

Multi Sports Camp

Jul 31st-Aug 4th, 2023



Monday-Jul 31st

9:00am Drop off - Dressing Rm A
9:15 - 10:00am Volleyball
10:00 - 11:00am Ice Skating
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 - Aug 1st

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 California Kickball
3:00 - 3:45pm Soccer
4:00pm Pick up - Dressing Rm A

Wednesday - Aug 2nd

9:00am Drop off - Dressing Rm A
9:15 -10:00am Ultimate Frisbee
10:00 -10:45am Parachute
11:00 - 11:45am California Kickball
11:45-12:45pm 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

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 in camp admission).

Thursday - Aug 3rd

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 - Aug 4th

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
11:45- 12:45pm 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
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www.strathconagardens.com