



Kentwood Young Adult Camp Activity Sheet

Summer Program 2011

As of June 15, 2011

Week 1

Monday June 20> Introduction/expectations/icebreakers/park
Tuesday June 21> Physical fitness/plyometrics/dodge-ball/tie-dye
Wednesday June 22> Physical fitness/plyometrics/basketball/crafts/indoor sports
Thursday June 23> Physical fitness testing/park/kickball/finish tie-dye
Friday June 24> *Beach/camper's choice

Week 2

Monday June 27> Bowling/Crafts/Volleyball
Tuesday June 28> Physical fitness/plyometrics/soccer/woodworking challenge
Wednesday June 29> Ice Skating/woodworking challenge/physical fitness
Thursday June 30> Physical fitness testing/stickball/woodworking challenge/wall-ball
Friday July 1> Physical fitness/*Swimming/Camper's choice

Week 3

Monday July 4> No camp
Tuesday July 5> Physical fitness/plyometrics/ultimate Frisbee/Medieval sword building
Wednesday July 6> Paintball
Thursday July 7> Physical fitness testing/badminton/Medieval swords continued
Friday July 8> Hiking: Please bring a bagged lunch

Week 4

Monday July 11> Physical fitness/plyometrics/Dave and Busters
Tuesday July 12> Physical fitness/plyometrics/cardio kickball/rain sticks/
Wednesday July 13> *Beach/Camper's choice
Thursday July 14> Physical fitness testing/plyometrics/flag football/Crafts
Friday July 15> *Physical fitness/*Swimming/Camper's choice

Week 5

Monday July 18> Swamp Buggy Tour (please bring sunscreen/bug spray, and **bagged lunch**)
Tuesday July 19> Physical fitness/flag football/crafts/floor hockey/crafts
Wednesday July 20> *Canoeing: Please bring a bagged lunch
Thursday July 21> Physical fitness testing/plyometrics/dodge ball/cork creations
Friday July 22> Physical fitness/plyometrics/*Swimming

Week 6

Monday July 25> *Beach
Tuesday July 26> Hiking/physical testing/crafts/volleyball/wall ball
Wednesday July 27> *Rapids- **Pick up between 4:30-5:00 (please bring a bagged lunch)**
Thursday July 28> Physical testing/Camper's choice/ice cream party
Friday July 29> Last Day of Camp/Barbeque

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