



TENTATIVE SCHEDULE

Monday, August 27

- 1:00 pm – Arrive at Camp Hatikvah
- 2:00 pm – Orientation
- 3:00 pm – Judo Training
- 6:00 pm – Dinner
- 7:30 pm – Gymnastics
- 9:00 pm – Games

Tuesday, August 28

- 7:00 am - Yoga
- 8:00 am – Breakfast
- 9:15 am – Judo Training
- 11:30 am – Workshop
- 12:30 pm – Lunch
- 2:00 pm – Afternoon activity
- 6:00 pm – Dinner
- 7:30 pm – Judo Training
- 9:00 pm – Evening

Wednesday, August 29

- 7:00 am – Stretching
- 8:00 am – Breakfast
- 9:00 am – Judo Training
- 11:00 am – Crafts
- 12:30 pm – Lunch
- 2:00 pm – Camp Activity
- 6:00 pm – Dinner
- 7:30 pm – Judo Training
- 9:00 pm – Evening activity

Thursday, August 30

- 7:00 am - Yoga
- 8:00 am – Breakfast
- 9:00 am – Judo Training
- 11:00 am – Pack up and camp clean up
- 12:00 pm – Lunch
- 1:00 pm – Depart from Camp Hatikvah

ADDITIONAL CAMP ACTIVITIES:

Swimming, free time, fitness training, sports & dance

Judo BC Girls Summer Camp

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