

Kids Summer Camp at 3hFit (from July 16th to August 16th)

Monday (9:00am to 4pm)	
Time	Activities
9:00 -9:30	Drop-off time and free play, book reading etc. (Supervised and lead by 3hFIT)
9:30 – 9:45	Fruit time + wash hands
9:45-10:00	Welcome/circle time, team building activity (lead by Awesome Kid's Club)
10:00 - 10:40	Agility Kids (lead by 3hFIT coach Alberto)
10:40 -11:00	Music/design/science session (lead by Awesome Kid's Club)
11:00 -11:45	Parkour Kids (lead by Parkour Link)
11:45-12:00	Quiz Fun (lead by Awesome Kid's Club)
12:00-13:00	Lunch break (including free play and arts/crafts for fast eaters lead by Awesome Kid's Club)
13:00-14:30	Mnemonic (memory and brain training lead by Yuliana) from <u>July 16th to August 8th</u>
14:30 - 15:00	Snack time (including free play and arts/crafts for fast eaters lead by Awesome Kid's Club)
15:00 - 15:45	Kick boxing (lead by 3hFit coach MFT)
15:45 - 16:00	Stretching, relaxing , Today's Top3, (lead by Awesome Kid's Club)

Tuesday (9:00am to 4pm)	
Time	Activities
9:00 -9:30	Drop-off time and free play, book reading etc. (Supervised and lead by 3hFIT)
9:30 – 9:45	Fruit time + wash hands
9:45-10:00	Welcome/circle time, team building activity (lead by Awesome Kid's Club)
10:00 - 10:40	Agility Kids (lead by 3hFIT coach Alberto)
10:40 -11:00	Music/design/science session (lead by Awesome Kid's Club)
11:00 -11:45	Taekwondo (lead by 3hFIT coach)
11:45-12:00	Quiz Fun (lead by Awesome Kid's Club)
12:00-13:00	Lunch break (including free play and arts/crafts for fast eaters lead by Awesome Kid's Club)
13:00-14:30	Mnemonic (memory and brain training lead by Yuliana) from <u>July 16th to August 8th</u>
14:30 - 15:00	Snack time (including free play and arts/crafts for fast eaters lead by Awesome Kid's Club)
15:00 - 15:45	Kick boxing (lead by 3hFit coach MFT)
15:45 - 16:00	Stretching, relaxing , Today's Top3, (lead by Awesome Kid's Club)

Wednesday (9:00am to 4pm)	
Time	Activities
9:00 -9:30	Drop-off time and free play, book reading etc. (Supervised and lead by 3hFIT)

9:30 – 9:45	Fruit time + wash hands
9:45-10:00	Welcome/circle time, team building activity (lead by Awesome Kid's Club)
10:00 - 10:40	NTC (lead by MFT coach)
10:40 -11:00	Music/design/science session (lead by Awesome Kid's Club)
11:00 -11:45	Parkour Kids (lead by Parkour Link)
11:45-12:00	Quiz Fun (lead by Awesome Kid's Club)
12:00-13:00	Lunch break (including free play and arts/crafts for fast eaters lead by Awesome Kid's Club)
13:00-14:30	Mnemonic (memory and brain training lead by Yuliana) from <u>July 16th to August 8th</u>
14:30 - 15:00	Snack time (including free play and arts/crafts for fast eaters lead by Awesome Kid's Club)
15:00 - 15:45	Kick boxing (lead by 3hFit coach MFT)
15:45 - 16:00	Stretching, relaxing , Today's Top3, (lead by Awesome Kid's Club)

Thursday (9:00am to 4pm)	
Time	Activities
9:00 -9:30	Drop-off time and free play, book reading etc. (Supervised and lead by 3hFIT)
9:30 – 9:45	Fruit time + wash hands
9:45-10:00	Welcome/circle time, team building activity (lead by Awesome Kid's Club)
10:00 - 10:40	Agility Kids (lead by 3hFIT coach Alberto)
10:40 -11:00	Music/design/science session (lead by Awesome Kid's Club)
11:00 -11:45	Taekwondo (lead by 3hFIT coach)
11:45-12:00	Quiz Fun (lead by Awesome Kid's Club)
12:00-13:00	Lunch break (including free play and arts/crafts for fast eaters lead by Awesome Kid's Club)
13:00-14:30	Mnemonic (memory and brain training lead by Yuliana) from <u>July 16th to August 8th</u>
14:30 - 15:00	Snack time (including free play and arts/crafts for fast eaters lead by Awesome Kid's Club)
15:00 - 15:45	Kick boxing (lead by 3hFit coach MFT)
15:45 - 16:00	Stretching, relaxing , Today's Top3, (lead by Awesome Kid's Club)

Friday (9:00am to 4pm)	
Time	Activities
9:00 -9:30	Drop-off time and free play, book reading etc. (Supervised and lead by 3hFIT)
9:30 – 9:45	Fruit time + wash hands
9:45-10:00	Welcome/circle time, team building activity (lead by Awesome Kid's Club)
10:00 – 11.30	Week 1: Swimming Week 2: Soccer Week 3: Climbing Week 4: Fencing

	Week 5: Basketball
11:45-12:00	Quiz Fun (lead by Awesome Kid's Club)
12:00-13:00	Lunch break (including free play and arts/crafts for fast eaters lead by Awesome Kid's Club)
13:00-14:30	Parkour Kids (lead by Parkour Link)
14:30 - 15:00	Snack time (including free play and arts/crafts for fast eaters lead by Awesome Kid's Club)
15:00 - 15:45	Kick boxing (lead by MFT)
15:45 - 16:00	Stretching, relaxing , Today's Top3, (lead by Awesome Kid's Club)