

Sample Schedules

This is an example of how we structure our days. This is not an exact reflection of each day of camp. But it includes our activity blocks.

Pee Wee Fit Kid 1st-3rd	Fit Kid & Games 3rd-8th	Nerf Skills & Conditioning 3rd-8th	Boxing.Muay Thai 3rd-9th	Sports Performance 3rd-8th
Active Games	Active Games	Track/Obstacle Course Class	Combat Technique Class	Speed Fundamentals Class
Snack/Park	Snack/Park	Snack/Park	Snack/Park	Snack/Park
Art Project	Track Class	Nerf Game	Park	Board Games
Lunch	Lunch	Lunch	Lunch	Lunch
Pee Wee Fitness Class	Art/Outdoor Time/Community Service	Nerf /Obstacle Course Shooting	Boxing/Muay Thai Class	Circuit Training
Outdoor Time/Community Service	Interactive Fitness Game	Outdoor Time	Board Games	Outdoor Training (sport based)
Board Games	Board Games	Board Games	POW Class	POW Class/Interactive Fitness Game
Snack/Pack Up	Snack/Pack Up	Snack/Pack Up	Snack/Pack Up	Snack/Pack Up