Monday, July 13th
- Morning activity 9am – Noon
  - Morning Focus: Sprints and Relays
    - The Griz (4th-6th) – Potato Shuttle Race, Spring Start and Form, Intervals
    - The Bears (2nd-3rd) – Potato Shuttle Race, Accelerators, Intervals
    - The Cubs (K-1st) – Potato Shuttle Race, Relays, Accelerators,

- Lunch: Noon - 1pm

- Afternoon activity 1pm-3pm: We split up in groups, while one group is taking their swim lessons, the other group will participate in a counselor led craft activity.

Tuesday, July 14th
- Morning activity 9am – Noon
  - Morning Focus: Jumping
    - The Griz (4th-6th)- Long Jump, Triple Jump, Box Jump
    - The Bears (2nd-3rd) – Long Jump, Box Jump, Standing Long Jump
    - The Cubs (K-1st) – Standing Long Jump, Long Jump, Ladder Jump

- Lunch

- Afternoon activity 1pm-3pm: The kids will be participating in a scavenger hunt on campus while learning about various landmarks and vegetation/trees on campus.

Wednesday, July 15th
- Morning activity 9am – Noon
  - Morning Focus: Distance Running
    - The Griz (4th-6th)- Running for Pace, Kim Williams Trail Run
    - The Bears (2nd-3rd) – Running for Pace, Kim Williams Trail Run
    - The Cubs (K-1st) – Running for Pace, Kim Williams Trail Run

- Lunch

- Afternoon activity 1pm-3pm: We split up in groups, while one group is taking their swim lessons, the other group will learn about bugs along the river.

Thursday, July 16th
- Morning activity 9am – Noon
Morning Focus: Throwing
  ■ The Griz (4th-6th)- Softball Throw, Medicine Ball Shotput, Frisbee Throw
  ■ The Bears (2nd-3rd) – Baseball Throw, Softball Shotput, Frisbee Throw
  ■ The Cubs (K-1st) – Tennis Ball Throw, Softball Shotput, Frisbee Throw

• Lunch

• Afternoon Activities 1pm - 3pm
  ○ The kids will be split into two groups alternating between participating in animal yoga and crossfit.

Friday, July 17th
• Morning activity 9am - Noon
  ○ Morning Focus: Track Meet
    ■ The Griz (4th-6th) - Compete in various track and field events
    ■ The Bears (2nd-3rd) - Compete in various track and field events
    ■ The Cubs (K-1st) - Compete in various track and field events

• Lunch

• Afternoon Activity 1pm - 3pm: We split up in groups, while one group is taking their swim lessons, the other group does a sidewalk chalk art activity.

Please Note: Subject to changes based on camp enrollment sizes, weather and personnel availability.