

## **SPORT AND FUN - Summer Camp**

**for kids ages 7-12 years June 13th - June 18th 2010**

This is the traditional highlight of the summer! Meet old friends and make new ones! This Summer Camp will be one you will not forget!

The itinerary includes indoor bandy, football, flips and trampoline games, korfbal, sepak, fastscoop, yugigassen and indiaka... and best of all, Lake Lohja offers fun experiences and refreshing escapes from the summer heat. Let us not either forget about the Backyard Olympics!

Register now and remember to ask your friends to join you to the hippest camp of the summer! Those who register will receive a camp invitation and a list of things to bring to the camp.

**For more information and register:**

Niina Virtanen [Niina.virtanen@kisakallio.fi](mailto:Niina.virtanen@kisakallio.fi)  
Phone (019) 3151 216

**Camp rate:**

250€ includes full board and lodging, insurances and itinerary.

**Itinerary:**

The itinerary is as follows on the following page.

Kisakallio Sports Institute holds the right to make changes in the programme.



## Day 1

- 12.00 Arriving at Kisakallio Sports Institute  
Opening of camp and getting to know the institute  
Dividing up into groups & learning to know each other through playful activities
- 17.00 Dinner  
Trampoline Games & Ball Games
- 20.30 Evening meal  
Evening programme at rooms
- 22.00 Silence

## Day 2

- 08.00 Breakfast  
AM outdoors exercise! (E.g. hiking adventure and canoeing)
- 12.15 Lunch  
Backyard Olympics (e.g. Boccia, Petanque...)
- 17.00 Dinner  
Activity Group Assignments
- 20.30 Evening meal
- 22.00 Silence

## Day 3

- 08.00 Breakfast  
A selection of sports (e.g. Yukigassen, Indiaka...)
- 12.15 Lunch  
Activities by the lake
- 20.30 Evening meal
- 22.00 Silence

## Day 4

- 08.00 Breakfast  
Early Bird team exercises and team assignments
- 12.15 Lunch  
Trampoline acrobatics
- 17.00 Dinner  
A selection on sports (e.g. ball games, Korfball...)  
Gathering and evening meal at the Big Cot
- 22.00 Silence

## Day 5

- 08.00 Breakfast  
Citywars & Gladiator Race
- 12.15 Lunch  
Preparing for the evening programme!
- 17.00 Dinner  
D I S C O
- 20.30 Evening meal
- 23.00 Silence

## Day 6

- 08.00 Breakfast  
Packing up
- 12.15 Lunch & Saying goodbye!

