

# CBRC Health & Wellness Clinic 2022 Summer Camp Agenda

Hours: 7:30am - 4:30pm

Ages 5 - 13

The following agenda and camp calendar is subject to change at any time. Time frames are approximate and adjust based on the day and scheduled activity. Listed activities are scheduled, but not guaranteed for any specific day. We will do our best to be consistent with what is planned. **Personal electronics may only be used during free time.** All other times they are required to be put away. Themed dress up day is every Monday.

## Daily Agenda

7:30 am	Camp Opens; Supervised Free time (Personal electronics allowed)
8:30 - 10:30	Rotations - Rockwall Climbing, Racquetball Courts, and AM Snack
10:30 - 11:30	Gym Activities, Fitness Days, and Special Events
11:30 - 12:00	Lunch
12:00 - 1:30	Quiet Time/Movie (Personal electronics allowed) Change for Swim
1:30 - 3:15	Swimming at Pelican Bay & Outdoor Pool
3:15 - 3:30	Family Changing Room - Change back into clothes
3:30 - 4:00	PM Snack or Sand Bar Concession Stand
4:00 - 4:30	Supervised Free Time (Personal electronics allowed)

**CBRC is not responsible for lost or stolen personal items.**

## Things to Pack

Water Bottle



Bathing Suit



Life jacket



Sunscreen



Sneakers



Lunch





# 2022 CBRC Summer Camp Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily</b> June 15-17			6/15 Welcome Campers	6/16 West Richland Library Gym Games	6/17 Outside Games in Tennis Courtyard
<b>Week 1</b> June 20-24	6/20 80's Day	6/21 Trinity Martial Arts Academy	6/22 West Richland Police Department	6/23 Fitness Day - Zumba Zumba	6/24 Bouncin Bins
<b>Week 2</b> June 27-July 1	6/27 Wacky Hair Day Tie Dye Shirts	6/28 Trinity Martial Arts Academy	6/29 Reach Museum Steel Drum Band	6/30 Fitness Day - Cardio Tennis	7/1 Gym Games
<b>Week 3</b> July 4-8	7/4 No Camp - Closed Happy 4th of July	7/5 Patriotic Day Wear Tie Dye Shirt	7/6 Richland Fire Department	7/7 Fitness Day Gym Games	7/8 Bouncin Bins
<b>Week 4</b> July 11-15	7/11 Pajama Day	7/12 Trinity Martial Arts Academy	7/13 Buckskin Golf	7/14 Fitness Day Zumba	7/15 Outdoor Games & Homemade Ice Cream
<b>Week 5</b> July 18-22	7/18 Hero Day	7/19 Trinity Martial Arts Academy	7/20 Reach Museum	7/21 Fitness Day Cardio Tennis	7/22 Bouncin Bins
<b>Week 6</b> July 25-29	7/25 Sports Day	7/26 Trinity Martial Arts Academy	7/27 Richland Airport	7/28 Fitness Day - Agility Drills	7/29 Gym Games
<b>Week 7</b> August 1-5	8/1 Color Wars Blue vs Green	8/2 Trinity Martial Arts Academy	8/3 ACT—Children's Theater	8/4 Fitness Day Zumba	8/5 Bouncin Bins
<b>Week 8</b> August 8-12	8/8 Wild West Day	8/9 Trinity Martial Arts Academy	8/10 Buckskin Golf	8/11 Fitness Day Cardio Tennis	8/12 Outdoor Games & Homemade Ice Cream
<b>Week 9</b> August 15-19	8/15 Disney Day	8/16 Trinity Martial Arts Academy	8/17 Reach Museum	8/18 Fitness Day Agility Drills	8/19 Bouncin Bins
<b>Week 10</b> August 22-26	8/22 Hawaiian Day	8/23 Trinity Martial Arts Academy	8/24 Outdoor Games Tennis Courtyard	8/25 Gym Games	8/26 Outdoor BBQ