






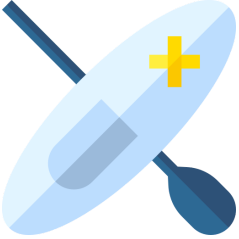




Swim & Karate: August 15th-19th
Drop-Off: Front Pool Entrance

5-7

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 - 10:00	Water Safety & Free Swim 	Water Safety & Free Swim 		Water Safety & Free Swim 	Water Safety & Free Swim 
10:00 - 10:20	Change & Snack	Change & Snack	Day at Sarsons Beach	Change & Snack	Change & Snack
10:20 - 12:00	Karate with Sensei Paul 	Karate with Sensei Paul 		Playground 	Karate with Sensei Paul 
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.