

**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					
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**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**

<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>
East Gym North Corner	East Gym East Corner	East Gym West Corner	East Gym South Corner

**Station Rotation = rotate clockwise!**

**Middle Groups**

<b>Group 5</b>	<b>Group 6</b>	<b>Group 7</b>	<b>Group 8</b>
KIN 60	KIN 62	KIN Lobby	KIN Hallway

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

**Olders Groups**

<b>Group 9</b>	<b>Group 10</b>	<b>Group 11</b>	<b>Group 12</b>
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**

<b>Older Group Friday 6/20/25</b>	
<b>9:05 -9:15*</b>	Transition to Shark Lab
9:15-10 4 stations x 10 minutes each <ul style="list-style-type: none"> <li>• Station 1 Shark Lab - Group 9</li> <li>• Station 2 Outdoor (patio) - Group 10</li> <li>• Station 3 Marine Lab - Group 11</li> <li>• Station 4 Science Learning Center- Group 12</li> </ul>	<ul style="list-style-type: none"> <li>• Shark Lab</li> </ul>
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

<b>Younger Group Friday 6/20/25</b>	
<b>9:10-9:30am</b>	Walk to Japanese Garden
9:30-10:10 Stations: (12 min each) 1. Yoga <ul style="list-style-type: none"> <li>Teachers = Group 1 &amp; 2 Teacher A</li> </ul> 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

<b>Middle Group Friday 6/20/25</b>	
<b>9:10-9:20</b>	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 <ul style="list-style-type: none"> <li>Wk 1 Teachers = Group 5 &amp; 6 Teacher A</li> </ul> 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**

<b>Middle Group Friday 6/27/25</b>	
<b>9:05 -9:15*</b>	Transition to Shark Lab
9:15-10 4 stations x 10 minutes each <ul style="list-style-type: none"> <li>• Station 1 Shark Lab - Group 9</li> <li>• Station 2 Outdoor (patio) - Gro up 10</li> <li>• Station 3 Marine Lab - Group 11</li> <li>• Station 4 Science Learning Center- Group 12</li> </ul>	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

<b>Younger Group Friday 6/27/25</b>	
<b>9:10-9:30am</b>	Walk to Japanese Garden
9:30-10:10 Stations: (12 min each) <ol style="list-style-type: none"> <li>1. Yoga               <ul style="list-style-type: none"> <li>• Wk 2 Teachers = Groups 3 &amp; 4 Teacher A</li> </ul> </li> <li>2. Coloring koi fish</li> <li>3. Japanese Garden Tour</li> </ol>	
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

<b>Older Friday 6/27/25</b>	
<b>9:10-9:20</b>	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 <ol style="list-style-type: none"> <li>1. Yoga               <ul style="list-style-type: none"> <li>• Wk 2 Teachers = Group 9 &amp; 10 Teacher A</li> </ul> </li> </ol>	Japanese Garden

2. Coloring koi fish 3. Japanese Garden Tour	
11:35-11:55am	Walk back to home base
11:55am – 12pm	Tap out

### 7/3/25 Thursday

<b>Younger Group Thur 7/3/25</b>	
<b>9:05 -9:15*</b>	Transition to Shark Lab
9:15-10 4 stations x 10 minutes each <ul style="list-style-type: none"> <li>• Station 1 Shark Lab - Group 9</li> <li>• Station 2 Outdoor (patio) - Gro up 10</li> <li>• Station 3 Marine Lab - Group 11</li> <li>• Station 4 Science Learning Center- Group 12</li> </ul>	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

<b>Middle Group Thur 7/3/25</b>	
<b>9:10-9:30am</b>	Walk to Japanese Garden
9:30-10:10 Stations: (12 min each) <ol style="list-style-type: none"> <li>1. Yoga <ul style="list-style-type: none"> <li>• Wk 3 Teachers = Group 7 &amp; 8 Teacher A</li> </ul> </li> <li>2. Coloring koi fish</li> <li>3. Japanese Garden Tour</li> </ol>	
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

<b>Older Thur 7/3/25</b>	
<b>9:10-9:20</b>	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

<ul style="list-style-type: none"><li>• Warm-up</li></ul>
9:35-9:50am <ul style="list-style-type: none"><li>• Team Time</li></ul>
9:50-10:30am <ul style="list-style-type: none"><li>• Stations</li></ul>
10:35-11:05am <ul style="list-style-type: none"><li>• Younger/Middle/Older Awards</li></ul>
Transition to West Gym
11:10am – 12:00pm West Gym Awards! Have certificates for all campers!!