

**Monday – 6.9.25**

- 8:00 AM - 8:30 AM: Registration & Check-In
  - Please report to the Alumni Lounge on the second floor.
- 8:45 AM - 9:15 AM: Warm-up & Skill Development
  - Dynamic stretches, light cardio (jogging, jumping jacks)
  - Focus on fundamental skills for the day's sport(s) and activities.



Grade 1 - 2

- Kickball
- Soccer
- Flag Football
- Climbing
- Swimming



Grade 3 - 5

- Soccer
- Basketball
- Flag Football
- Climbing
- Swimming

- 9:30 AM – 10:00 AM: Snack Break
  - Healthy snacks provided (fruit, granola bars, water)
- 10:15 AM - 11:30 AM: Sports & Activities
  - Games
  - Relays and Competitions
  - Contests
- 12:00 PM - 1:30 PM: Lunch
- 1:30 PM – 4:00 PM:
  - Becker/ Campus Lake
- 4:00 PM - 4:30 PM: Snack Break
  - Healthy snacks provided (fruit, granola bars, water)
- 4:30 PM: Check-out
  - Please report to the Alumni Lounge on the second floor.

**Tuesday – 6.10.25**

- 8:00 AM - 8:30 AM: Check-In
  - Please report to the Alumni Lounge on the second floor.
- 8:45 AM - 9:15 AM: Warm-up & Skill Development
  - Dynamic stretches, light cardio (jogging, jumping jacks)
  - Focus on fundamental skills for the day's sport(s) and activities.



Grade 1 - 2

- Kickball
- Soccer
- Flag Football
- Climbing
- Swimming



Grade 3 - 5

- Soccer
- Basketball
- Flag Football
- Climbing
- Swimming

- 9:30 AM – 10:00 AM: Snack Break
  - Healthy snacks provided (fruit, granola bars, water)
- 10:15 AM - 11:30 AM: Sports & Activities
  - Games
  - Relays and Competitions
  - Contests
- 12:00 PM - 1:30 PM: Lunch
- 1:30 PM – 4:00 PM: Group Activity
  - SIU Bowling and Billiards
- 4:00 PM - 4:30 PM: Snack Break
  - Healthy snacks provided (fruit, granola bars, water)
- 4:30 PM: Check-out
  - Please report to the Alumni Lounge on the second floor.
  - **Campers should bring old clothes for Project Human X activity on Wednesday.**

**Wednesday – 6.11.25**

- 8:00 AM - 8:30 AM: Check-In
  - Please report to the Alumni Lounge on the second floor.
- 8:45 AM - 9:15 AM: Warm-up & Skill Development
  - Dynamic stretches, light cardio (jogging, jumping jacks)
  - Focus on fundamental skills for the day's sport(s) and activities.



Grade 1 - 2

- Kickball
- Soccer
- Flag Football
- Climbing
- Swimming



Grade 3 - 5

- Soccer
- Basketball
- Flag Football
- Climbing
- Swimming

- 9:30 AM – 10:00 AM: Snack Break
  - Healthy snacks provided (fruit, granola bars, water)
- 10:15 AM - 11:30 AM: Sports & Activities
  - Games
  - Relays and Competitions
  - Contests
- 12:00 PM - 1:30 PM: Lunch
- 1:30 PM – 4:00 PM: Group Activity
  - Project Human X
- 4:00 PM - 4:30 PM: Afternoon Snack
  - Healthy snacks provided (fruit, granola bars, water)
- 4:30 PM: Check-out
  - Please report to the Alumni Lounge on the second floor.

**Thursday – 6.12.25**

- 8:00 AM - 8:30 AM: Check-In
  - Please report to the Alumni Lounge on the second floor.
  - Campers will receive a camp shirt & bag.
  - Campers will take a camp photo.
- 8:30 AM – 10:30 AM: Free Play
  - Various games and activities
- 10:30 AM - 11:00 AM: Snack Break
  - Healthy snacks provided (fruit, granola bars, water)
- 11:00 AM - 12:00 PM: Free Play
  - Various games and activities
- 12:00 PM - 1:30 PM: Lunch
- 1:30 PM – 4:00 PM: Group Activity
  - Field Day Competition
- 4:00 PM - 4:30 PM: Afternoon Snack
  - Healthy snacks provided (fruit, granola bars, water)
- 4:30 PM: Check-out
  - Please report to the Alumni Lounge on the second floor.

**THANKS FOR MAKING OUR CAMP A SUCCESS.  
WE WILL SEE YOU NEXT YEAR.**



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