

U14/U12 Fitness Camp # 1 July 4th - 8th 2022

**** This Schedule is a guideline and only to be used as a starting point Days can be adjusted based on Weather forecasts and #'s ****

July 4th - 8th 2022

				U12 join for two day Fitness camp #1	
	Monday	Tuesday	Wednesday	Thursday	Friday
Meeting Time and Location	10 AM WMSC Cabin Parking with bike	10 AM Spruce Grove with bike	10 AM Spruce Grove with bike	10:00 AM at Spruce Grove with bike	9:30AM at Whistler Racket Club with bike
AM	Meet and Greet, Week overview, Ice breaker Game 11:00 - 12 Roller Blading Roller Blade practice and courses.	Bike to Rainbow for Volleyball / Sand Workout Sand Workout 30 Minutes Volleyball on sand courts Rainbow Park	Field workouts and games. 11 - 12 Roller Blading Roller Blade practice, games, races and courses.	Agility, Workouts 11:00-12 Games Field Games	Pickleball 11:15 Bike Bike to Lost Lake
Lunch	Break 12-12:30	Break 12:00- 12:30	Break 12:00-12:30	Break 12:00-12:30	Break 12:00-12:30
PM	Disk Golf Bike from Creekside to Disc Golf course at Kadenwood	MTB session Meeting in Spruce Grove MTB groups set off to respective trails	lost lake Triathlon Bike,Run,Swim Triathlon at lost lake	Bike to Core Climbing Core Climbing 13:30-14:30	Lost Lake MTB MTB groups set off to respective trails. Finish with Stetch at Spruce Grove Park
Pickup	15:30 WMSC Cabin	15:00 Pick up Spruce Grove	15:30 Pickup Spruce Grove	14:45 Pickup Core Gym	15:00 Pickup Spruce Grove

