



## Swim to Survive Daycamp

# Swim to Survive Itinerary

October 21, 2022

10 am—3 pm

- 10:00 am Drop off at the Aquatic Centre—Lobby Classroom
- 10:15 am Pool Time— Water Safety Skills and Free Time
- 12:00 pm Lunch Break
- 12:30 pm Games, Activities and Craft Time
- 1:30 pm Pool Time— More Water Rescue & Swim Skills
- 3:00 pm Pick up at the Aquatic Centre—Lobby Classroom

## Upcoming Programs & Events

- October 22 2—4 pm Goo Zone
- October 23 1—2:30 pm Water Play
- October 30 1—3 pm Monster Madness Swim

For more information, visit:

[www.comoxvalleyrd.ca/rec](http://www.comoxvalleyrd.ca/rec)

or call **250-334-9622 ext. 2**

### Please bring:

- Your bathing suit & 2 towels.
- Healthy lunch, snack & water.
- Active wear & running shoes including weather appropriate clothing and sunscreen.

### Reminders:

- Please let the leader know if your child has any allergies or medical conditions or is taking any medications we should be aware of.
- Do not send your child with money or other valuables.
- If the child is walking home alone or anyone is picking up the child other than you please let the leader know.
- Please make sure the front desk has all of your contacts #'s.
- You will receive a welcome letter a few days before the start of camp.
- If you have any questions please contact the Aquatic Centre Coordinator, Tammy Matfin at 250-898-3712.