

Bus Schedule – Multi-Sport & Cultural Camp

July 6-9th

Whimpy's Marina, 19386 Stormont-Dundas-Glengarry county roads 2, Summers Town, Ontario, K0C 2E0

A'nowara'ko:wa Arena 36 arena road, Akwesasne, Ontario K6H 0G5

Bus Transportation provided by Akwesasne Mohawk Board of Education

July 6 th 6:00pm	Pick students up at Arena and bring them to Whimpy's Marina to get pick up by boat, to go to Thompson's Island.
July 7 th 9:15 am	Pick up students up at Whimpy's Marina and bring them to the arena.
July 7 th 6:00pm	Pick up students at the arena to bring them to Whimpy's Marina
July 8 th 8:30 am	Pick up students at the arena to bring them to back to Whimpy's Marina
July 8 th 9:00pm	Pick up students at Whimpy's Marina to bring them to the arena to get picked up by parents.
July 9 th 8:30am	Pick up students at Arena to bring them to Whimpy's Marina
July 9 th 1:00pm	Pick up 1 st group at Whimpy's Marina to bring to Arena
July 9 th 5:00pm	Pick up 2 nd group at Whimpy's Marina to bring to Arena

Multi-Sport & Cultural Camp

Multi –Sport Camp Schedule

Wednesday July 6th 2016

9:00-9:45	Day & Overnight Campers arrive – Registration – Incentives Pick up
10:00-10:30	Opening, Introduction & Tai Chi Arena Rink
10:30-11:00	Fitness Games / Community Health – Arena Rink
11:00-12:00	Mixed Martial Arts – outside on sport field
12:00-12:45	Lunch & Nutrition Presentation
1:00-2:00	Group 1 Volleyball Group 2 Box Lacrosse Group 3 Field Lacrosse
2:00-2:15	Water Break
2:20-3:20	Group 1 Box Lacrosse Group 2 Field Lacrosse Group 3 Volleyball
3:20-3:30	Water Break
3:30-4:30	Group 1 Field Lacrosse Group 2 Volleyball Group 3 Box Lacrosse
4:30-5:30	Capture The Flag
5:30	Closing & Group Photo
6:00	Over Night Campers load bus for Thompson Island
6:30	Introduction & assigning Cabins at Thompson Island
10-12:00	CKON 97.3 Radio Live Remote
1:00-4:00	Community Health Booth
10-4:00	Akwesasne Welcome Center Booth
7:00	Supper
8:00-10:00	Camp Fire & Smores
10:15	Lights Out – Good Night!

Thursday, July 7th 2016

9:30am	Campers arrive to Arena
10:00-10:30	Opening & Introduction Arena Rink
10:30-11:00	Fitness Games / Community Health – outside at sport field
11:00-12:00	Mixed Martial Arts – outside on sport field
12:00-12:45	Lunch & NAIG Athletes Panel
1:00-2:00	Group 1 Volleyball Group 2 Soccer Group 3 Field Lacrosse
2:00-2:15	Water Break
2:20-3:20	Group 1 Soccer Group 2 Field Lacrosse Group 3 Volleyball
3:20-3:30	Water Break
3:30-4:30	Group 1 Field Lacrosse Group 2 Volleyball Group 3 Soccer
4:30- 4:45	Tai Chi
4:45-6:30pm	Supervised Free Time/Water Slides
6:00	Overnight Campers load bus for Thompson Island
6:30	Arrive to Thompson Island Introduction & Group Photo
7:00pm	Supper
8:00-10:00	Camp Fire – Star Gazing - Smores
10:15	Supervised Free Time & Lights out at 10:30pm
12-4:00pm	Good Minds Booth
10-4:00pm	Community Health Booth & 1st Aid

Friday, July 8th 2016

7-9am	Breakfast
9:00 am	Day Campers arrive to Thompson Island & Introduction
9:15-10:00	Mixed Martial Arts – Outside of Dining Hall
10:00-12:00	Opening & Natural Law principals & Social dances with NNATC
12:00-12:45	Lunch & Outdoor learning
1:00-2:00	Group 1 Swimming Group 2 Medicine Walk Group 3 Canoeing/Kayaking
2:00-2:15	Water Break
2:20-3:20	Group 1 Medicine Walk Group 2 Canoeing/Kayaking Group 3 Swimming
3:20-3:30	Water Break
3:30-4:30	Group 1 Canoeing/Kayaking Group 2 Swimming Group 3 Medicine Walk
4:30- 7:00	Fishing & Wilderness Survival
7:00pm	Supper
7:00-10:00	Social dancing, camp fire, smores & stories
8:50	Day Campers depart for Whimpey's to go to Arena
10:15	Lights out! Good Night!

Saturday, July 9th 2016

9:00 am	Campers arrive
10:00-10:30	Opening & Warm up Exercises
10:30-11:00	Canoeing Certification
11:00-12:00	Canoeing Certification
12:00-12:45	Lunch & Outdoor Learning & Closing Remarks
1:00-2:00	Canoeing Certification (Departure for Turtle age 8-10 Group to Whimpy's)
2:00-2:15	Water Break
2:20-3:20	Canoeing Certifications
3:20-3:30	Water Break
3:30-4:30	Staff wrap up – Clean up – Hand out Certificates
5:00-6:00pm	Bus Pick up at Whimpey's
6:00	Final Clean Up