

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:30	Centre Activities/Circle Time	Centre Activities/Circle Time	Centre Activities/Circle Time	Centre Activities/Circle Time	Centre Activities/Circle Time
	Introduction/ Ice Breaker Games	What is your favorite Olympic sport?	What Olympic games would you compete in?	Who is your favorite Olympic athlete?	Do you like Summer or Winter Olympics more?
9:30-10:30	Rec & Motor	Rec & Motor	Rec & Motor	Rec & Motor	Rec & Motor
	Gross or Fine Motor Activity	Gross or Fine Motor Activity	Gross or Fine Motor Activity	Gross or Fine Motor Activity	Gross or Fine Motor Activity
10:30-11:15	Essential Life Skills	Essential Life Skills	Essential Life Skills	Essential Life Skills	Essential Life Skills
	Life Skill Activity	Life Skill Activity	Life Skill Activity	Life Skill Activity	Life Skill Activity
11:15-12:00	Expressive Arts	Expressive Arts	Expressive Arts	Expressive Arts	Expressive Arts
	Art Activity 	Art Activity 	Art Activity 	Art Activity 	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. Take ETS 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 2:15-2:45	Bathroom Break Afternoon Activity	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
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