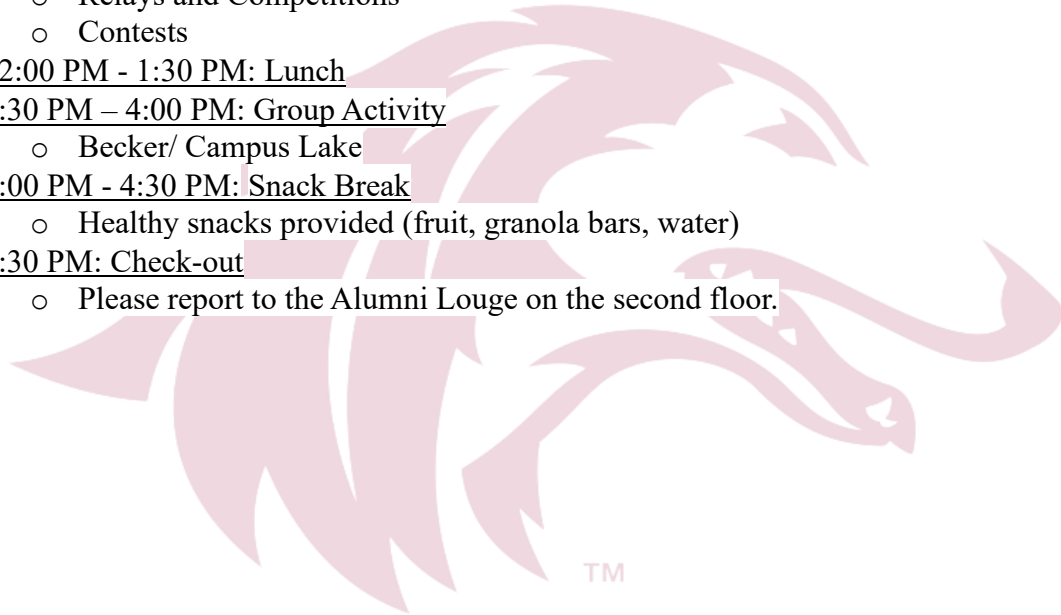


Monday – 6.23.25

- 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.
 - Soccer
 - Basketball
 - Pickleball
 - 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
 - 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.



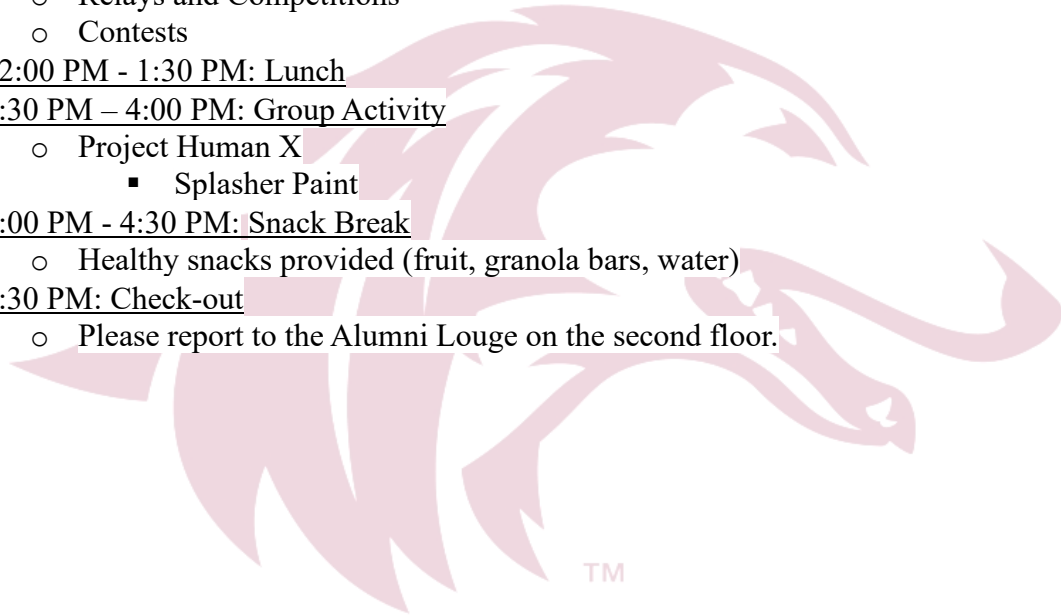
Tuesday – 6.24.25

- 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.
 - Soccer
 - Basketball
 - Pickleball
 - 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.**

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Wednesday – 6.25.25

- 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.
 - Soccer
 - Basketball
 - Pickleball
 - 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
 - Splasher Paint
- 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.



Thursday – 6.26.2025

- 8:00 AM - 8:30 AM: Registration & 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: Snack Break
 - 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.**

