

# MARCH BREAK 13-17, 2017

**\*10-5-2-1-0\* Week** (To be finalized 10/3)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:00	Sign-in	Sign-in and departure	Sign-in	Sign-in	Sign-in
9:00-9:45	Camp, fire drill and trip rules!		<b>T.I.F.F.</b> <b>Improv</b>		
9:45-10:30					
10:30-11:15					
11:15-12:00				<b>Lunch</b>	<b>Pizza Lunch</b>
12:00-12:30	<b>Lunch</b>	<b>Lunch</b>	<b>Departure</b>	<i>Just for fun</i>	
12:30-1:00	BINGO	lacrosse	<i>Science Centre</i>		
1:00-2:00					
2:00-2:45		hockey			
2:45-3:30		soccer			
3:30-3:45	<b>Snack</b>				
3:45-4:15	<b>Reading</b>				
4:15-5:00	<b>Activities</b>				
5:00-5:45	gym	gym	gym	gym	movie
5:45-6:00	<b>Departure, see you tomorrow!!!</b>				<b>Goodbye!!!</b>



## Camp Mambo : March 13 - 17, 2017



Ages: Children 5-12yrs - Only 50 spaces available!

Time & Cost: Members 8:30-4:00 =\$90.00 / \*8:30-6:00 =\$125.00

Non-members =\$100.00 /\*\$150.00; Limited subsidy available.

Location: 86 Blake Street; Contact: [laurettejack@eastviewcentre.com](mailto:laurettejack@eastviewcentre.com)

Promoting "10-5-2-1-0" -

10 hours or more sleep, 5 servings or more of fruits & vegetables,

2 hours or less of screen time, 1 hour a day of physical activity,

0 sugar...try it for one week!!!!

Name (participant) \_\_\_\_\_

Name (parent/guardian) \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone No. \_\_\_\_\_ Cell/Business No. \_\_\_\_\_

Medical Info: \_\_\_\_\_ Payment: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_