



# Camp Avalanche - Week 7

## Main Event

### Monday July 17<sup>th</sup>, Welcome to Camp

8:00-9:00	Drop-off
9:00-9:30	Introductions & Rules
9:30-10:00	Get to know-you games
10:00-11:00	Skating and 1 <sup>st</sup> Lesson
11:00-12:00	Lunch
12:00-12:45	Prep for skating- stretching, warm-up
12:45-2:15	Skating
2:15-3:00	Snack and Break
3:00-5:00	<b>Skating</b>
5:00-6:00	Parent Pick Up

### Thursday July 20<sup>th</sup>, Main Event

8:00-9:00	Drop-off
9:00-9:15	Wake-up meeting
9:15-9:45	Main Event
9:45-1:30	Main Event
1:30-2:00	Transport to Rink
2:00-2:45	Snack and Change
2:45-5:00	<b>Skating</b>
5:00-6:00	Parent Pick Up

### Tuesday July 18<sup>th</sup>, Park and Swimming

8:00-9:00	Drop-off
9:00-9:30	Wake-up meeting
9:30-10:45	Gullett Elementary
10:45-11:15	Change at Rink head to Park
11:15-1:30	<b>Lunch swimming Northwest Park</b>
1:30-2:30	Snack and Change
2:30-5:00	<b>Skating</b>
5:00-6:00	Parent Pick Up

### Friday July 21<sup>st</sup>, Park and Swimming

8:00-9:00	Drop-off
9:00-9:30	Wake-up meeting
9:30-10:45	Gullett Elementary
10:45-11:15	Change at Rink head to Park
11:15-1:30	<b>Lunch swimming Northwest Park</b>
1:30-2:30	Snack and Change
2:30-5:00	<b>Skating</b>
5:00-6:00	Parent Pick Up

### Wednesday July 19<sup>th</sup> – Skate and Swim

8:00-9:00	Drop-off
9:00-9:30	Wake-up meeting
9:30-10:00	Change to skate
10:00-11:00	<b>Skating</b>
11:15-1:15	<b>Lunch and Swimming at NW Pool</b>
1:30-2:30	Snack and Change
2:30-5:00	<b>Skating</b>
5:00-6:00	Parent Pick Up

### Parent Notes For the Week

Your child needs warm clothing when on-site. Please pack a swimsuit, towel and sunscreen for your child on Tuesday, Wednesday, and Friday.

Spending \$ is an option for Main Event.

We provide pizza lunch for the kids at Main Event.

Send your child in running shoes and send active wear clothing and sunscreen for outdoor activities daily.

**Chaparral Ice Center**  
**Angie Vaught- Camp Director**  
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