



ST. LUKE'S SPORTS CENTER SUMMER CAMP

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM - 9:00AM	Drop Off				
9:00AM - 9:30AM	Welcome + Warm Up	Warm Up + Stretch	Warm Up + Stretch	Warm Up + Stretch	Warm Up + Stretch
9:30AM - 10:30AM	Sports #1 and #2 Sessions	Sports #3 and #4 Sessions	<i>Field Trip To Park</i>	Sports #1 and #2 Sessions	Sports #3 and #4 Sessions
10:30AM - 11:00AM	Water/Snack Break	Water/Snack Break	<i>Field Trip To Park</i>	Water/Snack Break	Water/Snack Break
11:00AM - 12:00PM	Activity Stations	Learning Stations	<i>Field Trip To Park</i>	Activity Stations	Learning Stations
12:00PM - 1:00PM	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
1:00PM - 2:30PM	Team Gameplay	Team Gameplay	Guest Speaker	Team Gameplay	Team Gameplay
2:30PM - 3:00PM	Free Play	Free Play	Free Play	Free Play	Free Play
3:00PM - 4:00PM	Pick Up				

During the mornings players will focus on developing their technique and skills within each sport.

The afternoon will consist of small sided games in a fun and competitive environment.

Activities will include soccer, football, baseball, kickball, dodgeball, lacrosse, volleyball, gagaball, handball and many more!

Fieldtrips will take place at Whitehall Park & Playground as well as the Ironton Rail Train