

RWTC Fun Boot Camp Week Schedule

Saturday 10th July (\$90)

8:00 am – Drop Off: Kayak Center

Registration / Meeting Campers & Coaches

9:30 am – Running Drills / Warm up / Tag

10:00 am – Snack (15 minutes)

11:00 am – Kayaking for an hour

12 Noon – LUNCH

1:00 pm – Trail Ride to Samman Park

2:00 pm – The Famous Obstacle Course

3:00 pm – Pick Up at Samman Park

Monday 12th July (\$90)

8:00 am – Drop Off: Kayak Center

8:30 am - Bike handling & Transition practice

10:00 am – Snack (15 minutes)

11:00 am – Kayaking for an hour

12 Noon – LUNCH

1:00 pm – Trail Ride to Samman Pk

2:00 pm – Trail Ride

2:30 pm – Football (Small Goal)

3:00 pm – Pick Up at Samman Park

Wednesday 14th July (\$90)

8:00 am – Drop Off: Kayak Center

- Introduction Yoga (13 – 18 Yrs)

9:00 am – Introduction Yoga (12 & Under)

10:00 am – Snack (15 minutes)

11:00 am – Kayaking for an hour

12 Noon – LUNCH

1:00 pm – Ride to Golf Course Park

2:30 pm – Football (Small Goal)

3:00 pm – Pick Up at Samman Park

Friday 16th July (\$150) (No Bikes)

8:00 am – Drop Off: Savannah

Opposite President House

9:00 am – Valley View Water Park

10:00 am – Snack (15 minutes)

1:00 pm – LUNCH

1:30 pm – Back to Kayak Center

2:00 pm – Aerobics

3:00 pm – Pick Up at Kayak Center

Sunday 11th July (\$180)

8:00 am – Drop Off: Island Property Owners Association (Please be on time!)

8:30 am – Outing to Gaspree Caves (Sneakers)

12 Noon – LUNCH

1:00 pm – Back to Kayak Center for Swimming

1:30 pm – The Famous Obstacle Course

2:30 pm – Games

3:00 pm – Pick Up at Samman Park

Tuesday 13th July (\$150)

7:30 am – Drop Off: Kayak Center

Water Ski & Wake Board Classes / Tag

10:00 am – Snack (15 minutes)

11:00 am – Bike Handling Skills

12 Noon – LUNCH

1:00 pm – Cricket Match

2:30 pm – The Famous Obstacle Course

3:00 pm – Pick Up at Kayak Center

Thursday 15th July (\$110)

7:30 am – Drop Off: Diamond Vale Pool,

Aqua-aerobics / Learn to Swim

10:00 am – Snack (15 minutes)

10:30 am – Running Drills / Warm up

11:00 am – Bike Handling Skills

12 Noon – LUNCH

1:00 pm – Kayaking for an hour

2:30 pm – Games

3:00 pm – Pick Up at Kayak Center

Saturday 17th July (\$50)

RACE DAY

8:00 am – Registration

9:00 am – First Races Begins