

Starfish (ages 7-9) Week 8: August 15-August 19, 2022
Drop Off Time: 8:15-8:30am / Pick Up Time: 2:30-2:45pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Introductions & schedule review	<p align="center">Yoga</p> <p align="center"><i>We will practice relaxing every part of your body while in different positions, as professional athletes do!</i></p> <hr/> <p align="center">Tennis (Jetties Courts)</p> <p align="center"><i>We will practice hitting the ball over the net while having so much fun!</i></p> <p align="center">(Sneakers are required to be on the courts) (Camp provides the rackets)</p>	<p align="center">Ghost Stories & Tour of infamous ghostly island locations</p> <p align="center"><i>There were a lot of friendly ghosts too!</i></p> <p align="center"><i>Bus and on foot dependent on weather!</i></p> <hr/> <p align="center">Potential movie at Dreamland or the 'Sconset Casino</p> <p align="center"><i>(We are watching the weather report closely!)</i></p>	<p align="center">Kickball Game</p> <p align="center"><i>Senior and Starfish Kickball Game at the Delta Fields</i></p>	<p align="center">Board Games & 4 Square Tournament</p>
<p align="center">Capture the Flag</p> <p align="center"><i>Capture the Flag Game at the Delta Fields</i></p>			<p align="center">Farm to Table</p> <p align="center"><i>Sustainable Nantucket's Hands on Organic Gardening Project</i></p> <p align="center"><i>(Community Garden)</i></p>	<p align="center">Soccer Game & Gymnastics Practice at the Delta Fields</p>
<p align="center">Marine Collecting</p> <p align="center"><i>Use nets and teamwork to gently catch and learn about all sorts of sea creatures prior to releasing them back into their ocean habitat at Monomoy Beach.</i></p>			<p align="center">Children's Beach</p> <p align="center"><i>For beach, field games and a possible stroll to Force Five candy room (no \$ allowed)</i></p>	
LUNCH				
<p align="center">Swimming Lesson</p> <p align="center"><i>(Assessments for new campers) followed by water games (Nantucket High School Pool)</i></p>	<p align="center">Boogie Boarding</p> <p align="center"><i>Swimming, boogie boarding, netting crabs, building sea castles and water tunnels in a securely lifeguarded area of Jetties Beach</i></p>	<p align="center">Mystery Outing</p> <p align="center"><i>To one of our favorite locations followed by Children's Beach and a group discussion about "what I'll miss most about you!"</i></p>	<p align="center">Ice Skating</p> <p align="center"><i>Solely for the Starfish! Pack warm clothes, socks and your bicycle helmet, \ Skates & sanitized helmets are provided at the rink.</i></p>	<p align="center">Swimming Lesson</p> <p align="center"><i>Stroke refinement, water games & board jumps (Nantucket High School Pool)</i></p>