










GROUP: YOUNG ADULTS

WEEK 4



Monday July 24	Tuesday July 25	Wednesday July 26	Thursday July 27	Friday July 28
7:30 – 9:00 AM BEFORE CARE	7:30 – 9:00 AM BEFORE CARE	7:30 – 9:00 AM BEFORE CARE	7:30 – 9:00 AM BEFORE CARE	7:30 – 9:00 AM BEFORE CARE
9:00 AM LEAD ACTIVITY HUDDLEUP	9:00 AM LEAD ACTIVITY HUDDLEUP	9:00 AM LEAD ACTIVITY HUDDLEUP	9:00 AM LEAD ACTIVITY HUDDLEUP	9:00 AM LEAD ACTIVITY HUDDLEUP
9:15 AM RECREATION & MOTOR Human Knot	9:15 AM RECREATION & MOTOR Hula Hoop Pass	9:15 AM ESSENTIAL SKILLS Transit Safety	9:15 AM RECREATION & MOTOR Rhythmic Yoga	9:15 AM EXPRESSIVE ARTS Would You Rather: Gross Foods Edition
11:00 AM EXPRESSIVE ARTS DIY Kinetic sand	11:00 AM FIELD TRIP WEM Galaxyland 	11:00 AM FIELD TRIP Swimming Queen Elizabeth Outdoor Pool 	11:00 AM FIELD TRIP Swimming Terwillegar Rec Centre 	11:00 AM FIELD TRIP Taste of Edmonton 
12:00 PM LUNCH BREAK	11:00 AM LUNCH BREAK	12:00 PM LUNCH BREAK	12:00 PM LUNCH BREAK	12:15 PM LUNCH BREAK
1:00 PM SPECIAL GUEST Cardio Jam 	FIELD TRIP WEM Galaxyland 	FIELD TRIP Swimming Queen Elizabeth Outdoor Pool 	FIELD TRIP Swimming Terwillegar Rec Centre 	FIELD TRIP Taste of Edmonton 
1:45 PM RECREATION & MOTOR Bubble Soccer Tournament	1:45 PM EXPRESSIVE ARTS Fluid Art Wall Hanging	1:45 PM EXPRESSIVE ARTS Mason Jar Wind Chimes	1:45 PM ESSENTIAL SKILLS Mindfulness Meditation & Sensory Unwind	1:45 PM ESSENTIAL SKILLS Backyard Science
2:45 PM PREPARE FOR PICK-UP	2:45 PM PREPARE FOR PICK-UP	2:45 PM PREPARE FOR PICK-UP	2:45 PM PREPARE FOR PICK-UP	2:45 PM PREPARE FOR PICK-UP
3:00 – 6:00 PM AFTER CARE	3:00 – 6:00 PM AFTER CARE	3:00 – 6:00 PM AFTER CARE	3:00 – 6:00 PM AFTER CARE	3:00 – 6:00 PM AFTER CARE

Note: activities and field trips are subject to change without notice.