



SAMPLE SUPREME CAMP DAY

7:30-9:00 A.M.	BEFORE CARE: CHECK IN & QUIET TIME (MOVIE, COLOURING, PAPER AIRPLANES ETC.)	
9:00-9:15 A.M.	WARMUP ACTIVITY	
9:15-10:15 A.M.	TUMBLING STATIONS	
10:15-10:30 A.M.	WASH HANDS, REFILL WATERS	
10:30-11:00 A.M.	MORNING SNACK	
11:00-11:45 A.M.	MOTIONS - LEARN THEM, PUT THEM TO COUNTS, PLAY SIMON SAYS ETC.	
11:45-12:00 P.M.	STUNT & FLEXIBILITY: STRETCH, LEARN FLYER AIR POSITIONS	
12:00-12:45 P.M.	WASH HANDS & LUNCH	
12:45-1:00 P.M.	BATHROOM/WATER REFILL	
1:00-1:30 P.M.	OUTDOOR TIME (SIDEWALK CHALK, FRISBEE, CATCH, ETC.)	
1:35-2:00 P.M.	AFTERNOON SNACK	
2:05-2:30 P.M.	<u>TUMBLING LINES</u>	CRAFT
2:35-3:00 P.M.	<u>GAME</u>	CRAFT
3:05-3:30 P.M.	<u>CRAFT</u>	<u>TUMBLING LINES</u>
3:30-4 P.M.	CRAFT	<u>GAME</u>
4:00-5:30 P.M.	AFTER CARE (BOARD GAMES, CARDS, COLORING)	