

Seniors (ages 10+) Week 6: August 1 - August 5, 2022

Drop Off: 8:15am-8:30 am / Pick Up: 2:30-2:45pm

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

Cell phones are required to be left with parents at drop off

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Intro. & review of schedule for the day</i>	Group Stretch, Wake Up & Workout <i>Get loose, wake up, stretch</i>	Fitness Class/Conditioning <i>Wake up with some fun workouts and circuit training (Delta Fields)</i>	Kickball Game	Town <i>Cultural outing to town galleries to find our favorite metal sculptures and discover and visit Town's Historic Properties</i>
Soccer Game &/or Gymnastics Practice			Nantucket Historical Association <i>Guided tour and activity with the Nantucket Historical Association at one of their historic properties followed by a Historic Craft Activity</i>	
Nantucket Shellfish Hatchery Visit <i>Guided Tour with Dr. Lucy to view her scallop lab and learn about keeping our harbor 'healthy to nurture our island scallop' industry</i>	Top of Sankaty Head Lighthouse <i>Climb up and view Nantucket from the top of this historic lighthouse while learning its history</i>	Tennis <i>Skills, drills & games (King Of the Court Doubles Challenge, Jail and Games of Singles)</i>		Sailing <i>Hop aboard the Endeavor Sailboat for Nantucket Harbor sailing at its best!</i>
LUNCH (Optional outdoor lunch may be purchased in various island locations on Wednesdays & Fridays, solely for this Senior Group!)				
Swimming Instruction <i>Assessments followed by stroke refinement, water games & board jumps (Nantucket High School Pool)</i>	Ice Skating <i>Pack warm clothes, socks, and your bicycle helmet. Skates & sanitized helmets are available at the rink.</i>	Boogie Boarding & Beach games at Jetties Beach <i>Perfect cool off after tennis!</i>	Surfing <i>Novice to advanced level surf instruction provided or jumping waves if you prefer (Nobadeer Beach)</i>	Swimming Instruction <i>(Stroke refinement, board jumps and water games) (Nantucket High School Pool)</i>