
















**Swim & Karate: July 18-22**  
**Drop Off: Pool Sliding Door Outside**

**8 - 12**

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 - 9:45	Free Swim 	Water Safety & Free Swim 	Water Safety & Free Swim 	<b>DROP OFF &amp; PICK UP AT GERSTMAR PARK</b>    Day at Gerstmar Park  	Water Safety & Free Swim 	9:00 - 10:30
9:45 - 10:00	Change					
10:00 - 11:00	Self-Defense with Sensei Paul from Kelowna Karate 	Change & Snack	Change & Snack		Change & Snack	10:30 - 11:00
11:00 - 11:15	Snack	Self-Defense with Sensei Paul from Kelowna Karate 	Protect the Queen 		Skittles 	11:00 - 12:00
11:15 - 12:00	Field Games 					
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.