

Pre/Jr. Teen – 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 LRT/Transit Safety
9:15 – 9:45	Morning Energizer	Morning Energizer	Morning Energizer	Morning Energizer	Morning Energizer
9:45 – 10:30	Essential Life Skills Map Challenge 	Essential Life Skills Bridge Challenge 	Bus to Activity Field Trip Fitset Ninja Warrior Obstacle Course 	Transit to Activity Field Trip Bonnie Doon Bowling Lanes Bowling 	Mystery Block 
10:30 – 11:15	Expressive Arts Make Team Bandanas 	Transit to Activity			Rec & Motor Group Games 
11:15 – 12:00	Rec & Motor Group Games 	Field Trip Vertically Inclined Rock Climbing 			Transit to Activity
12:00 – 12:30	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 – 1:15	Mystery Block 	Vertically Inclined 	Bus to Centre	Transit to Centre	
1:15 – 2:45	Outdoor Activity Team Building Activities 	Special Interest Amazing Race Challenge Stations 	Mystery Block 	Mystery Block 	Field Trip Millwoods Rec Centre Swimming 
2:45 – 3:00	Prepare for Pick Up	Prepare for Pick Up	Prepare for Pick Up	Prepare for Pick Up	Transit to Centre Arrive 2:45
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.

