

Camp Tri

Time	Monday	Tuesday	Wednesday	Thursday	Friday
	Aug 11	Aug 12	Aug 13	Aug 14	Aug 15
9-9:30	Arrival and GTKY “I like people who”	Arrival, Yoga	Arrival, Games Simon Says	Arrival, Games	Arrival, Games
9:30-10:30	Bike safety, Intro bike ride	First Aid with Sue	Fishing with Martha	Running Skills and Games	Kayaking
10:30-11:30	Running Basics and Games	PT with Shawn		Nutrition	
11:30-12			Campfire Lunch		Picnic Lunch
12-12:30					
12:30-1:30	Catch a Bay Critter	Stomp Rockets	Kayaking	Bike Maintenance	5K and obstacle course
1:30-2:30				Bike Scavenger Hunt	Kickball
2:30-3	Story Snack, Dismissal	Story Snack, Dismissal	Story Snack, Dismissal	Story Snack, Dismissal	Closing Camp