



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></p> <p></p> <p>REMEMBER: WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>HAPPY Canada Day</p> <p>NO CAMP!</p> <p></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> <p></p> <p></p>



prescott.



CLUB INCLUSION



Canadian Progress Club
HALIFAX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WELCOME TO CAMP!</p> <p>PARACHUTE & WELCOME GAMES</p> <p>BREAK</p> <p>CANADIAN GLADIATORS</p> <p>LUNCH</p> <p>SURVIVOR CHALLENGES</p> <p>BREAK</p> <p>TRIBAL COUNCIL AND AWARDS</p> <p>REMEMBER: WATER BOTTLE, SUNSCREEN, HAT, LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND THE CHALLANGE</p> <p>BREAK</p> <p>FAMILY FUED FITNESS</p> <p>LUNCH</p> <p>WALKING OUTING TO WESTMOUNT SPRAYPARK 12:00</p> <p>SPLASH PAD AND PLAYGROUND</p> <p>WALK BACK TO CLUB</p> <p>REMEMBER: GOOD WALKING SHOES, WET CLOTHES AND TOWEL, WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME AND TITIAN GAMES</p> <p>BREAK</p> <p>BIG BROTHER</p> <p>LUNCH</p> <p>AMERICAN NINJA WARRIOR!</p> <p>BREAK</p> <p>FLOOR IS LAVA</p> <p>REMEMBER: WATER BOTTLE, HAT, SUNSCREEN, LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND PHYSICAL 100</p> <p>BREAK</p> <p>THE CIRCLE</p> <p>EARLY LUNCH</p> <p>BUS OUTING BOWLARAM LEAVES AT 11:30</p> <p></p> <p>BOWLING !!!</p> <p>BUS BACK TO CAMP</p> <p>REMEMBER: SOCKS AND MONEY IF YOU WANT TO BUY FOOD, WATER BOTTLE, HAT, LUNCH WITH COLD PACK AND SNACKS.</p>	<p>WELCOME GAMES AND LAZER MAZE</p> <p>BREAK</p> <p>FITNESS INFLUENCEER VIDEOS</p> <p>LUNCH</p> <p>GF NAILED IT BAKING</p> <p>BREAK</p> <p>WATCHING OUR VIDEOS AND EATING CAKE</p> <p></p> <p>REMEMBER: WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>



prescott.



Canadian Progress Club
HALIFAX



CLUB INCLUSION

WEEK 3: MULTI SPORT MANIA

JULY 14-18



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



prescott.



CLUB INCLUSION



Canadian Progress Club
HALIFAX

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</p> <p>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>  



prescott.



CLUB INCLUSION

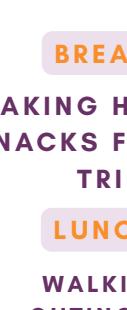


Canadian Progress Club
HALIFAX

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</p> <p>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>



prescott.



CLUB INCLUSION



Canadian Progress Club
HALIFAX

WEEK 6: ADVENTURE WEEK

AUGUST 5-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>NATAL DAY NO CAMP</p>	<p>WELCOME GAMES AND NAME SCAVENGER 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</p> <p>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 SCAVENGER 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 SCAVENGER 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 HORSESHOE 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>  



prescott.



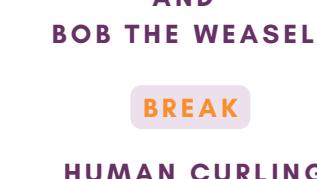
CLUB INCLUSION



Canadian Progress Club
HALIFAX

WEEK 7: PREFORMANCE

AUGUST 11-15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WELCOME TO CAMP!</p> <p>NAME CHARADE AND WELCOME GAMES BREAK</p> <p>MUSIC AND MOVEMENT WITH MARITIME CONSERVATORY LUNCH</p> <p>PAINT AFTERNOON WITH MATT 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 BREAK</p> <p>MAKING OUR SNACK FOR OUR PICNIC PARTY LUNCH</p> <p>WALKING OUTING TO REGATTA WAY 12:00</p> <p>PICNIC</p> <p>BOCCÉ</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 BREAK</p> <p>EUROPEAN HANDBALL 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 BREAK</p> <p>HUMAN CURLING 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 BREAK</p> <p>MAKE YOUR OWN PIZZA PARTY LUNCH</p> <p>KARAOKE DANCE CAFE BREAK</p> <p>END OF CAMP SLIDE SHOW</p> <p>REMEMBER: GOOD SHOES, WATER BOTTLE, HAT, SUNSCREEN LUNCH WITH COLD PACK AND SNACKS.</p>  



prescott.