

# Discovery 2018: Athletics

## Week 7: July 9-13



### Monday

5:30-9:00 Before Care (Webster)

9:00 Head to YMCA

9:30 Snack

10:00 Morning Meeting

10:15-11:45 Swimming

12:00 Lunch

12:45 4-45min Rotations

3:45 Snack

4:00-6:00 After Care (YMCA)

### Tuesday and Thursday

5:30-9:00 Before Care (Webster)

9:00 Head to Lake Keomah

9:30 Snack

10:00 Morning Meeting

10:15 2 45min Rotations

12:00 Lunch

12:45-1:15 2 45minute Rotations

1:30 Lake Keomah Beach

3:00 Head to YMCA

3:45 Snack

4:00-6:00 Looking Back/After Care (YMCA)

### Friday

5:30-9:00 Before Care (Webster)

9:00 Morning Meeting /Snack

9:15 Head to William Penn University

9:30 WPU Softball

12:00 Lunch

1:00 WPU Soccer

3:30 Head to the YMCA

3:45 Snack

4:00-6:00 After Care (YMCA)

### Rotations

#### YMCA Rotations:

- Youth Room-Crafts/Board Games
- Racquet Ball Courts-Group Games
- Gym-Free Play/Group Games
- Outside-Free Play/Group Games
- Grant Park

#### Lake Keomah Rotations:

- Archery
- Canoeing
- Fishing
- Hiking
- Lodge Activities (Ping Pong, Crafts, and Yard Games)

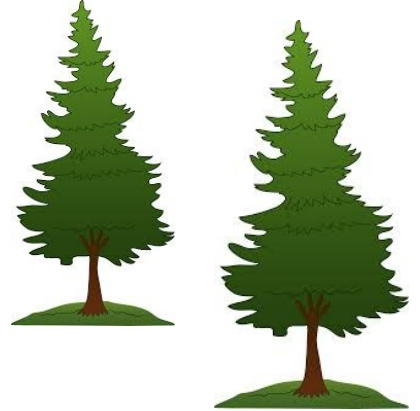
# Pack It!

## Required items:

- Tennis shoes
- Swim suit
- Beach towel

## Suggested items:

- Water bottle
- Sunscreen
- Bug spray
- Bag/Backpack
- Long sleeves/Jacket
- Extra change of clothes
- Flip flops for swimming
- Hat
- Sunglasses
- Goggles
- Life jacket (we will have life jackets available)



# Save it for Home!

## Items not allowed at camp:

- ALL Electronics  
(cell phones, iPods, tablets, etc.)
- Toys
- Chewing gum/Candy
- Food
- Weapons

# Questions / Comments / Concerns

We'd love to hear from you! If you have any question, comments, or concerns please do not hesitate to let us know.

Our staff would love to hear from you!

If you need to get ahold of us while we are out and about please feel free to call or text Kim Stutting, YMCA Youth Coordinator, at 563-212-2447.