

Scripps Ranch Swim & Racquet Club
 Summer Camps 2010

Self-Defense

Session: 10

Day: Monday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Self-Defense (9:15)	El Mirador
10:00		
10:30	Snack	
11:00	Self-Defense	El Mirador
11:30		
12:00		
12:30	Lunch	
1:00	Art Project: Chalk Art	Kitchen Patio Tables
1:30		
2:00	Swimming or Free Choice	Pool or Playground
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

* All itineraries, times, and locations are subject to change. AM snack and lunch must be brought by camper.

PARENT PERFORMANCE THURSDAY AT 11:30am!

Scripps Ranch Swim & Racquet Club
 Summer Camps 2010

Self-Defense

Session: 10

Day: Tuesday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Self-Defense (9:15)	Basketball Court
10:00		
10:30	Snack	
11:00	Self-Defense	El Mirador
11:30		
12:00		
12:30	Lunch	
1:00	Art Project: Blob Art	Kitchen Patio Tables
1:30		
2:00	Swimming or Movie	Pool or TV Room
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

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PARENT PERFORMANCE THURSDAY AT 11:30am!

Scripps Ranch Swim & Racquet Club
 Summer Camps 2010

Self-Defense

Session: 10

Day: Wednesday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Self-Defense (9:15)	El Mirador
10:00		
10:30	Snack	
11:00	Self-Defense	El Mirador
11:30		
12:00		
12:30	Lunch	
1:00	Art Project: Crayon Resist	Kitchen Patio Tables
1:30		
2:00	Swimming or Free Choice	Pool or Playground
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

* All itineraries, times, and locations are subject to change. AM snack and lunch must be brought by camper.

PARENT PERFORMANCE THURSDAY AT 11:30am!

Scripps Ranch Swim & Racquet Club
Summer Camps 2010

Self-Defense

Session: 10

Day: Thursday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Self-Defense (9:15)	El Mirador
10:00		
10:30	Snack	
11:00	Self-Defense	El Mirador
11:30	Parent Performance	El Mirador
12:00		
12:30	Lunch	
1:00	Group Game: Captain Says	Basketball Court
1:30		
2:00	Swimming or Movie	Pool or TV Room
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

* All itineraries, times, and locations are subject to change. AM snack and lunch must be brought by camper.

PARENT PERFORMANCE THURSDAY AT 11:30am!