

MULTI-SPORT II AGES 9-10

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m.	Open Gym Court 1/2/3 Drop-off	Open Gym Court 1/2/3 Drop-off	Open Gym Court 1/2/3 Drop-off	Open Gym Court 1/2/3 Drop-off	Open Gym Court 1/2/3 Drop-off
9:00 a.m.	Fitness Centre & Facility Tour Fitness Centre	Sport Trivia – Richard Harzing Hall of Fame	Bootcamp Flex Space	Scavenger Hunt- Richard Harzing Hall of Fame	Goal Setting – Paige Zaporzan Conference Centre
10:15 a.m.	Snack break Conference Centre	Snack break Conference Centre	Snack break Conference Centre	Snack break Conference Centre	Snack break Conference Centre
10:30 a.m.	Sport Showcase I Volleyball Court 1	Sport Showcase I Basketball Court 1	Sport Showcase I Badminton Court 1	Sport Showcase I Table Tennis Court 1	Sport Showcase I Ultimate Court 1
11:30 a.m.	Agility / Change of Direction Flex Space	Nutrition Workshop - Hao-Yi Sim Conference Centre	Recovery Workshop / Games Court 2	Reaction & Communication Games (Dodgeball) Court 2	Reaction & Communication Games (Spikeball) Court 2
12:30 p.m.	Lunch Conference Centre	Lunch Conference Centre	Lunch Conference Centre	Lunch + finish movie Conference Centre	Lunch Conference Centre
1:30 p.m.	Sport Showcase II Fencing Court 1	Sport Showcase II Cricket Flex Space	Sport Showcase II Run / Jump / Throw Court 1	Sport Showcase II Wrestling Flex Space	Sport Showcase II Judo Court 1
2:30 p.m.	Snack break Conference Centre	Snack break Conference Centre	Snack break Conference Centre	Snack break Conference Centre	Snack break Conference Centre
2:45 p.m.	Agility Obstacle Course & Small sided games Flex Space	Low Organized Games Court 1	Sports Movie Conference Centre	Sports Psych – Paige Zaporzan Conference Centre	Performance Athlete Talk – Jen Saunders Conference Centre
4:00 p.m.	Open Gym Court 1 & 2 Pick-up	Open Gym Court 1 & 2 Pick-up	Open Gym Court 1 & 2 Pick-up	Open Gym Court 1 & 2 Pick-up	Open Gym Court 1 & 2 Pick-up