



WEEKLY SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|-----------------------------------|-----------------------------------|--------------------------------|-----------------------------------|-----------------------------------|
| 8:00-9:00 | Drop- Off | | | | |
| 9:00-9:30 | Welcome & Warmup | Welcome & Warmup | Welcome & Warmup | Welcome & Warmup | Welcome & Warmup |
| 9:30-10:30 | Sports (1 & 2) Skills & Drills | Sports (3 & 4) Skills & Drills | Field Trip To The Park | Sports (5 & 6) Skills & Drills | Sports (7 & 8) Skills & Drills |
| 10:30-11:00 | Water/Snack Break | Water/Snack Break | | Water/Snack Break | Water/Snack Break |
| 11:00-12:00 | Activity Stations | Special Guest Instruction | | Special Guest Instruction | Activity Stations |
| 12:00-1:00 | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00-2:30 | Team Games and Competitions | Team Games and Competitions | Team Games and Competitions | Team Games and Competitions | Bounce House Celebration |
| 2:30-3:00 | Open Play | Open Play | Open Play | Open Play | Open Play |
| 3:00-4:00 | Pick Up | | | | |



WEEKLY SCHEDULE

Morning Session

Each morning is focused on helping campers build a strong foundation in the core skills of sports—such as running, jumping, throwing, catching, kicking, balance, coordination, and teamwork. Through a series of fun, high-energy stations and small-group instruction, campers will rotate through a variety of sport-specific drills and creative alternative activities. These sessions are designed to keep kids engaged while promoting athletic development, confidence, and enjoyment of physical activity.

Afternoon Session

After lunch, the camp shifts into high gear with small-sided games and team competitions. The afternoon features a mix of scrimmages, mini-tournaments, and group challenges in a fun and competitive environment. It's the perfect time for campers to apply their skills, work together, and enjoy the thrill of friendly competition.

Fieldtrip Adventures

In addition, campers will enjoy weekly field trips including:

- Whitehall Playground – for outdoor exploration and playtime.
 - Swing sets and slides, obstacle course, courts and fields.
- The Ironton Rail Trail – for nature walks and group adventures

Sports & Activities

- Soccer
- Flag Football
- Baseball
- Kickball
- Dodgeball
- Lacrosse
- Volleyball
- Gaga Ball
- Golf
- Ultimate Frisbee

And many more exciting games and challenges!