

Monday, March 20th			
	8:30am - 9:00am	Introductions and Warm Up	Upper Field
	9:00am – 10:30am	Rugby	Upper Field
	10:30am - 11:00pm	Games and Activities	North Court
	11:00am – 12:00pm	Kickboxing	North Court
	12:00pm - 1:00pm	Lunch	Meeting Room B
	1:00pm – 3:30pm	Swimming	Canada Games Pool
	3:30pm – 4:00pm	Games and Activities	Meeting Room B
	4:00pm - 4:30pm	Pick Up	Upper Field
Tuesday, March 21st			
	8:30am - 9:00am	Warm Up Games	Upper Field
	9:00am - 10:30am	Craft	Meeting Room B
	10:30am - 11:00am	Games and Activities	North Court
	11:00am – 12:30pm	Sportball	North Court
	12:30pm - 1:00pm	Lunch	Meeting Room B
	1:00pm-3:30pm	Swimming	Canada Games Pool
	3:30pm - 4:00pm	Games and Activities	Meeting Room B
	4:00pm - 4:30pm	Pick Up	Upper Field
Wednesday, March 22nd			
	8:30am - 9:00am	Warm Up Games	Upper Field
	9:30am - 10:30am	Yoga	Meeting Room B
	10:30am - 12:00pm	Games and Activities	North Court
	12:00pm - 1:30pm	Lunch	Meeting Room B
	1:30pm-2:30pm	Ultimate Frisbee	Upper Field
	2:30pm - 4:00pm	Swimming	Canada Games Pool
	4:00pm - 4:30pm	Pick Up	Upper Field
Thursday, March 23rd			
	8:30am – 9:00am	Warm Up Games	Upper Field
	9:00am – 10:30pm	Pickleball	North Court
	10:30am – 11:00am	Games and Activities	North Court
	11:00am – 12:30pm	Track and Field	Upper Field
	12:30pm - 1:00pm	Lunch	Meeting Room B
	1:00pm – 3:30pm	Swimming	Canada Games Pool
	3:30pm – 4:00pm	Games and Activities	Meeting Room B
	4:00pm – 4:30pm	Pick Up	Upper Field
Friday, March 24th			
	8:30am – 10:30am	Warm Up Games	Upper Field
	10:30am – 12:00am	Rock Climbing	Cliffside Climbing Gym
	12:00pm - 1:00pm	Lunch	Meeting Room B
	1:00pm – 3:30pm	Swimming	Canada Games Pool
	3:30pm – 4:30pm	Games & Pick Up	Upper Field