

# CHINESE FAMILIES FOR CHRIST FVC ACTIVITY GUIDE

KEY:



Cost



Sign Ups

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Sign-ups for the following activities will be held “day-of” (Thursday-Saturday) in Brookside meeting room (under the dining room) from 7:45-9:15AM.

All 3RD-5TH graders will experience Discovery Grove during Day Camp on Friday or Saturday morning.

SAME DAY SIGN UP ACTIVITIES

	<b>SEQUOIA ADVENTURE COURSE</b> 17 different high ropes elements that range from 30-80' above ground, and ends with two ziplines. <b>Age 10+.</b> Weight <b>75-250 lbs.</b> Height : at least <b>57 inches.</b> Closed-toed shoes. <b>LOCATION:</b> Sequoia Adventure Course		 1:15PM-3:15PM	 1:15PM-4:45PM	 1:15PM-4:45PM	
	<b>DISCOVERY GROVE</b> 7 different high ropes elements that range from 5 to 20 feet above ground, and ends in a zipline. <b>Age 5+.</b> Ages 5 & 6 accompanied by adult. Weight <b>45-250 lbs.</b> Closed-toed shoes. <b>LOCATION:</b> Behind Fieldhouse		 1:30PM-3:00PM	 1:30PM-5:00PM	 1:30PM-5:00PM	
	<b>ARCHERY</b> <b>Ages 5+.</b> Ages 5-10 accompanied by adult. <b>LOCATION:</b> Conference Drive past the Fieldhouse and take the first trail on the left.		 1:30PM-3:00PM	 1:30PM-5:00PM	 1:30PM-5:00PM	
	<b>REDWOOD CANOPY TOURS</b> 7 platforms, 2 skybridges and 6 zip lines of up to 440' in length. 2 hour experience   \$60   <b>Age 10+.</b> Ages 10-17 accompanied by an adult. Weight <b>75-250 lbs.</b> Height at least <b>52 inches.</b> Closed-toed shoes. <b>LOCATION:</b> Adventure Center			 TOURS FROM 1:30PM-4:30PM	 TOURS FROM 1:30PM-4:30PM	 TOUR AT 2:00PM
	<b>OUTDOOR CLIMBING WALL</b> <b>Ages 5+.</b> Weight 25-250 lbs. Closed-toed shoes. Sign-ups at the climbing wall <b>LOCATION:</b> Behind Fieldhouse		 1:30PM-3:00PM	 1:30PM-5:00PM	 1:30PM-5:00PM	










## THANKSGIVING WEEKEND 2018











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			WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RECREATION ACTIVITIES		<b>CARNIVAL</b> Bring your whole family to the carnival and enjoy the bounce house, corn hole, football toss, scoot bikes, golf game, and ladder ball.  <b>LOCATION:</b> Fieldhouse Meadow		 3:30PM-5:00PM			
		<b>FIELDHOUSE</b> Available at the Fieldhouse: Bocce sets (bocce balls at the court) horseshoes   shuffle board  recreation balls and frisbees to be used on the meadow   basketball   volleyball & badminton (net set-up on request) ping-pong    air hockey   foosball    pool   games & puzzles   piano   table shuffle board  <b>LOCATION:</b> Fieldhouse	 9:00PM-11:00PM	 1:30PM-5:00PM, 9:00PM-11:00PM	 1:30PM-5:00PM, 9:00PM-11:00PM	 1:30PM-5:00PM, 9:00PM-11:00PM	

TOURNAMENTS		<b>4-ON-4 BASKETBALL TOURNAMENT</b> Youth: 1:45pm - 3pm Adults: 2:45pm - 4pm Sign-ups at Fieldhouse day of  <b>LOCATION:</b> Fieldhouse Gymnasium				 1:45 & 2:45	
		<b>PING-PONG TOURNAMENT</b> Youth: 1:45pm - 3pm Adults: 2:45pm - 4pm  <b>LOCATION:</b> Fieldhouse Gymnasium				 1:45 & 2:45	
FITNESS		<b>FITNESS CENTER</b> Treadmills, Rowing Machines, and Free Weights. Use key card or key from Front Desk. <u>Ages 16+</u> . Ages 16 & 17 must be accompanied by an adult.	 5:30AM-11:00PM	 5:30AM-11:00PM	 5:30AM-11:00PM	 5:30AM-11:00PM	 5:30AM-11:00PM