



Summer Day Camp
2020
Program
Archambault and Beurling park

Program for the day

Activities begin on Archambault or Beurling park

9:00 to 9:10: Juggling (10 minutes)

9:10 to 09:25: Warm up Game (15 - 20 minutes)

09:30 to 10:30: Full technical session (60 minutes)

1. agility, coordination, reaction, running
2. 1v1 attacking
3. shooting technique

10:30 to 10:40: Snack

10:40 to 11:05: mini matches (25 minutes)

11:05 to 11:15: Coaches Challenge

11:15:

Nun's Island: Walk direction Centre Elgar

Mainland: Walk direction Chalet Beurling (Beurling park) or gym (to be confirmed)

11:30 to 12:30: Lunch and free time (board games, park)

Nun's Island: Salle Saules Centre Elgar

Mainland: Chalet Beurling ou gym (to be confirmed)

12:30 to 1:30pm: Worldcup repeat morning game

13:30/1:30pm: Begin walk to swimming pool (if raining the kid will have indoor activities)
(Centre Elgar)- (Chalet Beurling or gym (to be confirmed))

Nun's Island: Piscine Centre Elgar

Mainland: Piscine Natatorium

14:45/2:45pm:

Nun's Island: Indoor activities at Centre Elgar and pick up

Mainland: begin walk to Beurling park

3:30pm to 5:00pm: Day Care optional

END OF THE DAY