

BIKE CAMP: ROCK POP & SOUND

AUG 10-14

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9:00-9:15am

WELCOME, EXPECTATIONS, AND DAILY SCHEDULE

Welcome & Expectations

Icebreaker Games

Bike Challenge

Expectations Review & Games

Bike Cleaning

10:00am

SNACK

Obstacle Courses

Split Group & Ride to JDF Bike Park

Split Group Bike to YAC or Royal Bay Bike Park

Ride to Colwood Elementry

Bike Part Relay Race

12:00pm

LUNCH

Group Ride to John Stubbs

Bike Tricks & Course

Bike Obstacles & Challenges

Forest Games

Summer Chef Shop All Camp Activity

2:30pm

SNACK

Roses & Thorns

Ride Back to CPAC

Bike Back to CPAC

Bike Back to CPAC

Station Rotations

4:00-5:00pm

PICK-UP

