

Child, Pre-Teen, Jr. Teen: July 9-13, Olympic Trials

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:30	Centre Activities/Circle Time Introduction/ Ice Breaker Games	Centre Activities/Circle Time What is your favorite Olympic sport?	Centre Activities/Circle Time What Olympic games would you compete in?	Centre Activities/Circle Time Who is your favorite Olympic athlete?	Centre Activities/Circle Time Do you like Summer or Winter Olympics more?
9:30-10:30	Rec & Motor Gross or Fine Motor Activity	Rec & Motor Gross or Fine Motor Activity	Rec & Motor Gross or Fine Motor Activity	Rec & Motor Gross or Fine Motor Activity	Rec & Motor Gross or Fine Motor Activity
10:30-11:15	Essential Life Skills Life Skill Activity	Essential Life Skills Life Skill Activity	Essential Life Skills Life Skill Activity	Essential Life Skills Life Skill Activity	Essential Life Skills Life Skill Activity
11:15-12:00	Expressive Arts Art Activity 	Expressive Arts Art Activity 	Expressive Arts Art Activity 	Expressive Arts Art Activity 	Expressive Arts Art Activity 
12:00-12:30	Lunch & Icebreakers	Lunch & Icebreakers	Lunch & Icebreakers	Lunch & Icebreakers	Lunch & Icebreakers
12:30-1:00	AdaptAbilities' Olympic Trial Games 	Special Interest Activity Street Performers Festival 	Special Interest Activity Launchpad Trampoline Park, 12pm-2pm. Board bus 11:30am. 	Afternoon Activities Bouncy Castle 	Afternoon Activities Swimming at Commonwealth. Board bus 11:30 am. Swim Time:12pm-2pm 
1:00-2:00	Special Interest Activity AdaptAbilities' Olympic Obstacle Course 		 launchpad	Legislative Grounds 	Swimming at Commonwealth Swim time: 12pm-2pm 
2:00-2:15	Bathroom Break	Take ETS Arrive back by 2:30pm	Depart at 2:00pm Arrive back by 2:30pm	Depart by 2:00 pm Arrive by 3:00pm	Board bus by 2:30pm Arrive by 3:00pm
2:15-2:45	Afternoon Activity				
2:45-3:00	Prepare for Pickup	Prepare for Pickup	Prepare for Pickup	Prepare for Pickup	Prepare for Pickup
3:00-6:00	Aftercare	Aftercare	Aftercare	Aftercare	Aftercare

Note: Activities and field trips subject to change without notice