



ST. LUKE'S SPORTS CENTER SUMMER CAMP

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM - 9:00AM	Check In Free Play				
9:00AM - 9:30AM	Warm Up Activity - Running/Stretching	FIELD TRIP	Warm Up Activity - Running/Stretching	FIELD TRIP	Warm Up Activity - Running/Stretching
9:30AM - 10:30AM	Sport Instruction with Stations		Sport Instruction with Stations		Sport Instruction with Stations
10:30AM - 11:30AM	Sport Games		Sport Games		Sport Games
11:30AM - 12:00PM	Special Activity		Special Activity		Special Activity
12:30PM - 1:30PM	Lunch Break		Lunch Break		Lunch Break
1:30PM - 2:30PM	Sport Instruction with Stations		Sport Instruction with Stations		Sport Instruction with Stations
2:30PM - 3:00PM	Sport Games		Sport Games		Sport Games
3:00PM - 3:30PM	Snack		Snack		Snack
3:30PM - 4:00PM	Guest Speaker		Guest Speaker		Guest Speaker
4:00PM - 5:00PM	Competitions + Giveaways		Competitions + Giveaways		Competitions + Giveaways
5:00PM - 6:00PM	Pick Up Free Play				

During the mornings players will focus on developing their technique and skills within each sport.

The afternoon will consist of small sided games in a fun and competitive environment.

Activities will include soccer, football, baseball/softball, lacrosse, basketball, volleyball, and many more!

Fieldtrips will take place at Whitehall Park & Playground as well as the Ironton Rail Train