

Camp Fit-N-Fun Itinerary: WEEK SIX *July 19

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*			9-9:15am Tumble Track	9-9:15am Games (upper level)	9-9:45am Open Gym (Gym 2)
			9:15-9:30am Snack (L1)		9:45-10am Snack (Lobby 2)
11:45-12:15pm Lunch (Lobby 1)	11:45-12:15pm Lunch (PS Room)	11:45-12pm Change Out	9:30-10am Sports Cntr. (FX)	9:15-9:30am Snack (PS Room)	10-10:30am Creative Corner (Lobby 1)
12:15-12:45pm Reading/Change Upper Level	12:15-12:45pm Reading/Change (Gym 1)	12-12:15pm Open Gym (Gym 1)	10-10:30am Reading (Upper Level)	9:30-10am Reading (UL)	
12:45-2:15pm Gymnastics (Gym 1)	12:45-1:15pm Open Gym (Gym 2)	12:15-12:45pm Lunch (PS Room)		10-10:30am Creative Cnr (L2)	
2:15-2:30pm Snack (Lobby 1)	1:15-2pm Craft (PS Room)	12:45-1:15pm Reading (Upper Level)	10:30-3:30pm: Mudcats Game (All Groups) Zebulon, NC *Lunch on Bus*		
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			3:45-4pm: Color Wars (G1)		
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)	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)

THURSDAY			FRIDAY		
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)
9-9:30am	9-9:30am	9-9:15am			

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

th-23rd*

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 Winter apparel on Wednesday!

Camp Fit-N-Fun Itinerary: WEEK SIX *July 19

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)	9-9:15am Outside 3
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)	9:30-9:45am Snack (L2)	9:15-9:30 Snack (L2)
9:45-10am Snack (Lobby 2)	9:45-10:15am Games (Upper Level)	9:45-11am Gymnastics (Gym 2)	9:45-10:30am Gymnastics (G1)	9:45-10:30am Learning Lab (PS)	9:30-10 Gym 2 10-10:30am Inside Act (G1)
10-11:30am Gymnastics (Gym 1)	10:15-11am Learning Lab (PS Room)	11-11:30am Lunch (Lobby 2)	10:30-3:30pm: Mudcats Game (All Groups) Zebulon, NC *Lunch on Bus*		
11:30-12pm Lunch (Lobby 2)	11-11:30am Lunch (Lobby 1)	11:30-12pm Reading (Gym 1)			
12-12:30pm Reading (Gym 2)	11:30-12pm Reading (Upper Level)	12-12:30pm CGA (lobby 2)			
	12-12:30pm Inside Activity (Gym 1)				
12:30-3:15pm: Swim (Groups 4, 5, 6) *Snack on Bus*			3:30-3:45pm Snack (Lobby 2)	3:30-3:45pm Snack (PS Room)	3:30-3:45pm Snack (PS Rm)
			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			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)
			9-9:30am 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
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 Schedule Coming Soon			10-11:30am Gymnastics (Gym 1)	10:15-11am Learning Lab (PS Room)	11-11:30am Lunch (Lobby 2)
			11:30-12pm Lunch (Lobby 2)	11-11:30am Lunch (Lobby 1)	11:30-12pm Reading (Gym 1)
			12-12:30pm Reading (Gym 2)	11:30-12pm Reading (Upper Level)	12-12:30pm CGA (lobby 2)
				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)

th-23rd*

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 Winter apparel on Wednesday!