



Judo Ontario Girls Camp Schedule

Friday 19th August:

8.00am-10.00am: Arrival
11.00am-12.00pm: LUNCH (provided) & discussion about camp and rules
1.00pm-3.00pm: Introduction to referee and getting to know each other.
3.00pm-4.00pm: BREAK (snacks provided)
4.00pm-6.00pm: Judo session
6.30pm-7.30pm: DINNER (provided)
7.45pm-8.15pm: Bed prep / showers etc
8.30pm-9.30pm: Games
10.00pm: Bed / Lights quite time

Saturday 20th August:

7.00am-8.00am: Run
8.30am-9.30pm: BREAKFAST (provided)
9.30pm-11.30pm: Judo session with refereeing.
12.00pm-1.30pm: LUNCH (provided)
1.30pm-3.00pm: Swimming / Pool activities
3.30pm-5.30pm: Judo session
5.30pm-7.30pm: DINNER (provided)
8.30pm-9.30pm: Games / Spa Time
10.00pm: Bed / Lights quite time

Sunday 21st August:

7.00am-8.00am: Run
8.30am-9.30pm: BREAKFAST (provided)
1.00pm-3.00pm: Judo session.
3.00pm-4.00pm: BREAK (snacks provided)
4.00pm-6.00pm: Games / Departure