

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 3 July 8 - July 1, 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</i></p> <hr/> <p>Marine Collecting</p> <p><i>Explore Monomoy Beach and catch clams, scallops, crabs and enjoy a morning at Monomoy Beach</i></p>	<p>Board Games</p> <p><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</p> <p><i>Group Game of Capture the Flag</i></p> <hr/> <p>Tour of the Nantucket Scallop Hatchery</p> <p><i>Learn about the wild population of scallops and other shellfish in Nantucket's harbors</i></p>	<p>Basketball, Knockout, Four Square, Chalk Designs and more</p> <hr/> <p>All about me group discussion!</p> <hr/> <p>Tennis</p> <p><i>Games of Jail, Doubles and many more at</i></p> <p><i>(Jetties Tennis Courts)</i></p>	<p>Athletic Wake Up Stretch, Run and Kickball Game</p> <p><i>(stretches, injury prevention and cardio drills)</i></p> <hr/> <p>Nantucket Historical Association</p> <p><i>Visit and learn about colonial life on Nantucket Island.</i></p> <p><i>We will visit Nantucket's oldest house this week</i></p>	<p>Four Square Tournament followed by Outing to Nantucket Art Galleries</p> <hr/> <p>Sailing</p> <p><i>Hop aboard the Endeavor Sailboat and take in the ocean air!</i></p> <p><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</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 on the beach</i></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>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 at Nobadeer Beach</p> <p><i>(Beach games & swimming!)</i></p>