



Canadian Progress Club
HALIFAX



CLUB INCLUSION

WEEK 1: ACTIVE EXPLORERS

JUNE 30TH- JULY 4TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WELCOME TO CAMP!</p> <p>NAME PLANES & WELCOME GAMES</p> <p>BREAK</p> <p>COMPASS CRAFT</p> <p>LUNCH</p> <p>MAP AND CODE MAKING CHALLENGE FOR TREASURE HUNT</p> <p>BREAK</p> <p>GROUP TREASURE HUNTS</p> <p>REMEMBER: WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>HAPPY Canada Day</p> <p>NO CAMP!</p>	<p>WELCOME GAMES AND FRISBEE GOLF</p> <p>BREAK</p> <p>BATTLE BALL</p> <p>LUNCH</p> <p>WALKING OUTING TO FLYNN PARK 12:00</p> <p>SOCCER BASEBALL</p> <p>WALK BACK TO CLUB</p> <p>REMEMBER: GOOD WALKING SHOES, WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND TRACK AND FIELD</p> <p>BREAK</p> <p>BASKETBALL</p> <p>EARLY LUNCH</p> <p>BUS OUTING TO YORK REDOUBT! LEAVES AT 11:30</p> <p>NATURE HIKE, FIELD GAMES, AND PARACHUTE PARTY TIME!</p> <p>BUS BACK TO CAMP</p> <p>REMEMBER: GOOD WALKING SHOES, WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND BADMINTON, PICKLEBALL, AND PING PONG</p> <p>BREAK</p> <p>4 SQUARE</p> <p>LUNCH</p> <p>WALK TO J&J'S</p> <p>CAMPFIRE! HOTDOGS SMORE'S</p> <p>WALK BACK TO CLUB</p> <p>REMEMBER: GOOD WALKING SHOES, WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>



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WEEK 2: GAME ON!

JULY 7-11



WELCOME TO CAMP!

PARACHUTE
&
WELCOME GAMES

BREAK

CANADIAN
GLADIATORS

LUNCH

SURVIVOR
CHALLENGES

BREAK

TRIBAL
COUNCIL AND
AWARDS

REMEMBER:
WATER BOTTLE, SUNSCREEN,
HAT, LUNCH WITH COLD PACK
AND SNACKS.

WELCOME GAMES
AND
THE CHALLENGE

BREAK

FAMILY FUED
FITNESS

LUNCH

WALKING
OUTING TO
WESTMOUNT
SPRAYPARK
12:00

SPLASH PAD AND
PLAYGROUND

WALK BACK TO
CLUB

REMEMBER:
GOOD WALKING SHOES, WET
CLOTHES AND TOWEL, WATER
BOTTLE, HAT, SUNSCREEN
LUNCH WITH COLD PACK AND
SNACKS.

WEDNESDAY

WELCOME
AND
TITIAN GAMES

BREAK

BIG BROTHER

LUNCH

AMERICAN NINJA
WARRIOR!

BREAK

FLOOR IS LAVA

REMEMBER:
WATER BOTTLE, HAT
SUNSCREEN, LUNCH WITH COLD
PACK AND SNACKS.

THURSDAY

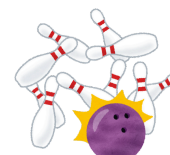
WELCOME GAMES
AND
PHYSICAL 100

BREAK

THE CIRCLE

EARLY LUNCH

BUS OUTING
BOWLARAM LEAVES
AT 11:30



BOWLING !!!

BUS BACK TO
CAMP

REMEMBER:
SOCKS AND MONEY IF YOU
WANT TO BUY FOOD, WATER
BOTTLE, HAT, LUNCH WITH
COLD PACK AND SNACKS.

FRIDAY

WELCOME GAMES
AND
LAZER MAZE

BREAK

FITNESS
INFLUENCEER
VIDEOS

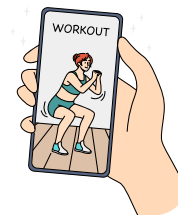
LUNCH

GF NAILED IT
BAKING

BREAK

WATCHING OUR
VIDEOS AND
EATING CAKE

REMEMBER:
WATER BOTTLE, HAT,
SUNSCREEN LUNCH WITH COLD
PACK AND SNACKS.



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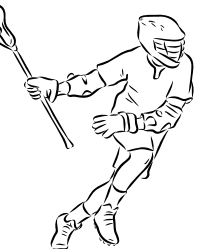
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WEEK 3: MULTI SPORT MANIA

JULY 14-18



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WELCOME TO CAMP!</p> <p>NAME BUCKETS & WELCOME GAMES</p> <p>BREAK</p> <p>KARATE W CASK KARATE</p> <p>LUNCH</p> <p>FLOOR HOCKEY OR PINGPONG</p> <p>BREAK</p> <p>BASKETBALL SHOOTING COMPETITION</p> <p>REMEMBER: GOOD WALKING SHOES, WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND USING THE INCLUSIVE GYM</p> <p>BREAK</p> <p>LEAKY BUCKET AND WATER GAMES</p> <p>LUNCH</p> <p>WALKING OUTING TO FLYNN PARK 12:00</p> <p>FLAG FOOTBALL</p> <p>WALK BACK TO CLUB</p> <p>PLEASE COME IN YOUR WET CLOTHES, WATER BOTTLE, SUNSCREEN, HAT, LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME AND GOAL BALL</p> <p>BREAK</p> <p>BATTLE DODGEBALL</p> <p>LUNCH</p> <p>MAKING HEALTHY SNACKS</p> <p>BREAK</p> <p>EATING OUR SNACKS</p> <p>APPRECIATION MEDALS</p> <p>REMEMBER: WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND GAGA BALL</p> <p>BREAK</p> <p>RACQUET RUMBLE</p> <p>EARLY LUNCH</p> <p>BUS OUTING TO THE COMMONS! LEAVES AT 11:30 LACROSSE!!</p> <p>PARACHUTE GAMES</p> <p>PLAYGROUND</p> <p>BUS BACK TO CAMP</p> <p>REMEMBER: WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND BRUNCH CLUB!!</p> <p>LUNCH</p> <p>BOXING WITH KYLE</p> <p>BREAK</p> <p>YOGA</p> <p>AWARDS</p> <p>REMEMBER: YOU DO NOT NEED A LUNCH JUST SNACKS AND WATER BOTTLE, HAT, AND SUNSCREEN.</p>



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WEEK 4: RECREATION NATION

JULY 21-25TH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WELCOME TO CAMP!</p> <p>NAME TAG PARTNER HUNT & WELCOME GAMES</p> <p>BREAK</p> <p>SPORTS AROUND THE WORLD ACTIVE TRIVIA</p> <p>LUNCH</p> <p>DISCOVER & PLAY: NATIONAL SPORTS 1</p> <p>BREAK</p> <p>FEEL GOOD AND FLOW YOGA</p> <p>ROSES AND THORNS</p> <p>REMEMBER: SUNSCREEN WATER BOTTLE, HAT, LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND FUN WITH FLAGS</p> <p>BREAK</p> <p>CHEERLEADING WITH HALIFAX CHEER ELITE</p> <p>LUNCH</p> <p>WALKING OUTING TO HORSESHOE PARK AT 12:00</p> <p>KUBB KAN JAM</p> <p>WALK BACK TO CLUB</p> <p>REMEMBER: GOOD WALKING SHOES, WATER BOTTLE, HAT, SUNSCREEN, LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND NAME TAG PARTNER RACE</p> <p>BREAK</p> <p>CLAP CATCH</p> <p>LUNCH</p> <p>DISCOVER & PLAY: NATIONAL SPORTS 2</p> <p>BREAK</p> <p>LACROSSE</p> <p>ROSES AND THORNS</p> <p>REMEMBER: WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND OWARE</p> <p>BREAK</p> <p>DRUM FIT</p> <p>EARLY LUNCH</p> <p>BUS OUTING TO DARTMOUTH SPORTSPLEX LEAVES AT 11:30</p> <p>TRACK AND GYM</p> <p>BUS BACK TO CAMP</p> <p>REMEMBER: GOOD SHOES, WATER BOTTLE, HAT, LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND FLAG KABADDI</p> <p>BREAK</p> <p>TCHOUKBALL</p> <p>LUNCH</p> <p>DISCOVER & PLAY: NATIONAL SPORTS 3</p> <p>BREAK</p> <p>AWARDS!</p> <p>ROSES AND THORNS</p> <p>REMEMBER: WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>



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WEEK 5: SPLASH SPORTS

JULY 28- AUGUST 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WELCOME TO CAMP!</p> <p>BLANKET GAME & WELCOME GAMES</p> <p>BREAK</p> <p>AQUA BLASTERS</p> <p>LUNCH</p> <p>DRIP DRIP DROP AND WATER LIMBO</p> <p>BREAK</p> <p>GRANOLA...BAR HEALTHY SNACKS</p> <p>REMEMBER: WET CLOTHES AND TOWEL, WATER BOTTLE, SUNSCREEN HAT, LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND DIVIDER BALL</p> <p>BREAK</p> <p>MAKING HEALTHY SNACKS FOR OUR TRIP</p> <p>LUNCH</p> <p>WALKING OUTING TO WESTMOUNT SPRAYPARK 12:00</p> <p>WATERBASEBALL</p> <p>SPLASH PAD</p> <p>WALK BACK TO CLUB</p> <p>REMEMBER: GOOD SHOES, WET CLOTHES AND TOWEL, WATER BOTTLE, HAT, LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND ZUMBA WITH RAFI</p> <p>BREAK</p> <p>SLIME FACTORY</p> <p>LUNCH</p> <p>SPLASH BALL WATER DODGEBALL</p> <p>DUNK TANK</p> <p>SNOWCONES!</p> <p>REMEMBER: WET CLOTHES AND TOWEL, WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND WIPEOUT!</p> <p>BREAK</p> <p>NOODLE JOUSTING</p> <p>EARLY LUNCH</p> <p>BUS OUTING TO DARTMOUTH ALBRO LAKE LEAVES AT 11:30</p> <p>SWIMMING</p> <p>FISHING</p> <p>BUS BACK TO CAMP</p> <p>REMEMBER: GOOD SHOES, WET CLOTHES AND TOWEL, WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND STEADY SQUAD BALANCE RELAYS</p> <p>BREAK</p> <p>INTERNATIONAL DANCE PARTY</p> <p>LUNCH</p> <p>FROZEN TSHIRT RACE</p> <p>BREAK</p> <p>CAPTURE THE FLAG</p> <p>REMEMBER: GOOD SHOES, WET CLOTHES AND TOWEL, WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>



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WEEK 6: ADVENTURE WEEK

AUGUST 5-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>NATAL DAY</p> <p>NO CAMP</p>	<p>WELCOME GAMES AND NAME SCAVANGER HUNT</p> <p>BREAK</p> <p>ACTIVE ESCAPE ROOMS</p> <p>LUNCH</p> <p>WALKING OUTTING TO WESTMOUNT 12:00</p> <p>LEAKY BUCKET</p> <p>TCHOUKBALL BUS BACK TO CAMP</p> <p>REMEMBER: GOOD SHOES, WET CLOTHES AND TOWEL, WATER BOTTLE, HAT, SUNSCREN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND INCLUSIVE GYM</p> <p>BREAK</p> <p>BOXING WITH KYLE</p> <p>LUNCH</p> <p>WALKING OUTTING TO FLYNN PARK 12:00</p> <p>TBALL</p> <p>PLAYGROUND</p> <p>WALK BACK TO CLUB</p> <p>REMEMBER: WATER BOTTLE, HAT, SUNSCREEN, LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND FINDING ADVENTURE SCAVANGER HUNT</p> <p>BREAK</p> <p>QUEST FOR FIRE AND S'MORES</p> <p>EARLY LUNCH</p> <p>BUS OUTING TO SHUBIE WILDLIFEPARK LEAVES AT 11:00</p> <p>ANIMAL SCAVANGER HUNT</p> <p>BUS BACK TO CAMP</p> <p>REMEMBER: GOOD SHOES, SUNSCREEN WATER BOTTLE, HAT, LUNCH THAT DOES NOT NEED TO BE HEATED AND SNACKS.</p>	<p>WELCOME GAMES AND REC VAN!!!</p> <p>BREAK</p> <p>MORE REC VAN!!!</p> <p>LUNCH</p> <p>WALKING OUTTING TO HORSEHOE PARK</p> <p>SKIP IT & SHIP IT</p> <p>KUBB AND KAN JAM</p> <p>WALK BACK TO CLUB</p> <p>REMEMBER: WATER BOTTLE, HAT, SUNSCREEN, LUNCH WITH COLD PACK AND SNACKS.</p>  



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WEEK 7: PERFORMANCE

AUGUST 11-15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WELCOME TO CAMP!</p> <p>NAME CHARADE AND WELCOME GAMES</p> <p>BREAK</p> <p>MUSIC AND MOVEMENT WITH MARITIME CONSERVATORY</p> <p>LUNCH</p> <p>PAINT AFTERNOON WITH MATT</p> <p>BREAK</p> <p>MINDFUL MOVES MEDITATION</p> <p>REMEMBER: WATER BOTTLE, SUNSCREEN HAT, LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND CHAIR ONE FITNESS</p> <p>BREAK</p> <p>MAKING OUR SNACK FOR OUR PICNIC PARTY</p> <p>LUNCH</p> <p>WALKING OUTING TO REGATTA WAY 12:00</p> <p>PICNIC</p> <p>BOCCE</p> <p>WALK BACK TO CLUB</p> <p>REMEMBER: GOOD SHOES, WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND GETTING PUMPED WITH COACH JUSTIN</p> <p>BREAK</p> <p>EUROPEAN HANDBALL</p> <p>LUNCH</p> <p>COMMUNITY DAY! WITH GLOW PARTIES</p> <p>DUNK TANK</p> <p>FEILD GAMES</p> <p>REMEMBER: GOOD SHOES, WET CLOTHES AND TOWEL, WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND BOB THE WEASEL</p> <p>BREAK</p> <p>HUMAN CURLING</p> <p>EARLY LUNCH</p> <p>BUS OUTING TO BOARDWALK 11:30</p> <p>SAND COURT FUN</p> <p>FOOD HUTS!</p> <p>BUS BACK TO CAMP</p> <p>REMEMBER: GOOD SHOES, MONEY IF YOU WANT TO BUY FOOD, WATER BOTTLE, HAT, SUNSCREEN, LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND MINI GOLF</p> <p>BREAK</p> <p>MAKE YOUR OWN PIZZA PARTY</p> <p>LUNCH</p> <p>KARAOKE DANCE CAFE</p> <p>BREAK</p> <p>END OF CAMP SLIDE SHOW</p> <p>REMEMBER: GOOD SHOES, WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>



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