



# Week 4: Week of Water Splash

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM-10:00 AM	New Introductions/ Rules	Daily Warm-up/ lead stretches	Daily Warm-up/ Beep test	Daily Warm-up/ lap test	Daily Warm-up/ Pirate game
10:00 AM-10:15 AM	Snack time	Snack time	Snack time	Snack time	Snack time
10:15 AM-12:00 PM	Rookie Rugby 	Egg relay 	Water 	Cake Contest 	Bench Ball 
12:00 PM-1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 PM-2:15 PM	Swimming Pool 	Arts and Crafts 	Water 	Dance 	Bake Sale 
2:15 PM- 2:30 PM	Snack time	Snack time	Snack time	Snack time	Snack time
2:30 PM-3:30 PM	Swimming Pool 	Basketball 	Water 	Dance 	Arts and Crafts 
3:30 PM-4:00 PM	Free time 	Free time 	Water 	Dance 	Free Time 
4:00 PM- 4:30 PM	Sign-out	Sign-out	Sign-out	Sign-out	Sign-out

\* Due to weather conditions or unforeseen circumstances schedule may change.