



# Monday/Tuesday/Thursday

יום שני

יום שלישי

יום חמישי

9:15 - 9:25	Morning Meeting	
9:30 - 9:55	Rotations: Sport/Gina Mitbach/Low Ropes	
10:00 - 10:25	H2Woah!	
10:30 - 10:40	Locker Room	
10:40 - 11:10	Instructional Swim	
11:10 - 11:20	Locker Room	
11:20 - 11:25	Morning Snack	
11:30 - 11:55	T'fillah	
12:00 - 12:25	Rotations: Teva/Omanut/Rikud	



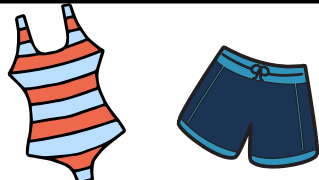

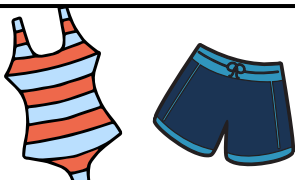

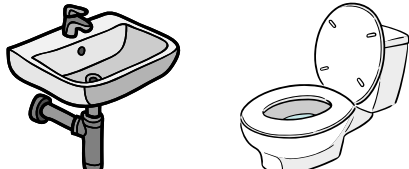




# Monday/Tuesday/Thursday

יום שני

יום שלישי

יום חמישי

12:30 - 12:55	Lunch	
1:00 - 1:25	Rotations: Parkour/Bishul/Peulat Tzrif	
1:30 - 1:45	Locker Room	
1:45 - 2:15	Free Swim	
2:15 - 2:25	Locker Room	
2:30 - 2:40	Afternoon Snack	
2:40 - 2:50	Bathroom	
2:50 - 3:00	Popsicles & Afternoon Meeting	
3:00	L'hitraot!	

# Friday

## יום שישי

9:15 - 9:25	Morning Meeting	
9:30 - 9:55	Sport / Low Ropes	
10:00 - 10:25	T'fillah	
10:30 - 10:55	Challah Baking & Morning Snack	
11:00 - 11:25	Teva / Omanut / Bishul	
11:30 - 11:55	Shabbat Shira	
12:00 - 12:25	Lunch	

# Friday

## יום שישי

12:30 - 12:55	H2Woah!	
1:00 - 1:10	Locker Room	
1:10 - 1:50	Free Swim	
1:50 - 2:00	Locker Room	
2:00 - 2:25	Talents with Talia & Glida	
2:30 - 2:50	Hachanah L'Shabbat	
2:50 - 3:00	Bathroom & Afternoon Meeting	
3:00	L'hitraot!	