<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>GLAD™ Camp Week ONE Begins</td>
<td>GLAD™ CAMP WEEK ONE BEGINS</td>
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<tr>
<td>June 20</td>
<td>June 21</td>
<td>June 22</td>
<td>June 23</td>
<td>June 24</td>
<td>June 25</td>
<td>June 26</td>
</tr>
<tr>
<td><strong>Camp Theme:</strong> Strong Girls Make a Strong World!</td>
<td><strong>Day’s Theme:</strong> Strong Body!</td>
<td><strong>Day’s Theme:</strong> Strong Heart!</td>
<td><strong>Day’s Theme:</strong> Strong Mind!</td>
<td><strong>Day’s Theme:</strong> Strong Leaders!</td>
<td><strong>Day’s Theme:</strong> Strong Connections</td>
<td></td>
</tr>
<tr>
<td><strong>Fitness:</strong> Bootcamp with Morgan from The YMCA</td>
<td><strong>Fitness:</strong> Crossfit with Beth from West DePere Crossfit</td>
<td><strong>Fitness:</strong> Zumba with Crystal from the YMCA</td>
<td><strong>Fitness:</strong> Yoga by the River with Allie Pedretti</td>
<td><strong>Fitness:</strong> Dance Party with Janel</td>
<td><strong>Leadership Day</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Needed for Camp:</strong> Tennis Shoes for fitness session. Water bottle to stay hydrated.</td>
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<td><strong>Needed for Camp:</strong> Yoga Mat or Beach Towel. Water bottle to stay hydrated.</td>
<td><strong>Needed for Camp:</strong> Tennis Shoes for fitness session. Water bottle to stay hydrated.</td>
<td><strong>Leadership Day in the Afternoon—Recommended:</strong> Tennis shoes, water bottle and sunscreen. <em>Girls will need to wear a t-shirt in their group color.</em></td>
<td></td>
</tr>
<tr>
<td><strong>Snack:</strong> Gogurt</td>
<td><strong>Snack:</strong> Cheese and Crackers</td>
<td><strong>Snack:</strong> Fruit</td>
<td><strong>Snack:</strong> Pudding and Graham Crackers</td>
<td><strong>Snack:</strong> Popcorn</td>
<td><strong>End-of-Camp Celebration</strong></td>
<td></td>
</tr>
<tr>
<td>Don’t Forget to follow GLAD on Twitter for the most up-to-date announcements, and pictures from camp! @SNCGLADCamp</td>
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<td></td>
<td>End-of-Camp Ceremony will be able to be viewed virtually as of 12:35. Please send your camper with a bag that she can transport her work from camp home. Pick up: 3:30pm</td>
<td></td>
</tr>
</tbody>
</table>
_GLAD™ CAMP WEEK TWO BEGINS_

**June 27**

**GLAD™ Camp Week TWO**

June 28th-July 2nd

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**June 28**

**Camp Theme:** Strong Girls Make a Strong World!

**Day's Theme:** Strong Body!

**Fitness:** FIRE workout with Trainer Victoria from FIRE Fitness Titletown

**Needed for Camp:** Tennis Shoes for fitness session. Water bottle to stay hydrated.

**Snack:** Gogurt

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**June 29**

**Day's Theme:** Strong Heart!

**Fitness:** Crossfit with Nicci from West DePere Crossfit

**Needed for Camp:** Tennis Shoes for fitness session. Water bottle to stay hydrated. Your camper will need disposable plastic water bottles for one of the camp activities. If you do not have one, just alert your campers teacher.

**Snack:** Cheese and Crackers

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**June 30**

**Day's Theme:** Strong Mind!

**Fitness:** Drills with Howard Fire Soccer Club

**Needed for Camp:** Tennis Shoes for fitness session. Water bottle to stay hydrated.

**Snack:** Fruit

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**July 1**

**Day's Theme:** Strong Leaders!

**Fitness:** Yoga by the River with Mandy Buntin

**Needed for Camp:** Yoga Mat or Beach Towel. Water bottle to stay hydrated.

**Snack:** Pudding and Graham Crackers

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**July 2**

**Leadership Day**

**Day's Theme:** Strong Connections

**Fitness:** Fun Factor with Crystal

**Needed for Camp:** Tennis Shoes for fitness session. Water bottle to stay hydrated.

**Snack:** Popcorn

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**July 3**

**Leadership Day in the Afternoon—Recommended:** Tennis shoes, water bottle and sunscreen. *Girls will need to wear a t-shirt in their group color.*

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**End of Camp Celebration**

End-of-Camp Ceremony will be able to be viewed virtually as of 12:35.

Please send your camper with a bag that she can transport her work from camp home.

**Pick up:** 3:30pm