

# Adult: July 9-13, Adaptabilities Olympics

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:15	<b>Lead Activity / Morning Energizer</b> Introduction/Ice Breaker Games	<b>Lead Activity / Morning Energizer</b> Rock, Paper, Scissors Challenge	<b>Lead Activity / Morning Energizer</b> Charades	<b>Lead Activity / Morning Energizer</b> Simon Says	<b>Lead Activity / Morning Energizer</b> The Cold Wind Blows
9:15-9:30	<b>Group Check In</b> What is your favorite Olympic sport and Why?	<b>Group Check In</b> Who is your favorite Olympic athlete?	<b>Group Check In</b> What is good sportsmanship? How can you show it?	<b>Group Check In</b> Olympic Trivia!	<b>Group Check In</b> Where are the next Summer and Winter Olympics held?
9:30-12:00	<b>Purposeful Activity</b> AdaptAbilities' Olympics  Make a Team Banner 	<b>Recreation</b> Ortona Gymnastics (Adult 1 11am-12pm) 	<b>Recreation</b> Take ETS to go Swimming at City of Edmonton Rec Centre 	<b>Purposeful Activity</b> Make Gold Medals 	<b>Purposeful Activity</b> Closing Ceremony and day 5 of games. 
12:00-12:30	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
12:30-3:00	<b>Community Outing</b> AdaptAbilities' Olympics Trials! Day 1 of games and opening ceremony. 	<b>Recreation</b> Ortona Gymnastics (Adult 2 12:30pm-1:30pm) Day 2 of games. 	<b>Recreation</b> Day 3 of Games   Swimming at City of Edmonton Rec Centre Arrive back by 3pm.	<b>Recreation</b> AdaptAbilities' Olympics Trials! Day 4 of games. 	<b>Recreation</b> Take ETS to Street Performer's Festival downtown. 
3:00-6:00	<b>Aftercare</b>	<b>Aftercare</b>	<b>Aftercare</b>	<b>Aftercare</b>	<b>Aftercare</b>

Note: Activities and field trips subject to change without notice.