






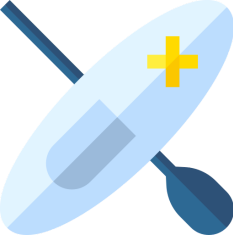




**Swim & Ultimate Sports: August 22nd-26th**  
**Drop-Off: Front Pool Entrance**

8-12

**H2o Centre**  
**Pick-Up: M12 Field**

| Time          | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---------------|---|--|--|---|---|
| 8:30 - 9:00   | Sign-In & Sunrise Activity  | Sign-In & Sunrise Activity   | Sign-In & Sunrise Activity   | Sign-In & Sunrise Activity  | Sign-In & Sunrise Activity  |
| 9:00 - 10:20  | Water Safety & Free Swim<br> | Water Safety & Free Swim<br> |   | Water Safety & Free Swim<br> | Water Safety & Free Swim<br> |
| 10:20 - 11:00 | Change & Snack  | Change & Snack   | Day at Sarsons Beach   | Change & Snack  | Change & Snack  |
| 11:00 - 12:00 | Ultimate Frisbee<br>        | Spikeball<br>               |  | Playground<br>              | Water Fight!<br>            |
| 12:00 - 12:30 | Sign-Out & Circle Game  | Sign-Out & Circle Game   | Sign-Out & Circle Game   | Sign-Out & Circle Game  | Sign-Out & Circle Game  |

**Things to bring everyday:**

1. Nut-free snacks and a water bottle!
2. Weather-Appropriate clothes and outdoor shoes!
3. Swimwear (on) and a towel!

**\*Parent Note:** Activities and times subject to change slightly based on staff discretion. Please use this as a guide only.