
















Swim & Dodgeball & Defense: August 22-26
Drop Off: Pool Sliding Door Outside

5 - 7

Kelowna Family Y
Pick Up: Side Exterior Gym Door

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
8:30 - 9:00	Sign-In & Circle Game	Sign-In & Circle Game	Sign-In & Circle Game	Sign-In & Circle Game	Sign-In & Circle Game	8:30 - 9:00
9:00 - 10:30	Water Safety & Free Swim 	Free Swim 	Water Safety & Free Swim 	DROP OFF & PICK UP AT GERSTMAR PARK  Day at Gerstmar Park	Water Safety & Free Swim 	9:00 - 9:45
		Change Self-Defense with Sensei Paul from Kelowna Karate 				9:45 - 10:00
10:30 - 11:00	Change & Snack		Change & Snack		Change & Snack	10:00 - 11:00
11:00 - 12:00	Self-Defense with Sensei Paul from Kelowna Karate 	Snack	Fitness Dodgeball 		Absorb Dodgeball 	11:00 - 11:15
		Field Games 				11:15 - 12:00
12:00	Sign-Out & Circle Game	Sign-Out & Circle Game	Sign-Out & Circle Game	Sign-Out & Circle Game	Sign-Out & Circle Game	12:00

Things to bring everyday:

1. Nut-free snacks and a water bottle!
2. Weather appropriate clothes, and indoor and outdoor shoes
3. Swimwear (underneath), a change of clothes for after swim, and a towel!

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