

CHINESE FAMILIES FOR CHRIST FVC ACTIVITY GUIDE

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

KEY:



Cost



Sign Ups

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

THANKSGIVING WEEKEND 2018

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| RECREATION ACTIVITIES | | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|--------|
|  | CARNIVAL Bring your whole family to the carnival and enjoy the bounce house, corn hole, football toss, scoot bikes, golf game, and ladder ball. LOCATION: Fieldhouse Meadow | |  3:30PM-5:00PM | | | |
| | FIELDHOUSE 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 LOCATION: 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 | | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|-----------|----------|--------|--|--------|
|  | 4-ON-4 BASKETBALL TOURNAMENT Youth: 1:45pm - 3pm Adults: 2:45pm - 4pm Sign-ups at Fieldhouse day of LOCATION: Fieldhouse Gymnasium | | | |  1:45 & 2:45 | |
| | PING-PONG TOURNAMENT Youth: 1:45pm - 3pm Adults: 2:45pm - 4pm LOCATION: Fieldhouse Gymnasium | | | |  1:45 & 2:45 | |

| FITNESS | | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|---|---|---|
|  | FITNESS CENTER 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 |