Draft Camp schedule- Horaire du camp 2023

**Sunday July 16th:**

Free day

Camp starts at 18h00

18h00 to 19h00: Welcome judokas! Settling in, housekeeping rules, Phone number collection, bathroom/showers, air mattresses, bins, clean up, recycling, snacks

19h00 to 20h00: games, icebreakers

21h00: free time, movie on projector

23h00-turn down for night

**Monday July 17th:**

7:00-7:30 wake up, showers, breakfast

9:00-11:00- judo with Sensei Malcolm

12:00 lunch

13:00-16:00 outing- downtown exploration

16:30 supper

Judo cours intermédiaire 18-19h, Judo élite 18-20h

20 :00 showers, free time

**Tuesday July 18th:**

7:00-9:00 wake up, breakfast

9:00-11:00 Judo with Sensei Malcolm

12:00 Lunch

13:00 Centennial Pool- early training and pool time, Treego?/ Champlain place if rain

16:30-19:30 return to dojo, supper, free time

19: 30-21:00 adult classes join the camp judo class

21:00-free time, walk, showers, etc

23:00 turndown for bed

**Wednesday July 19h:**

7:00-9:00 wakeup, breakfast

9:00- 11:00 Training and judo with Sensei Malcolm

12: 00 lunch

13: 00- 15:00 Judo with Sensei Malcolm

Snacks in pm

17:00-21:00 Mall, movies (judo débutant et intermédiaires 18 :00-20 :30)

**Thursday July 20th:**

7:00-9:00 wakeup, breakfast

9:00 -11:00 Judo

12:00- lunch

13:00-outing

16:30 early supper

19: 30-21:00 adult classes join the camp judo class

21:00-free time, walk, showers, late night activity

23:00 turndown for bed

**Friday July 21st:**

7:00-9:00 wakeup, breakfast

9:00 -11:00 Judo technical

12:00- lunch

13:00-15:00 camp closing activities

16:00 refreshments and farewell