

2017 PEACH WORKSHOP SCHEDULE (subject to change)

	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45		Dynamic Flexibility	Dynamic Flexibility	Dynamic Flexibility	Quick Games for Fun and Fitness	Quick Games for Fun and Fitness	Quick Games for Fun and Fitness	Quick Games for Fun and Fitness	TRX Train/ Boot Camp/ Strength in Motion/SpineFit	Hike
8:15		Team Building/Yoga/ Hands Only CPR	Team Building/Yoga/ Hands Only CPR	Yoga/Hands Only CPR	SpineFit/ Strength in Motion/Yoga	SpineFit/ Strength in Motion/Yoga	SpineFit/ Strength in Motion/Speed Development	SpineFit/ Strength in Motion/Speed Development	Yoga	Director's Choice
9:45		Basketball/ Sports Psychology/ Spikeball	Basketball/ Sports Psychology/ Spikeball	Foam Rollers/ Sports Psychology/ Rampshot	Folk Dance/ Foam Rollers/Team Handball	Folk Dance/ Team Handball	Folk Dance/ Team Handball/ Yoga	Folk Dance/ Team Handball/ Yoga	Folk Dance/ Cognitive Learning	Core Activation
11:15		Tumbling/ Phys Ed Favorites	Tumbling/ Phys Ed Favorites	Tumbling/ Phys Ed Favorites	Flag Rugby/ Volleyball/ Health	Flag Rugby/ Volleyball/ Health	Flag Rugby/ Volleyball/ Health	Flag Rugby/ Volleyball/ Health	Health/Google Classroom/ Speedball	General Session
1:30	PEACH Check In	Adapted PE/Dance	Adapted PE/Dance	Adapted PE/Dance	Water Safety/Aussie Rules Field Sports/ Technology	Water Safety/Aussie Rules Field Sports/ Technology	Water Safety/Aussie Rules Field Sports/ Technology	Golf/Hike	Intermediate Golf/Can Jam/Spikeball	
3:00	Orientation	Ultimate Frisbee Tournament	Outdoor VB Tournament	Basketball Tournament	Innertube Water Polo/Indoor Soccer	Indoor Volleyball Tournament	Team Handball Tournament	Golf/Hike	Bocce Tournament	
5:15	Food	General Session	General Session	General Session	General Session	General Session	General Session	Golf/Hike	General Session	
6:30	Team Building			Bowling	BBQ-Cuesta Park/Spikeball/Rampshot	Technology		Farmer's Market		