## <u>Monday - 6.9.25</u>

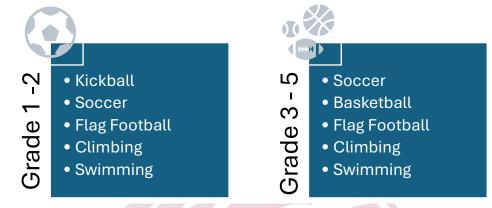
- 8:00 AM 8:30 AM: Registration & Check-In
  - Please report to the Alumni Louge on the second floor.
- 8:45 AM 9:15 AM: Warm-up & Skill Development
  - Dynamic stretches, light cardio (jogging, jumping jacks)
  - Focus on fundamental skills for the day's sport(s) and activities.



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

## <u>Tuesday - 6.10.25</u>

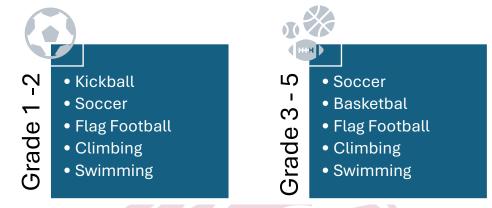
- <u>8:00 AM 8:30 AM: Check-In</u>
  - $\circ$   $\,$  Please report to the Alumni Louge on the second floor.
- 8:45 AM 9:15 AM: Warm-up & Skill Development
  - Dynamic stretches, light cardio (jogging, jumping jacks)
  - Focus on fundamental skills for the day's sport(s) and activities.



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

#### <u>Wednesday - 6.11.25</u>

- <u>8:00 AM 8:30 AM: Check-In</u>
  - $\circ$   $\,$  Please report to the Alumni Louge 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.



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

R.E.C. Sports Kids Camp I – Camper Schedule

6.9.2025 - 6.12.2025

#### <u>Thursday – 6.12.25</u>

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

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