



# Bike & Splash (7-9Y)

Week 1 (July 2 – 3)

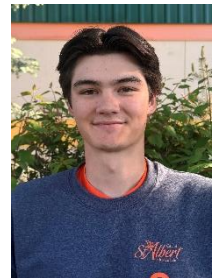


Gear up for an unforgettable outdoor biking experience at Bike & Splash Camp designed for young explorers who thrive on the thrill of two-wheel adventures! Each day campers will embark on a biking adventure around St. Albert along the beautiful Red Willow Trails. Campers will stop to play games, activities, and splash around at different parks in the community. Children must be 7-9 years of age to register for this program, and they 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 NOT AVAILABLE.

<p><b>What to Bring</b></p> <ul style="list-style-type: none"> <li>• Nut-free lunch and snacks</li> <li>• Water bottle</li> <li>• Bathing suit and towel (swimming days)</li> <li>• Comfortable shoes for indoor &amp; outdoor activities</li> </ul>	<p><b>Sign-In (9am) and Sign-Out (4pm) will be at Garden Clubhouse.</b></p> <p>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.</p>
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**Breezy**



**Goose**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00 AM</b>	Sign-In at Garden Clubhouse				
<b>9:30 AM</b>				RCMP Safety Visit and ABC Bike Check! Let's Get Ready to Ride!	Journey to Willoughby Park for Ace Masters and Capture the Flag!
<b>10:30 AM</b>				Testing Our Wheels at Albert Lacombe School for Partner Grounders!	
<b>11:30 AM</b>	Lunch & Free Play				
<b>12:30 PM</b>				Taking a Deep Dive at Grosvenor Pool! (1:00pm – 3:00pm)	The Ultimate Egg Drop Challenge!
<b>1:30 PM</b>					Food and Water Frenzy & Mini World Cup Showdown!
<b>2:30 PM</b>					Bead Ceremony and Refueling with Walking Dirt Cups!
<b>3:30 PM</b>	Camp Wide Activity				
<b>4:00 PM</b>	Sign-Out at Garden Clubhouse				

\*Activities are subject to change.