

Zooga Camp Schedule

8am-9am Camper Drop Off @ Zooga Yoga

9am-9:15am **BEFORE CARE (flat rate per day)**

9:15-9:45am Camper Settle In
Hula Hoops | Coloring | Organized Play
*To help children get comfortable with space

9:45-10am Group Time: Coming Together
Camp Rules | Camper Intros | Teacher Intros |
Go over daily schedule

10-10:45am Yoga Class
Wake Up Meditation Yoga. Tuning In.

10:45-11am Nutrition Time: Snack Break!
Healthy snacks provided | Bathroom Break

11am Outdoor Prep Time: Sunscreen!

11:15 am Walk Over to Park

11:30-12pm Physical Activity Time
Games in the park (parachute, soccer, outdoor games)

12pm-1pm LUNCH & PLAY
Children who finish lunch will be allowed to play on the
play structure.

1pm-1:15pm Walk back to Zooga

1:15-1:30pm Break Time!
Bathroom & Water Break | Wash Hands

1:30pm-2pm Arts 'n Crafts

2pm-2:45pm Yoga Class
More active Class. Tuning In.

3pm-5pm **AFTERCARE (flat rate per day)**

What to Bring

It is important that your child comes to camp after having received a good nights sleep as well as a healthy breakfast in order for a fun, safe and energetic day. Our staff wants your child to get the most of what our camp has to offer.

Campers should be dressed in comfortable clothing, including tennis shoes.

Please send the following items with your camper:

Lunch
Sunscreen
Refillable Water Bottle

****THIS IS A
SAMPLE CAMP
SCHEDULE,
SUBJECT TO
CHANGE PER
LOCATION.**

Space is limited for before/aftercare.

Must sign up online or call LOCAL STUDIO before the 1st day of camp.
Activities for Aftercare may be different every day. Pick up is at Zooga Yoga.

Zooga Samples Adventures

WEEK ONE

Day	Country	Craft
Monday	Japan	Fish Mobile
Tuesday	Antarctica	Penguin Ornaments
Wednesday	Italy	Paper Pizzas
Thursday	Madagascar	Palm Trees
Friday	Mexico	Maracas

WEEK TWO

Day	Country	Craft
Monday	Brazil	Visors
Tuesday	Greece	Cat Headbands
Wednesday	India	Peacocks
Thursday	Jamaica	Suncatchers
Friday	Canada	Maple Leafs

WEEK THREE

Day	Country	Craft
Monday	Africa	Safari Visors
Tuesday	China	Dragon Mask
Wednesday	France	Garden Pots
Thursday	Thailand	Tiger Plates
Friday	Spain	Crowns

Campers will get a stamp in their 'Zooga Passport' for every country they visit!

Zooga Samples Adventures

WEEK ONE

Day	Country	Craft
Monday	Japan	Fish Mobile
Tuesday	Antarctica	Penguin Ornaments
Wednesday	Italy	Paper Pizzas
Thursday	Madagascar	Palm Trees
Friday	Mexico	Maracas

WEEK TWO

Day	Country	Craft
Mon. 7/31	Brazil	Visors
Tue. 8/1	Greece	Cat Headbands
Wed. 8/2	India	Peacocks
Thur. 8/3	Jamaica	Suncatchers
Fri. 8/4	Canada	Maple Leafs

WEEK THREE

Day	Country	Craft
Monday	Africa	Safari Visors
Tuesday	China	Dragon Mask
Wednesday	France	Garden Pots
Thursday	Thailand	Tiger Plates
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