














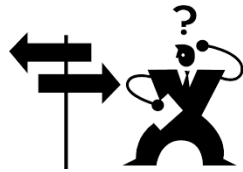



Adult Group - Week 9: AdaptAbilities Amazing Race

Time	Monday Aug 26	Tuesday Aug 27	Wednesday Aug 28	Thursday Aug 29	Friday Aug 30
7:30 - 9:00	Before Care Activity Stations	Before Care Activity Stations	Before Care Activity Stations	Before Care Activity Stations	Before Care Activity Stations
9:00 - 9:15	Group Check In Introductions Ice Breaker Games	Group Check In Do you play any sports?	Group Check In What's your favorite summer activity?	Group Check In Have you ever been part of a race?	Group Check In Do you prefer being with friends or spending time alone?
9:15 - 9:45	Morning Energizer	Morning Energizer	Morning Energizer	Morning Energizer	Morning Energizer
9:45 - 10:30	Purposeful Activity Make Team Bandanas 	Mystery Block 	Outdoor Activity Team Building Activities 	Special Interest Amazing Race Challenge Stations 	Transit to Activity Community Outing Terwillegar Rec Centre Swimming 
10:30 - 11:15	Recreation Group Games 	Community Outing Fitset Ninja Warrior Obstacle Course 	Purposeful Activity Abstract Maps 	Mystery Block 	
11:15 - 12:00			Transit to Activity	Transit to Activity	
12:00 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 - 1:15	Mystery Block 	Transit to Centre	Community Outing WEM Ed's Bowling Bowling 	Community Outing Rock Jungle Fitness Rock Climbing 	Terwillegar Rec Centre Drop-In Fitness Class 
1:15 - 2:45	Purposeful Activity Map Challenge 	Special Interest Amazing Race Challenge Stations 	Transit to Centre Arrive 2:45	Transit to Centre Arrive 2:45	Transit to Centre 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 Activity Stations	After Care Activity Stations	After Care Activity Stations	After Care Activity Stations	After Care Activity Stations

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