

# Teen: July 9-13, Adaptabilities Olympics

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