

**April 18th -April 22nd 2022**

Time Slots	Monday 04/18/22	Tuesday 04/19/22	Wednesday 04/20/22	Thursday 04/21/22	Friday 04/22/22
10:00-10:40 AM	<b>FITNESS: CARDIO</b> Challenge yourselves with these cardio moves and get our heart rates up	<b>FITNESS: ARMS &amp; LEGS</b> Let's get those arms and legs burning with these guided workouts	<b>ZUMBA: LATIN MUSIC</b> Bring your best moves!	<b>FITNESS: GLUTES</b> Strengthen those glutes with these guided exercises	<b>ZUMBA: PARTICIPANT CHOICE</b> Bring your best moves!
11:00-11:40 AM	<b>ANIMALS: THE RED PANDA</b> Let's learn about these BEAR-Y cute red pandas!	<b>LITERACY PRACTICE: CAPITALIZATION</b> Let's learn when to use upper case or lower cases when writing a sentence	<b>MATH PRACTICE: MULTIPLICATION</b> Let's learn how multiply with these simple questions	<b>SPELLING BEE: SPRING EDITION</b> Spell out all things spring!	<b>CHEF'S CORNER: BLT SANDWICH</b> Bacon. Lettuce, Tomatoes?? YUM YUMM Ingredients: 2 slice bread, bacon, lettuce, tomato, mayo
1:00-1:40 PM	<b>TRAVEL THE WORLD: VANCOUVER</b> Grab your passports and we're exploring the culture, food and landmarks in the city of Vancouver	<b>MATH PRACTICE: SUBTRACTION</b> Learn to take away numbers to solve simple math problems	<b>SPORTS: TENNIS</b> You got served! Let's learn all about the sport of tennis!	<b>PLANETS: MERCURY</b> Let's learn all about the planet Mercury!	<b>KARAOKE</b> Grab your microphones... it's time to sing!
2:00-2:40 PM	<b>FOOD SCIENCE: SNICKERS</b> You're not you when you're hungry! Let's learn how these snicker bars are made!	<b>ONLINE GAMES: DEAL OR NO DEAL</b> Test your luck to win the game!			<b>ONLINE GAMES: BINGO</b> Challenge your friends to a friendly game of Bingo!
3:00-3:40 PM					