



DAY AT A GLANCE

	Morning Greetings & Check-In
20 Min	Morning Meeting Fouls in basketball earn the other team free throws. Play a game called Don't Touch Me to help develop positive defensive skills.
15 Min	SportsHero Champions You probably heard of the Harlem GlobeTrotters but there's another team you need to know.....
	10 Minute Snack Break
45 Min	Skill Development Basketball players play both offense and defense. Learn basic power moves to increase your ability to move the ball forward and how to defend your basket.
45 Min	Skill Development Games It's time to really get your heart pumping and feet moving in Fast Break Drills.
	10 Minute Snack Break
45 Min	Swimming
	30 Minute Lunch – 30 Minute Play Table Tennis/Foosball/Fun Play
45 Min	Large Group Games Put all your skills in play today as we play another set of 3 on 3 games.
20 Min	Community Connections Project Show kindness today by creating pillows that will be donated to children experiencing homelessness. Everyone deserves to know they are loved.
	Close & dismiss

