# Day in the life as a Junior Explorer (Ages 8-10)

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| **Drop Off** | 8:30 - 9:00 a.m. | Drop Off | Campers sign in with their counsellor in the field at their group sign. |
| **Period 1** | 9:00 - 10:15 a.m. | Gym | Campers begin their day in the gym playing classic games like “Rock, Paper, Scissors Cheerleader” and “Giants, Wizards, Elves”. |
| **Snack Break** | 10:15 - 10:30 a.m. | Snack | Enjoy a snack break with friends to rest up and reset for the rest of the day.<br>e.g. Orange slices. |
| **Period 2** | 10:30 - 12:00 p.m. | Trails | The Junior Explorers will head to the tennis court where they will do an introduction to tennis skills. |
| **Lunch** | 12:00 - 12:30 p.m. | Lunch | Enjoy a delicious and nutritious served lunch to fuel up for the afternoon ahead!<br>e.g. Chicken Tacos, Carrots, Cucumbers and Watermelon Slices. |
| **Period 3** | 12:30 - 1:45 p.m. | Campers Choice | Junior Explorers get an activity choice for this period to participate in either:<br>Art Room: Felt Name Tag Making<br>Matthews Field: World Cup Soccer |
| **Period 4** | 1:45 - 3:00 p.m. | Canoe | Campers head down to the waterfront for a morning paddle on Lake Katchewanooka filled with campfire songs and good views! |
| **Period 5** | 3:00 - 4:30 p.m. | Theatre | Junior Explorers will channel their inner dancer through a “Just Dance” challenge in the theatre - busting a move to their favourite Disney songs. |
| **Pick Up** | 4:30 - 4:45 p.m. | Pick up | Campers check out and head home for the evening to get a good night's rest before another fun day at camp tomorrow! |