

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 8 -August 14-August 18, 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 <i>Soccer skills and drills followed by a game of soccer with all the senior group.</i></p> <hr/> <p>Marine Collecting at Monomoy Beach <i>Explore Madaket Bay and catch clams, scallops, crabs and enjoy a morning on Madaket Bay</i></p>	<p>Board Games <i>Lots of games to choose from; Connect Four, Apples to Apples and other board games with your group.</i></p> <hr/> <p>Capture the Flag <i>Group Game</i></p> <hr/> <p>Nantucket Field Station <i>We will tour the University of Massachusetts's Island Field Station and grounds to learn all about their research endeavors</i></p>	<p>Basketball, Knockout, Four Square, Chalk Designs, Soccer Passes and more.</p> <hr/> <p>“Listen to this true and really funny story.” <i>Public speaking is great for this age!!</i></p> <hr/> <p>Tennis <i>Games of Jail, Doubles, and many more at</i> <i>(Jetties Tennis Courts)</i></p>	<p>Athletic Wake Up <i>stretches, injury prevention and cardio drills.</i></p> <hr/> <p>Nantucket's Hadwen House <i>Tour and crafts at this Nantucket Historical Association property</i></p>	<p>Four Square Tournament followed by Outing to Nantucket Art Galleries & Local Island Shop Events</p> <hr/> <p>Sailing <i>Hop aboard the Endeavor Sailboat with Captain Jim</i> <i>Nantucket Harbor sailing at its best!</i></p>
<p>LUNCH (Optional outdoor lunch may be purchased in various island locations on Wednesdays & Fridays, solely for this Senior Group!)</p>				
<p>Swimming <i>Assessments, stroke refinement and learning rescue skills for pre-lifeguard training.</i> <i>(Nantucket High School Pool)</i></p>	<p>Boogie Boarding at Jetties Beach <i>Swimming and Beach Games too!</i></p>	<p>Swimming <i>Assessments, stroke refinement and learning rescue skills for pre-lifeguard training.</i> <i>(Nantucket High School Pool)</i></p>	<p>Ice Skating <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>Surfing & Jumping waves at Nobadeer Beach <i>Novice to Advanced level instruction provided</i></p>