

# Wellness Clubhouse *presents...*

## PLAYFIT

May 27<sup>th</sup> – 31<sup>st</sup>

Circus



- |              |                     |
|--------------|---------------------|
| Cartwheels   | Popcorn+Butter+salt |
| Balance      | Slushies/Lemonade   |
| Handstand    | Ice Cream/Popsicles |
| Juggling     | Cotton Candy        |
| Hula Hooping | Candy Apples        |
| Balls        | Milkshakes          |
| Tricks       | Potato Chips & Dip  |

*Circus Show*

*Friday Afternoon Performance*



June 24<sup>th</sup> – 28<sup>th</sup>

Gladiator



- |       |                           |
|-------|---------------------------|
| Push  | Javelin, discus, shot put |
| Pull  | “Sword” Fights            |
| Lunge | Tug ‘o War                |
| Squat | Strongman/Woman           |
| Twist | Tire activities           |
| Throw | Target Practice           |
| Run   | Slippery slide            |

*Gladiator Race*

*Friday Afternoon Event*



July 22<sup>nd</sup> – 26<sup>th</sup>

Games



- |                 |                    |
|-----------------|--------------------|
| Relays          | Sack Races         |
| Obstacle Course | Egg & Spoon Races  |
| Board Games     | Elastics/Jump Rope |
| Jump Rope       | Volleyball         |
| Four Square     | Corn in the Hole   |
| Hide ‘n Seek    | Ring Toss          |
| Hopscotch       | Scavenger Hunt     |
| Marbles         | Lawn Bowling       |
| Lawn Chess      | 3-Legged Race      |

*Family Games*

*Friday Afternoon Fun*

