

Time Capsule 2023

Disco 70's & Awesome 80's

July 17 - July 21



8:00-9:00	Early Drop Off/Drop Off - TV/Movie
9:00-9:20	Group Warm Up - Warm Up Song
9:20-9:25	Assign Kids to Groups
9:25-9:40	Rotation 1
9:40-9:45	Rotate/Water/Regroup
9:45-10:00	Rotation 2

(10-11 Wednesday: Special Guest)

10:00-10:05	Rotate/Water/Regroup
10:05-10:20	Rotation 3
10:20-10:25	Rotate/Water/Regroup
10:25-10:40	Rotation 4
10:40-10:45	Rotate/Water/Regroup
10:45-11:00	Rotation 5
11:00-11:05	Rotate/Water/Regroup
11:05-11:20	Rotation 6
11:20-11:25	Safety Rules
11:25-12:00	Open Gym - All Groups

12:00-12:05	Release of 1/2 Day Kids (zxe z e)
12:05-12:30	Lunch - All Full & Xtended Day Kids
12:30-1:30	Movie
1:30-2:00	Group Game - All Groups
2:05-2:15	Safety Orientation
2:15-2:45	Open Gym - All Groups

3:00-3:30	Read Books/Ground Puzzles, etc
3:30-5:30	Gymnastics/Ninja Rotations

Kid's Camp Weeks - Time Capsule

Week 1	Land Before Time - 5/22-5/26
Week 2	Ancient Civilization - 5/30-6/2
Week 3	Medieval Times - 6/5-6/9
Week 4	Colonial America - 6/12-6/16
Week 5	Wild, Wild West - 6/19-6/23
Week 6	Roaring 20's, 30's, & 60's - 6/26-6/30
Week 7	Happy Days 50's & 60's - 7/10-7/14
Week 8	Disco 70's & Awesome 80's - 7/17-7/21
Week 9	The Fresh 90's & Y2K - 7/25-7/28
Week 10	Present Day & Future World - 7/31-8/4

Monday	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5	Rotation 6
Group 1	Snack	Bars	Sport/Game	Sidewalk Chalk	Craft	Trampolines
Group 2	Trampolines	Snack	Bars	Sport/Game	Sidewalk Chalk	Craft
Group 3	Craft	Trampolines	Snack	Bars	Sport/Game	Sidewalk Chalk
Group 4	Sidewalk Chalk	Craft	Trampolines	Snack	Bars	Sport/Game
Group 5	Sport/Game	Sidewalk Chalk	Craft	Trampolines	Snack	Bars
Group 6	Bars	Sport/Game	Sidewalk Chalk	Craft	Trampolines	Snack
Group 7	Sensory Table	Pit Games	Tumble Tramp/Pit	Beam	Snack	Craft
Group 8	Pit Games	Sensory Tables	Beam	Snack	Craft	Sport/Game

Tuesday	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5	Rotation 6
Group 1	Snack	PFG (purple floor)	Craft	Ninja Obstacles	Sensory Tables	Sport/Game
Group 2	Sport/Game	Snack	PFG (purple floor)	Craft	Ninja Obstacles	Pit Games
Group 3	Sensory Tables	Sport/Game	Snack	PFG (purple floor)	Craft	Ninja Obstacles
Group 4	Ninja Obstacles	Sensory Tables	Sport/Game	Snack	PFG (purple floor)	Craft
Group 5	Craft	Ninja Obstacles	Sensory Tables	Sport/Game	Snack	PFG (purple floor)
Group 6	PFG (purple floor)	Craft	Ninja Obstacles	Sensory Tables	Sport/Game	Snack
Group 7	Snack	Bars	Craft	Sport/Game	Sidewalk Chalk	Trampolines
Group 8	Craft	Sport/Game	Sidewalk Chalk	Trampolines	Snack	Sensory Tables

Wednesday	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5	Rotation 6
Group 1	Floor Obstacle	Back Gym Obstacle	Special Guest of the Week Surprise			Recess
Group 2	Floor Obstacle	Back Gym Obstacle				Recess
Group 3	Recess	Floor Obstacle				Back Gym Obstacle
Group 4	Recess	Floor Obstacle				Back Gym Obstacle
Group 5	Recess	Floor Obstacle				Floor Obstacle
Group 6	Back Gym Obstacle	Recess				Floor Obstacle
Group 7	Back Gym Obstacle	Recess				Floor Obstacle
Group 8	Back Gym Obstacle	Recess				Floor Obstacle

Thursday	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5	Rotation 6
Group 1	Snack	Tumble Tramp/Pit	Sport/Game	Beam	Craft	PFG (purple floor)
Group 2	PFG (purple floor)	Snack	Tumble Tramp/Pit	Sport/Game	Beam	Craft
Group 3	Craft	PFG (purple floor)	Snack	Tumble Tramp/Pit	Sport/Game	Beam
Group 4	Beam	Craft	PFG (purple floor)	Snack	Tumble Tramp/Pit	Sport/Game
Group 5	Sport/Game	Beam	Craft	PFG (purple floor)	Snack	Tumble Tramp/Pit
Group 6	Tumble Tramp/Pit	Sport/Game	Beam	Craft	PFG (purple floor)	Snack
Group 7	Red Trampolines	Ninja Obstacles	Snack	PFG (purple floor)	Craft	Sport/Game
Group 8	PFG (purple floor)	Craft	Sport/Game	Snack	Ninja Obstacles	Red Trampolines

Friday	9:15-9:30	1 - 9:30-10:05	2- 10:05-10:40	3 - 10:40-11:15	4- 11:15-11:50	11:50-12:00
Group 1	Group Picture	Snow Cones	Water Day	Open Gym	Bingo/Games	Game
Group 2	Group Picture	Water Day	Open Gym	Bingo/Games	Snow Cones/Dress	Game
Group 3	Group Picture	Bingo/Games	Snow Cones	Water Day	Open Gym	Game
Group 4	Group Picture	Open Gym	Bingo/Games	Snow Cones	Water Day	Game
Group 5	Group Picture	Snow Cones	Water Day	Open Gym	Bingo/Games	Game
Group 6	Group Picture	Water Day	Open Gym	Bingo/Games	Snow Cones/Dress	Game
Group 7	Group Picture	Bingo/Games	Snow Cones	Water Day	Open Gym	Game
Group 8	Group Picture	Open Gym	Bingo/Games	Snow Cones	Water Day	Game

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	Warm-Up Song - Go Noodle	Morning TV	Snack	Group Game	Art/Craft	Sport/Game	Movie
Monday	I Gotta Feeling, Yes! I Want to build a Snowman ,Bring it Down	Wild Krats	Fruit Snacks	Shark	Lava Lamp	Basketball	Monsters Inc.
Tuesday	Hum De Dum, Copy Catman, Have Compassion	Magic School Bus	Pretzels	Jet Across the Sky	Guitar	Darts	Monsters University
Wednesday	Get Loose and Shake Your Crumbs, Chin Up	Bluey	Cheerios	Blob Tag	XX	XX	Soul
Thursday	Squatchy Rock, Electricity , On & Off	Odd Squad	Fruit Snacks	Telephone	Boombox	Soccer	Cars
Friday	Blast Off, Ride ahead of the Heard ,Bee Breath	Bluey	Pretzels	Floor is Lava	XX	XX	COCO

PFG = Purple Floor Games: I.E. Basketball, Cornhole, The floor is Lava Game, Puzzles, Blocks, Reading, Board Games, Etc.

X-tended Day Schedule

2:45 - 5:30 pm

3 Week Rotation

	Group 1	Group 2
2:45-2:55	Bars	Ninja 1
2:55-3:15	Ninja 1	Tumble Tramp
3:15-3:26	Tumble Tramp	Floor F1
3:26-3:40	Mini Tramp	Trampoline
3:40-3:55	Ninja 2 & 3	Mini Tramp
3:55-4:10	Fun Activity	
4:10-4:15	Ground Obstacles	Tumble Tramp
4:15-4:35	Bathroom/Snack Time	
4:35-4:53	Craft/Creative Play	Outdoor Active Play
4:53-5:30	Bathroom/Pack-up/Final Station for Popsicles and Dismissal Activities	

	Snack	Fun Activity	Craft
Monday	Fruit Snacks	Rope Swing	Activity Pages
Tuesday	Pretzels	Ladder and Slack Line	Activity Pages
Wednesday	Cheerios	Castle Wars	Activity Pages
Thursday	Fruit Snacks	4 Corners	Activity Pages
Friday	Pretzels	Snake	Activity Pages