

Seniors (ages 9-12) Drop Off 8:30-8:40 am Pick Up 2:50-3:00 pm at Delta Fields off Sun Island Road

Week 6 July 29 - August 2, 2023

Campers with nut allergies are at camp this week. Please do not pack foods containing nuts or nut products.

Thank you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Group Meeting and Introduction</p> <hr/> <p>Soccer & Gymnastics</p> <p><i>Soccer skills and drills followed by a game of soccer with all the senior group or choice of gymnastics moves and routines</i></p> <hr/> <p>Marine Collecting</p> <p><i>Explore Monomoy Beach and catch clams, scallops, crabs and enjoy an exciting morning</i></p>	<p>Board Games</p> <p><i>Lots of games to choose from; Connect Four, Twister and board games.</i></p> <hr/> <p>Capture the Flag</p> <p><i>Group Game of Capture the Flag</i></p> <hr/> <p>Sankaty Lighthouse</p> <p><i>Trip to the Top of Sankaty Head Lighthouse to learn about the history and take in an amazing view of the Sconset Coastline.</i></p>	<p>Basketball & Four Square at Tom Nevers</p> <p><i>Knockout Games</i></p> <hr/> <p>Ticks, splinters & other annoyances!</p> <p><i>Group discussion about things that really irk you and how you best deal with them!</i></p> <hr/> <p>Tennis</p> <p><i>Games of Principal's Office, Doubles and many more! (Jetties Tennis Courts)</i></p>	<p>Athletic Wake Up</p> <p><i>Stretches followed by injury prevention and nutrition discussion</i></p> <hr/> <p>Kickball Game &/or Talent Show</p> <hr/> <p>Hadwen House & Lightship Basket Museum</p> <p><i>Learn about the preserved mansion of the famous Nantucket Hadwen family. Then visit the Nantucket Lightship Basket Museum and learn about Nantucket's vast history of lightship basket making during the Whaling era.</i></p>	<p>Soccer or 4 Square followed by</p> <p>Outing to Nantucket Art Galleries & Local Island Shop Events</p> <p><i>(Duck Challenge, Where's Waldo, Etc.)</i></p> <hr/> <p>Sailing</p> <p><i>Hop aboard the Endeavor Sailboat for Nantucket Harbor sailing at its best!</i></p>
<p>LUNCH (Optional outdoor lunch may be purchased in various island locations on Wednesday & Fridays this week, solely for this Senior Group!)</p>				
<p>Swimming</p> <p><i>Assessments, stroke refinement and learning rescue skills for pre-lifeguard training</i></p> <p><i>Nantucket High School Pool</i></p>	<p>Jetties Beach</p> <p><i>Boogie Boarding, Swimming and Beach Games!</i></p>	<p>Swimming</p> <p><i>Stroke refinement and learning rescue skills for pre-lifeguard training</i></p> <p><i>Nantucket High School Pool</i></p>	<p>Ice Skating</p> <p><i>Pack very warm clothes and socks as well as your labeled bike helmet (skates & sanitized helmets are available at the rink)</i></p>	<p>Jumping waves</p> <p><i>Nobadeer Beach</i></p> <p><i>Volleyball and other beach games as well!</i></p>