

Rooks to Cooks JR

Spring Break Camp March 30- April 2

What to Bring

- Lunch and snacks (nut free)
- Water in a sealed bottle
- Bathing suit and towel for swimming*
- Indoor Shoes
- Outside gear on days heading outside**



Sign-in & Sign-out:

Sign-In (9am) & Sign-Out will be held on the South Field House.

Please ensure you sign your child in and out of program each day.

	Monday	Tuesday	Wednesday	Thursday
9:00 am	Sign-In on South Field House			
9:30 am	Cooking up some Bacon Mac n' Cheese with Shirly Temples to go with it.	Chocolate Chip Muffins and Orange Creamsicle Smoothies!	Quiche and Strawberry Lemonade!	Oreo Cheesecake Bites!
10:30am				Floor is Lava & Silent Speed Ball!
11:30am				
12:15pm	Lunch	Mini Minute to win it Challenges & Ace Master Showdown!	Dodgeball and Floor Hockey Extravaganza	Balloon Volleyball & World cup Soccer Championship!
1:00pm	Ultimate Kickball & Drawing Challenge Outside**	Swimming*	Archery Training 101!	Ice Cream Sundaes and Homema de Slime craft!
2:00pm	Creating our Recipe Books and Playing Ultimate Musical Chairs and Name that Tune!		DIY Water Bottle Lantern Crafts!	Musical Hula Hoops Showdown & Super Fantastic Capture the Flag!
3:00 pm	Camp Wide Activity South Field House			
4:00 pm	Sign-Out on the South Field House			



Dancer & Alto are your Leaders

Check out our
SUMMER CAMP GUIDE
online at:

ativity.stalbert.ca



Get ready for a camp packed with flavour and fun! During their time at camp, junior cooks will whip up a new recipe each day, splash around in the pool, play games on the field and court, get crafty, and make new friends along the way! By the end of their time at camp they will have a book of recipes to keep the delicious memories cooking! Pre- and Post-Care are available.