



# Ages 9-12 Yrs Old Shockwaves

## MONDAY

**No Equipment  
Needed Today!**

12:30pm - 1:00pm Registration/Meet and Greet  
1:00pm - 1:30pm Knock Out  
1:30pm - 2:00pm Octopus  
2:00pm - 3:00pm Dodge Ball or Tie-Dye shirts/socks  
3:00pm - 3:30pm Snack  
3:30pm - 4:00pm Scatter Ball  
4:00pm - 4:30pm Pickleball

## TUESDAY

**Swimsuit/Sunscreen  
Day**

12:30pm - 12:45pm Free Play/Octopus  
12:45pm - 1:15:00pm Sharks and Minnows  
1:15pm - 2:00pm Hit the Deck  
2:00pm - 3:30pm Swimming (2 Lifeguards on duty)  
3:30pm - 4:00pm Snack  
4:00pm - 4:30pm Kickball



*Please do not bring towels!*

## WEDNESDAY

**Bring Your  
Tennis Racket**




12:30pm - 12:45pm Free Play  
1:00pm - 2:00pm tennis  
2:00pm - 3:00pm Hip Hop or Boot Camp  
3:00pm - 3:30pm Snack  
3:30pm - 4:30pm Soccer

## THURSDAY

**Bring rollerblades  
or Skates and Helmet**



12:30pm - 12:45pm Free Play  
12:45pm - 1:30pm Skating/ Rollerblading  
1:30pm - 3:00pm Swimming (2 Lifeguards on duty)  
3:00pm - 3:30pm Carnival Games  
3:30pm - 4:30pm Pizza Party 

**Swimsuit/sunscreen Day**



*Please do not bring towels!*

## FRIDAY

**NO CAMP TODAY!!  
HOPE TO SEE YOU NEXT SESSION!!**

This Schedule is Subject to Change