

WEEK 6

Movement into Motion

SENIOR ADVENTURERS

August 8-11

Camp Waterdown

WATERDOWN DISTRICT CHILDREN'S CENTRE

To Contact Camp and
report absences, please call

us at

905-902-1261



What to Bring

- *LUNCH
- *SPARE CLOTHING
- *BATHING SUIT
- *TOWEL
- *SUNSCREEN



Monday

NO CAMP TODAY



Tuesday

SPECIAL VISITOR-YOGA



Wednesday

PERSONALIZED YOGA MAT



Thursday

MINDFULNESS



Friday

BUBBLE SOCCER

