

Kentwood Young Adult Camp Activity Sheet

Summer Program 2010

As of June 30, 2010

Week 1

Monday June 21> Introduction/expectations/icebreakers/volleyball
Tuesday June 22> Physical fitness/dodge ball/ tie-dye
Wednesday June 23> Physical fitness/basketball/wooden models/indoor hockey
Thursday June 24> Physical fitness testing/kickball/tile painting/wall-ball
Friday June 25> *Beach/camper's choice

Week 2

Monday June 28> Ice Skating/Crafts/Volleyball
Tuesday June 29> Physical fitness/badminton/woodworking challenge
Wednesday June 30> Bowling/woodworking challenge/physical fitness
Thursday July 1> Physical fitness testing/softball/woodworking challenge/wall-ball
Friday July 2> Physical fitness/camper's choice

Week 3

Monday July 5> *Beach
Tuesday July 6> Physical fitness/dodge ball/Medieval sword building
Wednesday July 7> Laser Quest/fitness
Thursday July 8> Physical fitness testing/basketball/Medieval shields
Friday July 9> Physical fitness/archery/Medieval tournament

Week 4

Monday **July 12> Go-carts/Bumper-Boats/Mini Golf**
Tuesday July 13> Physical fitness/softball/stained glass/beadwork/wall-ball
Wednesday July 14> Kentfest (YA campers work the activities at Day Camp)
Thursday July 15> Physical fitness testing/flag football/woodworking
Friday July 16> Physical fitness/Camper's choice

Week 5

Monday July 19> Swamp Buggy Tour (please bring sunscreen/bug spray) **Later lunch
Tuesday July 20> Physical fitness/flag football/crafts/floor hockey/crafts
Wednesday July 21> Physical fitness/soccer/models
Thursday July 22> Marlins game (please bring a bagged lunch)
Friday July 23> Physical fitness testing/Camper's choice

Week 6

Monday **July 26> *Beach**
Tuesday July 27> Hiking/physical testing/crafts/volleyball/wall ball
Wednesday July 28> *Rapids- **Pick up between 4:30-5:00 (please bring a bagged lunch)**
Thursday July 29> Physical testing/Camper's choice/ice cream party
Friday July 30> Last Day of Camp/Barbeque

*Please bring bathing suit, towel, sunscreen, and appropriate footwear

Changes indicated in bold