

Swim/Bike Active Adventures July 6 - 10



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8 - 8:15 a.m.	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance
9 - 10:30 a.m.	Swimming Lessons (Aquaplex)	Swimming Lessons (Aquaplex)	Swimming Lessons (Aquaplex)	Swimming Lessons (Aquaplex)	Swimming Lessons (Aquaplex)
11 a.m. - 12:15 p.m.	Outside Play (Weather Dependent)	Group Games Outside (Weather Dependent)	Outside Play (Weather Dependent)	Group Games Outside (Weather Dependent)	Outside Play (Weather Dependent)
12:15 - 1 p.m.	Lunch	Lunch	Lunch	Lunch	Lunch
1 - 3:30 p.m.	Bike and Play Around Town	Bike and Play Around Town	Bike and Play Around Town	Bike and Play Around Town	Bike and Play Around Town
3:45 - 4 p.m.	Pick Up Time	Pick Up Time	Pick Up Time	Pick Up Time	Pick Up Time



Bikes, helmets, swim gear, running shoes and a lunch are needed every day for Active Adventures. Bikes and helmets can be stored at Arena if needed.



Swim/Bike Active Adventures July 20 - 24



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8 - 8:30 a.m.	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance
9 - 10:30 a.m.	Swimming Lessons (Aquaplex)	Swimming Lessons (Aquaplex)	Swimming Lessons (Aquaplex)	Swimming Lessons (Aquaplex)	Swimming Lessons (Aquaplex)
11 a.m. - 12:15 p.m.	Outside Play (Weather Dependent)	Group Games Outside (Weather Dependent)	Outside Play (Weather Dependent)	Group Games Outside (Weather Dependent)	Outside Play (Weather Dependent)
12:15 - 1 p.m.	Lunch	Lunch	Lunch	Lunch	Lunch
1 - 3:30 p.m.	Bike and Play Around Town	Bike and Play Around Town	Bike and Play Around Town	Bike and Play Around Town	Bike and Play Around Town
3:45 - 4 p.m.	Pick Up Time	Pick Up Time	Pick Up Time	Pick Up Time	Pick Up Time



Bikes, helmets, swim gear, running shoes and a lunch are needed every day for Active Adventures. Bikes and helmets can be stored at Arena if needed.



Skateboard Active Adventures Aug 10 -13



Time	Monday	Tuesday	Wednesday	Thursday
8 - 8:15 a.m.	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance
9 a.m. - 1:00 p.m.	Skateboard with Instructor	Skateboard with Instructor	Skateboard with Instructor	Skateboard Park Free Style
11:00 a.m.	Snack	Snack	Snack	Snack
1:15 p.m.	Lunch	Lunch	Lunch	Lunch
2 - 3 p.m	Swimming (Ponoka Aquaplex)	Swimming (Ponoka Aquaplex)	Swimming (Ponoka Aquaplex)	Outdoor Games
3:45 - 4 p.m.	Pick Up Time	Pick Up Time	Pick Up Time	Pick Up Time



Swimsuits, skateboards, running shoes, and lunch are needed every day for active adventures. Skateboards can be provided upon request.



Roller Skate Adventures

July 27- 31



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8 - 8:15 a.m.	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance	Drop Off/ Morning Greeting/ Attendance
9:30 - 11 a.m.	Roller Skating Helmets, Knee Pads Elbow Pads Can request all from Nuclear Free Roller Derby	Biking (bike and helmets are needed)	Biking (bike and helmets are needed)	Roller Skating Helmets, Knee Pads Elbow Pads Can request all from Nuclear Free Roller Derby	Biking (bike and helmets are needed)
11 a.m - 12:30 p.m	Group Games	Biking	Biking	Group Games	Biking
12:30 - 1 p.m.	Lunch	Lunch	Lunch	Lunch	Lunch
1 - 2:30 p.m.	Swimming (Ponoka Aquaplex)	Swimming (Ponoka Aquaplex)	Swimming (Ponoka Aquaplex)	Outdoor Games	Swimming (Ponoka Aquaplex)
3 - 4 p.m	Sports in the Curling Rink	Sports in the Curling Rink	Sports in the Curling Rink	Sports in the Curling Rink	Sports in the Curling Rink
4 p.m.	Pick Up Time	Pick Up Time	Pick Up Time	Pick Up Time	Pick Up Time



Swim Gear
Mon - Friday

Bikes & Helmets
Tues, Wed, Fri

Bikes & Helmets
can be stored at
the Arena.

Roller Skates can be
provided upon request.

