

# Multi Sports Camp

July 17th-21st, 2023



## Monday-July 17th

9:00am	Drop off - Dressing Rm A
9:15 - 10:15am	Ice Skating
10:00 - 11:00am	Volleyball
11:00 - 11:45am	California Kickball
12:00 - 1:00pm	Walk to/ lunch @ outdoor pool
1:00 - 2:30pm	Swimming
2:30 - 3:00pm	Bus to arena
3:00 - 3:45pm	Ultimate Frisbee
4:00pm	Pick up - Dressing Rm A

## Tuesday - July 18th

9:00am	Drop off - Dressing Rm A
9:15 -10:00am	Capture the Flag
10:00 - 10:45am	Earthball
11:00 - 11:45am	Lunch
12:00 - 1:30pm	Ice Skating
1:00 - 2:30pm	Volleyball
2:30 - 3:00pm	Pickleball
3:00 - 3:45pm	Soccer
4:00pm	Pick up - Dressing Rm A

## Wednesday - July 19th

9:00am	Drop off - Dressing Rm A
9:15 -10:00am	Ultimate Frisbee
10:00 -10:45am	Parachute
11:00 - 11:45am	California Kickball
12:00 -1:00pm	Walk to/ lunch @ outdoor pool
1:00 - 2:30pm	Swimming
2:30 - 3:00pm	Bus to arena
3:00 - 3:45pm	Basketball
4:00pm	Pick up - Dressing Rm A

## Thursday - July 20th

9:00am	Drop off - Dressing Rm A
9:00 -10:00am	Soccer
10:00 -10:45am	Volleyball
11:00 -11:45am	Lunch
12:00 -1:30pm	Ice Skating
1:30 - 2:30pm	Parachute
2:30 - 3:00pm	Pickleball
3:00 - 3:45pm	Earthball
4:00pm	Pick up - Dressing Rm A

## Friday - July 21st

9:00am	Drop off - Dressing Rm A
9:00 -10:00am	Capture the Flag
10:00 -10:45am	Laser Tag
11:00 - 11:45am	California Kickball
12:00 -1:00pm	Walk to/ lunch @ outdoor pool
1:00 - 2:30pm	Swimming
2:30 - 3:00pm	Bus to arena
3:00 - 3:45pm	Bring your own water gun battle
4:00pm	Pick up - Dressing Rm A



## **Please bring:**

Helmet, snacks/ lunch, running shoes, bathing suit, towel, outdoor wear, water bottle, skating clothes and skates if you have them.

Strathcona Gardens  
Recreation Complex

225 S. Dogwood St.  
Campbell River, BC

P: 250-830-6777

**Mon - Fri**

**9 am - 4 pm**

**FOR MORE INFO:**

**Program Coordinator -  
Arenas & Other  
Programs**

**Joel Wheeldon  
250-830-6755  
jwheeldon@srd.ca**

## **NOTES:**

- Please do not have your children bring money or valuables to the facility.
- Please let the leader know if your child has any allergies or medications of which we should be aware.
- Skate rentals available (included with camp admission).

[www.strathconagardens.com](http://www.strathconagardens.com)