

Camp Fit-N-Fun Itinerary: WEEK Five *July 1

MONDAY			TUESDAY		
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)
9-11:45am: Swim (Groups 1, 2, 3) *Snack on Bus*					
11:45-12:15pm Lunch (Lobby 1)	11:45-12:15pm Lunch (PS Room)	11:45-12pm Change Out	9-9:15am Tumble Track	9-9:15am Games (upper level)	9-9:45am Open Gym (Gym 2)
12:15-12:45pm Reading/Change Upper Level	12:15-12:45pm Reading/Change (Gym 1)	12-12:15pm Open Gym (Gym 1)	9:15-9:30am Snack (L1)		9:45-10am Snack (Lobby 2)
12:45-2:15pm Gymnastics (Gym 1)	12:45-1:15pm Open Gym (Gym 2)	12:15-12:45pm Lunch (PS Room)	9:30-10am Sports Cntr. (FX)	9:15-9:30am Snack (PS Room)	10-10:30am Creative Corner (Lobby 1)
2:15-2:30pm Snack (Lobby 1)	1:15-2pm Craft (PS Room)	12:45-1:15pm Reading (Upper Level)	10-10:30am Reading (Upper Level)	9:30-10am Reading (Upper Level)	10:30-10:45am Music Ramp
2:30-3:00pm Craft (Lobby 1)	2-2:30pm Games Upper Level	1:15-2:45pm Gymnastics (Gym 2)	10:30-11am Creative Corner (Lobby 1)	10-10:45am Creative Cnr (Lobby 2)	10:45-12pm Gymnastics (Gym 2)
3-3:45pm Learning Lab (Upper Level)	2:30-2:45pm Snack (Lobby 2)	2:45-3pm Snack (PS Room)	11-11:30am Music (PS)	10:45-12pm Gymnastics (Gym 2)	12-12:30pm Reading (Pit)
	2:45-3:15pm Learning Lab (Lobby 2)	3-3:45pm Inside Activity (Gym 1)	11:30-12pm Lunch (Lobby 1)	12-12:30pm Lunch (Lobby 2)	12:30-1 Lunch (L2)
	3:15-3:45pm Indoor Act. (Gym 2)		12-12:30pm Ice Cream (Out)	12:30-1pm Ice Cream (Out)	
3:45-4:00 pm Color Wars			12:30-1pm Pit (G2)	1-1:15pm Prepare for Trip	
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)	1:15pm-4pm: Garner Icehouse (Groups 1, 2, 3) Garner, NC (Ice Skating) *Snack on Bus*		
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)			
9-9:30am	9-9:30am	9-9:15am	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)

Outside 3	Outside 1	Games (UL)
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
11-11:30am Gymnastics (G2)	11-11:30am Gymnastics (G2)	10-11am Gymnastics (G2)
11:30-12pm Lunch (L1)	11:30-12pm Lunch (L2)	11-11:30am Lunch (L2)
12-12:30pm Reading (UL)	12-12:30pm Creative Corner (L1)	11:30am-12:15pm Art Exp (G1)
12:30-1pm Games (UL)	12:30-1pm Music (Ramp)	12:15-12:45pm Open Gym (G2)
1-1:30pm Indoor Act (G1)	1-1:30pm Indoor Act. (G1)	12:45-1:30pm UB/TT (G1)
1:30-2:15pm Creative Corner (Lobby 1)	1:30-3pm Gymnastics (Gym 1)	1:30-2:15pm Craft (Lobby 2)
2:15-3pm Games (Lobby 2)	3-3:15pm Snack (Lobby 2)	2:15-2:45pm Reading (Upper Level)
3-3:15pm Snack (Lobby 1)	3:15-3:45pm Reading (Upper Level)	2:45-3:15pm Inside Act (G1)
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)

FRIDAY		
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)
9-11:45am: Swim (Groups 1, 2, 3) *Snack on Bus*		
11:45-12:15pm Lunch (Lobby 1)	11:45-12:15pm Lunch (PS Room)	11:45-12pm Change Out
12:15-12:45pm Reading/Change Upper Level	12:15-12:45pm Reading/Change (Gym 1)	12-12:15pm Open Gym (Gym 1)
12:45-2:15pm Gymnastics (Gym 1)	12:45-1:15pm Open Gym (Gym 2)	12:15-12:45pm Lunch (PS Room)
2:15-2:30pm Snack (Lobby 1)	1:15-2pm Craft (PS Room)	12:45-1:15pm Reading (Upper Level)
2:30-3:00pm Craft (Lobby 1)	2-2:30pm Games Upper Level	1:15-2:45pm Gymnastics (Gym 2)
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		
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)

2th-16th*

WEDNESDAY

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)
9-9:10am: Prepare for Trip (Groups 1, 2, 3)		
9:10-11:30am: Smithfield Gym (Groups 1, 2, 3) *Snack on Bus*		
11:30am-12pm Gymnastics (Gym 2)	11:30am-12pm Lunch (Lobby 2)	11:30am-12:15pm Gymnastics (Gym 1)
12-12:30pm Lunch (Lobby1)		12-12:30pm Lunch (Lobby 2)
12:30-1:15pm Read/Music	12pm-12:15pm Read (Ramp)	12:30-1pm Learning Lab (Lobby 1)
1:15-1:45pm Games (UL)	12:15-12:45pm Creative Corner (PS Room)	1-1:30pm Craft (Lobby 2)
1:45-2:15pm Craft (Party Room)	12:45-1:30pm Craft (Lobby 1)	1:30-2pm Indoor Act (Floor)
2:15-2:45pm Sports Cntr (Gym 1/Share)	1:30-2pm Music (Lobby 1)	2-2:30pm Open Gym (Gym 2)
2:45-3pm Snack (Lobby 2)	2-2:30pm Sports Cntr (Floor)	2:30-3pm Games Vault
3-3:45pm Indoor Act (Gym 1)	2:30-2:45pm Snack (L2)	3-3:15pm Snack (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		
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

**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 in your
favorite sports
apparel on
Wednesday!**

Camp Fit-N-Fun Itinerary: WEEK Five *July 1

MONDAY			TUESDAY		
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)
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 9:15-9:30 Snack (L2)
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)
9:45-10am 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 Lunch (L2)	10:45-11:30am Open Gym(G1) 11:30-12pm Lunch (L2)	10:45-11:15am Craft (L2) 11:15-11:45am CGA (WU FX)
10-11:30am Gymnastics (Gym 1)	10:15-11am Learning Lab (PS Room)	11-11:30am Lunch (Lobby 2)	11:30-1pm Art Exp. (G1)	12-12:30pm Reading (UL)	11:45-12:15 Lunch (PS)
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)
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) 1:30-2pm Sports Ctr(G1)
	12-12:30pm Inside Activity (Gym 1)		2:15-2:45pm Inside Act (G2)	2:30-3pm Creative Corner (Party Room)	2-2:30pm Creative Cr (L2)
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)
			3-3:45pm Sports (Gym 1)	3:15-3:45pm Games (Upper Level)	3:30-3:45pm Open (Gym2)
			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)
FRIDAY			FRIDAY		
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)
9-9:30am Outside Act (Out 3)	9-9:30am Outside (Out 1)	9-9:30am Inside Act (Gym 1)	9-9:30am Outside Act (Out 3)	9-9:30am Outside (Out 1)	9-9:30am Inside Act (Gym 1)
9:30-9:45am	9:30-9:45am	9:30-9:45am	9:30-9:45am	9:30-9:45am	9:30-9:45am
3:15-3:45pm Craft/Change (Lobby 1)	3:15-3:45pm Craft/Change (Lobby 2)	3:15-3:45pm Craft/Change (PS Room)			

3:45-4:00 pm Color Wars			Open Gym (Gym 2)	Snack (PS Room)	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)
9-9:15am Inside Act (G1)	9-9:15am Outside 2	9-9:30am Gymnastics (G1)		12-12:30pm Inside Activity (Gym 1)	
9:15-9:30am Snack (PS)	9:15-9:30am Snack (L1)	9:30-9:45am Snack (PS)	12:30-3:15pm: Swim (Groups 4, 5, 6) *Snack on Bus*		
9:30-10am Gymnastics (G2)	9:30-9:45am Open (G2)	9:45-10:15am Games (UL)			
10-10:30am Gymnastics (G1)	9:45-10:30am Creative Cnr (PS)	10:15-11am LL (L2)			
10:30-11am Read (UL)	10:30-11am Gymnastics (G1)	11-11:30am Read (Upper Lvl)			
11-11:30am Lunch (PS)	11-11:30am Lunch (L1)	11:30-12pm Lunch (PS Room)	3:15-3:45pm Craft/Change (Lobby 1)	3:15-3:45pm Craft/Change (Lobby 2)	3:15-3:30pm
12-12:15pm Prepare to Leave (VT)			3:30-3:45pm Change Out (PS Room)		
12:15-3:15pm: Garner Ice House (Groups 4, 5, 6) Garner, NC (Ice Skating)			3:45-4:00 pm Color Wars		
3:15-3:30pm Snack (Lobby 2)	3:15-3:30pm Gymnastics (Gym 1)	3:15-3:30pm Inside Act (G1)	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)
3:30-3:45 Prepare to Leave	3:30-3:45pm Snack (Lobby 1)	3:30-3:45pm Snack (L2)			
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)			

2th-16th*

WEDNESDAY

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)
9-9:15am Sports Center (Gym 1)	9-9:15am Outside (Out 3)	9-9:15am Outside (Out 1)
9:15-9:30am Outside Act (Out 1)	9:15-9:30am Snack (Lobby 2)	9:15-9:30am Snack (PS Room)
9:30-9:45am Snack (Lobby 2)	9:30-10:45am Art Exp. (Gym 1)	9:30-10:45am Art Exp (G1)
9:45-10:15am Reading (Pit)	10:45-11:15am Reading (Upper Lvl)	10:45-11:15am Craft (PS Room)
10:15-11am Learning Lab (Lobby 2)	11:15-11:45am Lunch (PS Room)	11:15-11:45am Music (Ramp)
11-11:30am Music (Ramp)	11:45-12pm Learning Lab (PS)	11:45-12pm Reading (Upper Lvl)
11:30-12pm Lunch (L1)	12-12:30pm Gymnastics (Gym 2)	12-12:30pm Lunch (Lobby 2)
12-12:30pm Sports Center (G1)		
<p>12:30-3pm: Smithfield Gym (Groups 4, 5, 6) *Snack on Bus*</p>		
3-3:15pm Ice Cream (Outside)	3-3:15pm Ice Cream (Outside)	3-3:15pm Ice Cream (Lobby 2)
3:15-3:45pm CGA (Upper Lvl)	3:15-3:45pm Open Gym (Gym 2)	3:15-3:45pm Gym Share) Open (G2-
<p>3:45-4:00 pm Color Wars</p>		
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!

2. Wear/bring
tennis shoes to
camp EVERY
day!

3. Bring swim
suit & towel on
swim days!

4. Don't forget to
dress up in your
favorite sports
apparel on
Wednesday!