**2025 Tentative Schedule**

**Younger Group**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| 9-9:10am  Welcome | Teacher A  -Attendance  -Qs  -Tap-in | Teacher A  -Attendance  -Qs  -Tap-in | Teacher A  -Attendance  -Qs  -Tap-in | Teacher A  -Attendance  -Qs  -Tap-in | Teacher A  -Attendance  -Qs  -Tap-in |
| 9:10-9:25am  Warm-up | W1 = Leaders  W2 = Leaders  W3 = Leaders  W4 = Leaders | W1 = Picture  W2 = Leaders  W3 = Leaders  W4 = Leaders | W1 = Leaders  W2 = Leaders  W3 = Leaders  W4 = Leaders | W1 = OFF  W2 = Leaders  W3 = Friday Schedule  W4 = Leaders | +Refer to Friday schedule |
| 9:30-9:45am  Team Time | W1 = A  W2 = A  W3 = B  W4 = C | W1 = Picture  W2 = A  W3 = B  W4 = C | W1 = BPFT pre  W2 = A  W3 = B  W4 = BPFT post | W1 = OFF  W2 = A  W3 = Friday Schedule  W4 = C | + |
| Transition (5 min) |  |  |  |  |  |
| 9:50-10:30am Stations (10 min x4) | W1 = A  W2 = B  W3 = C  W4 = A | W1 = A  W2 = B  W3 = C  W4 = A | W1 = BPFT pre  W2 = B  W3 = C  W4 = BPFT post | W1 =OFF  W2 = B  W3 = Friday Schedule  W4 = A |  |
| 10:30-10:50  Snack Time |  |  |  |  |  |
| 10:50-11am  Prep/Walk to Aquatics |  |  |  |  |  |
| 11-11:45  Aquatics\* |  |  |  |  |  |
| 11:50-11:55  Walk back to KIN 62 |  |  |  |  |  |
| 11:55am to 12:00pm Tap Out |  |  |  |  |  |

**2025 Tentative Schedule**

**Middle Group**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| 9-9:10am  Welcome | Teacher A  -Attendance  -Qs  -Tap-in | Teacher A  -Attendance  -Qs  -Tap-in | Teacher A  -Attendance  -Qs  -Tap-in | Teacher A  -Attendance  -Qs  -Tap-in | Teacher A  -Attendance  -Qs  -Tap-in |
| 9:10-9:25am  Warm-up | W1 = Leaders  W2 = Leaders  W3 = Leaders  W4 = Leaders | W1 = Picture\*  W2 = Leaders  W3 = Leaders  W4 = Leaders | W1 = Leaders  W2 = Leaders  W3 = Leaders  W4 = Leaders | W1 = OFF  W2 = Leaders  W3 =Friday Schedule  W4 = Leaders | +See Friday Schedule |
| 9:25-9:40am  Team Time | W1 = A  W2 = A  W3 = B  W4 = C | W1 = Picture  W2 = A  W3 = B  W4 = C | W1 = BPFT pre  W2 = A  W3 = B  W4 = BPFT post | W1 = OFF  W2 = A  W3 = Friday Schedule  W4 = C | + |
| 9:40-10:00am  Snack time/Get ready for pool |  |  |  |  |  |
| 10:00-10:45am  Aquatics |  |  |  |  | + |
| 10:45-11am Transition back |  |  |  |  |  |
| 11:05-11:50am  Stations (10 min x4) | W1 = B  W2 = B  W3 = C  W4 = A | W1 = A  W2 = B  W3 = C  W4 = A | W1 = BPFT pre  W2 = B  W3 = C  W4 = BPFT post | W1 =OFF  W2 = B  W3 = Friday Schedule  W4 = A | + |
| 11:50am to 12:00pm Tap Out |  |  |  |  |  |

**2025 Tentative Schedule**

**Older Groups**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| 9-9:10am  Welcome/ Get ready to transition | Teacher A  -Attendance  -Qs  -Tap-in | Teacher A  -Attendance  -Qs  -Tap-in | Teacher A  -Attendance  -Qs  -Tap-in | Teacher A  -Attendance  -Qs  -Tap-in | Teacher A  -Attendance  -Qs  -Tap-in |
| 9:10-10am  Aquatics |  |  |  |  |  |
| 10:00-10:25 Transition + Snack time |  |  |  |  |  |
| 10:30am- 10:45  Warm up | W1 = Leaders  W2 = Leaders  W3 = Leaders  W4 = Leaders | W1 = Leaders  W2 = Leaders  W3 = Leaders  W4 = Leaders | W1 = Leaders  W2 = Leaders  W3 = Leaders  W4 = Leaders | W1 = OFF  W2 = Leaders  W3 = Friday Schedule  W4 = Leaders |  |
| 10:50- 11:05am  Team time | W1 = A  W2 = A  W3 = B  W4 = C | W1 = Picture  W2 = A  W3 = B  W4 = C | W1 = BPFT pre  W2 = A  W3 = B  W4 = BPFT post | W1 = OFF  W2 = A  W3 = Friday Schedule  W4 = C | W1 = A  W2 = B  W3 = C |
| 11:00-11:40am Stations (10 min x4) | W1 = B  W2 = B  W3 = C  W4 = A | W1 = A  W2 = B  W3 = C  W4 = A | W1 = BPFT pre  W2 = B  W3 = C  W4 = BPFT post | W1 =OFF  W2 = B  W3 = Friday Schedule  W4 = A | + |
| 11:40-11:50 Clean up |  |  |  |  |  |
| 11:55am to 12:00pm Tap Out |  |  |  |  |  |

**\* Picture Day (First Tuesday 9:10-9:45am) Alternate Schedule**

**Older- 9:45-10:30am swim; 10:45-11:05am snack; Stations (11:05-11:55)**

**Middle-Warm-up (9:45-10am); Snack (10-10:20am); 10:30-11:15am swim; Stations (11:25-11:55am)**

**Home Base Locations (Trifold Boards)**

Younger Group = East Gym

Middle Group = KIN 60

Older Group = KIN 62

Peer Buddies = KIN 63

**Team Time & Station Locations**

**Younger Groups**

|  |  |  |  |
| --- | --- | --- | --- |
| **Group 1** | **Group 2** | **Group 3** | **Group 4** |
| East Gym  North Corner | East Gym  East Corner | East Gym  West Corner | East Gym  South Corner |

**Station Rotation = rotate clockwise!**

**Middle Groups**

|  |  |  |  |
| --- | --- | --- | --- |
| **Group 5** | **Group 6** | **Group 7** | **Group 8** |
| KIN 60 | KIN 62 | KIN Lobby | KIN Hallway |

**Station Rotation = KIN 62 ⇒ KIN Hallway ⇒KIN Lobby ⇒ KIN 60 ⇒ KIN 62**

**Olders Groups**

|  |  |  |  |
| --- | --- | --- | --- |
| **Group 9** | **Group 10** | **Group 11** | **Group 12** |
| Lawn  Rock Climbing (Week 4) | Lawn  Rock Climbing (Week 3) | Lawn  Rock Climbing (Week 2) | Lawn  Rock Climbing (Week 1) |

**Station Rotation = Clockwise**

**Note- stations may be a little longer since you only have 3 groups!**

**BPFT Assessment**

Pre: Week 1, Day 3 (Wednesday, June 18)

Post: Week 4, Day 3 (Wednesday, July 9)

* 15M PACER
* Isometric Push-up Hold OR dynamometer
* Curl-Ups OR trunk lift
* Sit-N-Reach OR shoulder stretch

Will rotate every 10 minutes!!

**Aquatics Schedule**

All groups at the REC pool

Week 1, Day 1 = aquatics pre-test (no group lesson)

Week 4, Day 4 = aquatics post-test (no group lesson)

|  |  |
| --- | --- |
| 15 minutes | Group Lesson (taught by Leader) |
| 15 minutes | Goal Time |
| 5 minutes | 5 Minute Fitness |
| 10 minutes | Free time! |

KIN 320 students will join younger group for aquatics assistance in REC pool.

REC Pool

**Peer Buddy Aquatics**

Middle Peer Buddies (Groups 9-12)

Older Peer Buddies (Groups 5-8)

**Friday Schedule:  6/20/25**

|  |  |
| --- | --- |
| **Older Group Friday 6/20/25** | |
| **9:05 -9:15\*** | Transition to Shark Lab |
| 9:15-10  4 stations x 10 minutes each   * Station 1 Shark Lab - Group 9 * Station 2 Outdoor (patio) - Group 10 * Station 3 Marine Lab - Group 11 * Station 4 Science Learning Center- Group 12 | * Shark Lab |
| 10:00-10:15 | Transition to REC Pool |
| 10:15-11:00 | Pool Time |
| 11:00-11:10 | Transition to KIN Building |
| 11:10-11:30 | Snack |
| 11:30--11:50 | Team Time |
| 11:50 – 12:00 | Tap out |

|  |  |
| --- | --- |
| **Younger Group Friday 6/20/25** | |
| **9:10-9:30am** | Walk to Japanese Garden |
| 9:30-10:10  Stations: (12 min each)  1. Yoga   * Teachers = Group 1 & 2 Teacher A   2. Coloring koi fish  3. Japanese Garden Tour |  |
| 10:10-10:30 | Walk back to home base |
| 10:30-10:50 | Snack time |
| 10:50-11am | Transition to aquatics (REC Pool) |
| 11-11:45am | Aquatics |
| 11:45-11:55am | Transition to home base |
| 11:55am – 12pm | Tap out |

|  |  |
| --- | --- |
| **Middle Group Friday 6/20/25** | |
| **9:10-9:20** | Transition to aquatics REC Pool |
| 9:20-10:05 | Aquatics |
| 10:05-10:15 | Transition to home base |
| 10:15-10:35 | Snack time |
| 10:35-10:55 | Walk to Japanese Garden |
| 10:55-11:35  Stations: 3 x 12 min each  1. Yoga   * Wk 1 Teachers = Group 5 & 6 Teacher A   2. Coloring koi fish  3. Japanese Garden Tour | Japanese Garden |
| 11:35-11:55am | Walk back to home base |
| 11:55am – 12pm | Tap out |

**Friday 6/27/25**

|  |  |
| --- | --- |
| **Middle Group Friday 6/27/25** | |
| **9:05 -9:15\*** | Transition to Shark Lab |
| 9:15-10  4 stations x 10 minutes each   * Station 1 Shark Lab - Group 9 * Station 2 Outdoor (patio) - Gro * up 10 * Station 3 Marine Lab - Group 11 * Station 4 Science Learning Center- Group 12 | Shark Lab |
| 10:00-10:15 | Transition to REC Pool |
| 10:15-11:00 | Pool Time |
| 11:00-11:10 | Transition to home base |
| 11:10-11:30 | Snack |
| 11:30--11:50 | Team Time |
| 11:50 – 12:00 | Tap out |

|  |  |
| --- | --- |
| **Younger Group Friday 6/27/25** | |
| **9:10-9:30am** | Walk to Japanese Garden |
| 9:30-10:10  Stations: (12 min each)  1. Yoga   * Wk 2 Teachers = Groups 3 & 4 Teacher A   2. Coloring koi fish  3. Japanese Garden Tour |  |
| 10:10-10:30 | Walk back to home base |
| 10:30-10:50 | Snack time |
| 10:50-11am | Transition to aquatics (REC Pool) |
| 11-11:45am | Aquatics |
| 11:45-11:55am | Transition to home base |

|  |  |
| --- | --- |
| **Older Friday 6/27/25** | |
| **9:10-9:20** | Transition to aquatics REC Pool |
| 9:20-10:05 | Aquatics |
| 10:05-10:15 | Transition to home base |
| 10:15-10:35 | Snack time |
| 10:35-10:55 | Walk to Japanese Garden |
| 10:55-11:35  Stations: 3 x 12 min each  1. Yoga   * Wk 2 Teachers = Group 9 & 10 Teacher A   2. Coloring koi fish  3. Japanese Garden Tour | Japanese Garden |
| 11:35-11:55am | Walk back to home base |
| 11:55am – 12pm | Tap out |

**7/3/25 Thursday**

|  |  |
| --- | --- |
| **Younger Group Thur 7/3/25** | |
| **9:05 -9:15\*** | Transition to Shark Lab |
| 9:15-10  4 stations x 10 minutes each   * Station 1 Shark Lab - Group 9 * Station 2 Outdoor (patio) - Gro * up 10 * Station 3 Marine Lab - Group 11 * Station 4 Science Learning Center- Group 12 | Shark Lab |
| 10:00-10:15 | Transition to REC Pool |
| 10:15-11:00 | Pool Time |
| 11:00-11:10 | Transition to home base |
| 11:10-11:30 | Snack |
| 11:30--11:50 | Team Time |
| 11:50 – 12:00 | Tap out |

|  |  |
| --- | --- |
| **Middle Group Thur 7/3/25** | |
| **9:10-9:30am** | Walk to Japanese Garden |
| 9:30-10:10  Stations: (12 min each)  1. Yoga   * Wk 3 Teachers = Group 7 & 8 Teacher A   2. Coloring koi fish  3. Japanese Garden Tour |  |
| 10:10-10:30 | Walk back to home base |
| 10:30-10:50 | Snack time |
| 10:50-11am | Transition to aquatics (REC Pool) |
| 11-11:45am | Aquatics |
| 11:45-11:55am | Transition to home base |

|  |  |
| --- | --- |
| **Older Thur 7/3/25** | |
| **9:10-9:20** | Transition to aquatics REC Pool |
| 9:20-10:05 | Aquatics |
| 10:05-10:15 | Transition to home base |
| 10:15-10:35 | Snack time |
| 10:35-10:55 | Walk to Japanese Garden |
| 10:55-11:35  Stations: 3 x 12 min each  1. Yoga   * Wk 3 Teachers = Group 11 & 12 Teacher A   2. Coloring koi fish  3. Japanese Garden Tour | Japanese Garden |
| 11:35-11:55am | Walk back to home base |

**Friday Japanese Garden Tentative Schedule**

Starting spots:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Older Groups + Middle Peer Buddies | Younger Groups | Middle Groups + Older Peer Buddies |
| Yoga | Groups 9 | Groups 1 & 2 | Groups 5 |
| Coloring koi fish | Groups 10 | Groups 3 | Groups 6 |
| Japanese Garden Tour | Groups 11 & 12 | Groups 4 | Groups 7 & 8 |

Rotation = Yoga ⇒ Tour (use the secret back exit) ⇒Tour ⇒ Coloring ⇒ Yoga

**Award Ceremony Schedule  July 11**

9:10-10:10am Workshop Meier Law Firm in KIN 59

10:15-11am Older, Middle, Younger awards (each in own gym space)

Younger = East Gym

Middle = KIN 62

Older = West Gym

11:10am to 12pm Awards Ceremony (all) in West Gym

**Awards Ceremony Tentative Schedule (July 11)**

|  |
| --- |
| 9-9:10am   * Welcome |
| 9:15-9:35am   * Warm-up |
| 9:35-9:50am   * Team Time |
| 9:50-10:30am   * Stations |
| 10:35-11:05am   * Younger/Middle/Older Awards |
| Transition to West Gym |
| 11:10am – 12:00pm West Gym Awards!  Have certificates for all campers!! |