pm Craft/Change (Lobby 1)	3:15-3:45pm Craft/Change (Lobby 2)	3:15-3:30pm					
					3:30-3:45pm Change Out (PS Room)					
			3:45-4:00 pm Color Wars							
4:00-6:00 pm Ext. Care (Upper Lvl)	4:00-6:00 pm Ext. Care (Upper Lvl)	4:00-6:00 pm Ext. Care (Upper Lvl)	4:00-6:00 pm Ext. Care (Upper Lvl)	4:00-6:00 pm Ext. Care (Upper Lvl)	4:00-6:00 pm Ext. Care (Upper Lvl)					

- Weekly Reminders**
1. Bring 1 lunch, 2 snacks, & 3 drinks to camp daily!
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