

## **Lappe Lynx High PerFUNmance Camp** **Tuesday, September 29 to Saturday, October 3, 2015**

What is the Lappe Lynx High PerFUNmance Camp about? It is all about Fun and Games! Activities will include: roller skiing, agility challenges, team games (e.g. soccer, handball, flag football), relays and team running races. There will be an overnight stay and even the nutritious food will be fun to prepare and eat. See bottom of page for registration information. Here's the planned schedule:

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**Session #1, Riviera Park** (near the Hospital, off Golf Links Rd. between John St. and Oliver Rd)  
Tuesday, September 29, 2015

5:30 to 7:00 p.m. Flag Football plus Skate Roller Skiing

**Session #2, Boulevard Lake**

Thursday, October 1, 2015

5:30 to 7:00 p.m. Kids Running Wild (Orienteering and Games)

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**Session #3, Lappe Nordic Ski Centre**

Friday, October 2, 2015 (evening activities and overnight)

6:30 to 8:00 Outdoor Games  
8:00 Snack preparations  
8:30 Snack and Stories  
9:00 Ready for Bed (Lights Out @ 9:30)

**Session #4, Lappe Nordic Ski Centre**

Saturday, October 3, 2015

7:15 Morning Hike or Run  
7:45 Breakfast  
8:30 Pack-up sleeping gear  
9:00 to 11:00 Relays and Games (Agility, Strength / Resistance and Mobility)  
11:00 to 12:00 Lunch preparations and Lunch  
12:00 Pack-up and clean hall  
12:30 Travel to North McIntyre CC

**Session #5, North McIntyre - Tapiola**

Saturday, October 3, 2015

1:00 to 3:00 Orienteering Team Cup and Games

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The camp is for people ages 10 to 14 years old. Roller skis will be available to borrow.  
Fees: Cost is \$5 for Lappe Ski Club members (collected at the camp). A potluck food donation will also be requested (more details upon registration). Non-Lappe ski club members please contact Kevin Shields.

More information: contact Kevin Shields, phone: 346-8084, e-mail: [kshields.lappe@gmail.com](mailto:kshields.lappe@gmail.com)

Registration: <http://goo.gl/forms/3aTv6ADW73>