

Starfish (ages 6-8) Drop Off 8:40-8:50 am Pick Up 2:40-2:50 pm at Delta Fields off Sun Island Road

Week 3 July 8 - July 12, 2024

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

Thank you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Group Meeting and Introduction	Board Games <i>Lots of games to choose from; Connect Four, Apples to Apples and other board games with your group</i>	Clay Studio <i>We will mold and craft cylinder figures</i>	Athletic Wake Up Stretch, Run <i>(stretches, injury prevention and cardio drills)</i>	4 Square Tournament
Soccer & Gymnastics <i>Soccer skills and drills followed by a game of soccer with all the starfish group or group gymnastic moves and skills</i>	Capture the Flag/Yoga <i>We will practice relaxing every part of your body while in different positions, as professional athletes do follow by a group game of Capture the Flag</i>	Tennis at the Jetties Courts <i>Improve your technique by playing lots of tennis games! *(You cannot be on the courts without sneakers) * (Camp provides the rackets)</i>	Kickball Game	Soccer <i>We will work on Skills and Drills with your group followed by friendly competitions at Delta Fields</i>
Nantucket Historical Association <i>for an Outing to the Oldest House to learn about its history</i>	Marine Collecting at Monomoy Beach <i>Explore Monomoy Beach and catch clams, scallops, crabs and enjoy a morning on Madaket Bay</i>		Basketball, Knockout, Four Square, Chalk Designs, Gymnastics & Soccer Drills <i>At Tom Nevers Field and Courts</i>	Tour of the Nantucket Coast Guard Station <i>Meet the Nantucket Coast Guards, go aboard the Coast Guard Vessels and try some Nantucket Rescue activities</i>
LUNCH				
Swimming <i>Assessments, lessons & pool games for novice to advanced levels (high school pool)</i>	Ice Skating <i>Pack very warm clothes, socks and your labeled bike helmet if you have one. (Skates are provided & sanitized helmets are available at the rink.)</i>	Swimming <i>Lessons & pool games for novice to advanced levels (high school pool)</i>	Painting Studio <i>We will mix colors and create our own shades to paint our cylinder figures we created yesterday</i>	Children's Beach <i>Swimming, Playground, Field Games and walks to Force Five candy store</i>