

## OFFICIAL SCHEDULE - 2026 YK JUDO SUMMER CAMP

### Location: Yellowknife Judo Club

*Basement of Quality Inn & Suites Hotel - Tungsten Room  
5010 49 St, Yellowknife, NT, X1A 2N4*

#### **0.1 Drop-Off Window (8:00–9:15 AM)**

Arrival at the campsite; participants settle in and socialize with their peers.

#### **0.2 Judo & Games (9:15–11:15 AM)**

**FMS** (Fundamental Movement Skills) & **ABC** (Agility Balance and Coordination), judo instruction followed by fun, judo-themed games.

#### **0.3 Lunch & Movie (11:15 AM–12:15 PM)**

Lunch break with a short, age-appropriate movie.

#### **0.4 Cleanup (12:15–12:30 PM)**

Cleanup time and preparation for the afternoon activity.

#### **0.5 Travel to Activity Site (12:30–1:00 PM)**

Group walk to the afternoon activity location—time for movement and conversation.

#### **0.6 Afternoon Activity (1:00–3:00 PM)**

- Tuesday, Friday: *Swimming*
- Monday, Wednesday Thursday: *Outdoor activities such as hiking, arts & crafts, playground visits, ball games, or park games*

#### **0.7 Snack & Judo/Free Play (3:00–4:00 PM)**

Snack, followed by more judo practice or supervised free play.

#### **0.8 Pick-Up Window (4:00–5:00 PM)**

Parent or guardian pick-up from the campsite.