

## Adult South Group - Week 3: Wild Waters

| Time          | Monday<br>July 15                               | Tuesday<br>July 16                      | Wednesday<br>July 17                                    | Thursday<br>July 18                  | Friday<br>July 19  |
|---------------|---|---|---|--------------------------------------|--|
| 7:30 - 9:00   | Before Care<br>Activity Stations                | Before Care<br>Activity Stations        | Before Care<br>Activity Stations                        | Before Care<br>Activity Stations     | Before Care<br>Activity Stations                           |
| 9:00 - 9:15   | Group Check In                                  | Group Check In                          | Group Check In  | Group Check In                       | Group Check In   |
|               | Introductions<br>Ice Breaker Games              | Why is it important to drink water?     | What's your favorite<br>water activity?                 | Who needs water to live?             | Will it float?   |
| 9:15 - 9:45   | Morning Energizer                               | Morning Energizer                       | Morning Energizer                                       | Morning Energizer                    | Morning Energizer  |
| 9:45 - 10:30  | Purposeful Activity<br>DIY Water Bottle         | Mystery Block                           | Transit to Activity                                     | Purposeful Activity<br>Ocean Origami | Transit to Activity  |
|               | Carriers  | <b>?</b>                                | Community Outing<br>Clairview Rec<br>Centre<br>Swimming |                                      | <b>Community Outing</b><br>Queen Elizabeth<br>Outdoor Pool |
| 10:30 - 11:15 |   | Transit to Activity<br>Community Outing | 3   | Transit to Activity Community Outing |  |
| 11:15 - 12:00 | Purposeful Activity<br>Sand Dollar<br>Ornaments | Taste of Edmonton                       |   | Hawrelak Park                        |  |
| 12:00 - 12:30 | Lunch   | Lunch                                   | Lunch   | Picnic Lunch                         | Picnic Lunch   |
| 12:30 - 1:15  | Mystery Block                                   | Taste of Edmonton                       | Clairview Rec<br>Centre<br>Drop-In Fitness<br>Class     | Hawrelak Park<br>Paddle Boats        | Kinsman Park<br>Group Games                                |
| 1:15 - 2:45   | Special Interest<br>Water Balloon<br>Games      |   | The second second                                       |                                      |  |
|               |   | Transit to Centre<br>Arrive 2:45        | Transit to Centre<br>Arrive 2:45                        | Transit to Centre<br>Arrive 2:45     | Transit to Centre<br>Arrive 2:45                           |
| 2:45 - 3:00   | Prepare for Pick Up                             | Prepare for Pick Up                     | Prepare for Pick Up                                     | Prepare for Pick Up                  | Prepare for Pick Up  |
| 3:00 - 6:00   | After Care<br>Activity Stations                 | After Care<br>Activity Stations         | After Care<br>Activity Stations                         | After Care<br>Activity Stations      | After Care<br>Activity Stations                            |

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