



Bike & Soak (9-12Y)

Week 2 (July 6 – 10)



Gear up for an unforgettable outdoor biking experience at Bike & Soak camp designed for kids who thrive on the thrill of two-wheel adventures! Each day campers embark on a biking adventure around St. Albert along the beautiful Red Willow Trails. Campers will stop playing games, activities, and splash around at different parks and pools in the community. Campers must provide their own bike (5 to 12 speed bikes are recommended), bike lock and CSA approved helmet for the week. It is recommended campers have experience bike riding as in this camp they will be biking a lot! This camp is located at Garden Clubhouse at 5 Grenfell Avenue, (previously Grandin Clubhouse). Pre- and Post-Care are available for camps at Servus Place, they are not available for camps taking place at community clubhouses.

What to Bring

- Nut-free lunch and snacks
- Water bottle
- Bathing suit and towel (swimming days)
- Sunscreen & Bugspray

Sign-In (9am) and Sign-Out (4pm) will be at Garden Clubhouse (5 Grenfell Ave.)

Please ensure you sign your child in and out of program each day. This time is a great opportunity for campers and parents to chat with the leaders before activities start.



Alto



Turtle

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	Sign-In at Garden Clubhouse				
9:30 AM	Visit from RCMP on Bike Safety and Icebreaker games!	Rolling over to Sir Alexander Mackenzie Park for Grounders and Reverse Blob Tag	Tour De St. Albert to Ecole Sacre Coeur for Home Free!	Expedition to Neil M. Ross Park for Food and Water and Eagle Eye	Quest to Hodgson Park for Swamp Monster
10:30 AM	Test ride to Albert Lacombe School for Capture the Flag	The Great Camp Cup Challenge and Rapid Reflex Relay	Continue Tour De St. Albert to Servus Place	The Ultimate Game of Slippery Sardines	Peddalling back to Garden Clubhouse
11:30 AM	Lunch & Free Play				
12:30 PM	Summer Splashin' at Grosvenor Outdoor Pool! (1:00 – 3:00)	Journey back to Garden Clubhouse	The Great Pool Plunge at Servus Place Pool! (1:00 – 3:00)	Adventure To Woodlands Water Play Park	Aqua Adventures at Grosvenor Outdoor Pool! (1:00 – 3:00)
1:30 PM		Operation: Camouflage and Creating your own camp chains!			
2:30 PM		Finish the Lyric: Water Edition and The Splash & Dash Relay Race			
3:30 PM	Camp Wide Activity				
4:00 PM	Sign-Out at Garden Clubhouse				

*Activities are subject to change.