

BIKE CAMP: PEDAL POWER

WEEK 1: JULY 6-10

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9:00-9:15am

WELCOME, EXPECTATIONS, AND DAILY SCHEDULE

Ice Breakers

Bike Repairs & ABC
Test

Ride to Royal Bay Bike
Park

Welcome Activity
Bike to View Royal Park

Ride to NADEN

10:00am

SNACK

Bike Obstacle Courses

Ride to Shoreline Middle
School

Bikers Challenge

Ride to Colwood
Elementary

Swimming @ NADEN

12:00pm

LUNCH

Site Ride

Outdoor Group Games

Bike Back to CPAC

Camp Wide Games

Ride Back to CPAC

2:30pm

SNACK

Ride to John Stubbs

Ride Back to CPAC

Water Games & Bike
Wash

Ride Back to CPAC

All Camp End of Week
Stations

4:00-5:00pm

PICK-UP

