



An Example Week for 7-10 Year Olds

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:30	EARLY CLUB				
8:30-9:30	SIGN IN AT HOMEROOM				
9:30 to 10:30	Site Orientation & Fire Drill	Pickle Ball OR Super Stacks	Skittle Ball OR Flag Rugby	Capture the Flag OR Kin Ball	Track & Field OR Dodgeball
10:30-10:45	MORNING SNACK BREAK				
10:45 to 11:30	Lazer Tag OR Low Organized Games	Mad Science OR Tennis	Lazer Tag OR Ultimate Frizbee	Bubble Soccer OR Drama Club	Bouncy Castle OR Basketball
11:30 to 12:15	Archery* Or Volleyball	Baseball* Or Water Games	Cheerleading* or Low Organized Games	Fencing* OR Hockey	Archery* OR Badminton
12:15 to 12:45	LUNCH				
12:45 to 1:15	FREE TIME IN HOME ROOMS				
1:15 to 2:00	Babysitting* OR Water Games	Bubble Soccer OR Egg Drop	First Aid* OR Water Games	Paper Airplane Challenge OR Cricket	Babysitting* OR Flag Football
2:00 to 2:45	Jewelry Making OR Kin Ball	Flag Rugby OR Paper Mache Frames	Drama Club OR Frizbee Golf	Water OR Low Organized Games	Stick Tower Challenge OR Footgolf
2:45-3:00	AFTERNOON SNACK BREAK				
3:00 to 3:45	Drama Club OR Skittle Ball	Low Organized Games Or Soccer	Temple of Doom OR Volleyball	Tennis OR Super Stacks	Water Games OR Ping Pong
3:45 to 4:30	Basketball OR Giant Snakes and Ladders	Ping Pong or Capture the Flag	Banner Decorating OR Ping Pong	European Hand Ball OR Fitness Circuits	Talent Show Or Low Organized Games
4:30-6:00	LATE CLUB				

* = Skill Builder (\$)

Bold Text = Super Activity

Low Organized Games = Tag, Chuck the Chicken, octopus, relay races, etc.