

Seniors (ages 9+) **Drop Off 8:30-8:40am Pick Up 2:50-3:00 pm at 10 Monohansett Road**

Week 4 July 13-July 17, 2026

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
Group Introductions & review of the week's schedule Soccer & Gymnastics <i>Soccer skills and drills followed by a game of soccer</i> Norwood Farm Loop (Polpis) <i>We will visit a preserve created generations ago in our quest to identify native Flora such as Bayberry, Aster and coastal grasses and learn about their Nantucket importance. We will also cross over wooden bridges to walk through wetland areas to learn about the Stump Pond wetlands and its vital habitat for birds, reptiles, turtles, frogs, toads and lots more!</i>	Board Games <i>Lots of games to choose from; Connect Four, Chess, Twister, Apples to Apples and lots more!</i> Capture the Flag Games (Delta Fields) Marine Collecting (Monomoy Beach) <i>We will head out with our solo nets, Seine dragging net with our solo nets and Seine dragging net to catch clams, scallops, crabs and occasionally, horseshoe crabs, learn some interesting facts about each & gently release them back into their habitat.</i>	Basketball <i>Critique, instruction and games of Knockout, Around the World and Half Court Game</i> Art Project <i>Create your own birdhouse and paint it to create your own design.</i> Tennis <i>Games of Jail, Doubles and many more at</i> <i>(Jetties Tennis Courts)</i>	Athletic Wake Up <i>(stretches, injury prevention discussion and cardio drills)</i> Kickball Game Nantucket Shipwreck and Lifesaving Museum <i>We will learn about Nantucket's rich maritime history and culture and participate in hands on lifesaving activities</i>	4 Square Tournament Outing to Nantucket Art Galleries & Local Island Shop Events Sailing <i>Hop aboard the Endeavor Sailboat for Nantucket Harbor's sailing at its best!</i> or Cruising the Harbor <i>on Murray Camp's 16' Bay Runner Zodiac</i> <i>(Lifejackets required (with two camp staff lifeguards on board)</i>
LUNCH (Optional outdoor lunch may be purchased in various island locations on Wednesdays & Fridays, solely for this Senior Group!)				
Swimming <i>Assessments, stroke refinement and learning rescue skills for pre-lifeguard training</i> (Nantucket Community School Pool)	Jetties Beach <i>Boogie Boarding, Swimming and Beach Games</i>	Swimming <i>Novice to pre-lifeguarding skills' instruction followed by jumps & games</i> (Nantucket Community School Pool)	Ice Skating <i>Pack warm clothes, socks and your labeled bike helmet if you have one. (skates are provided at the rink).</i>	Jumping waves & beach games at Cisco Beach <i>Beach games too!</i>