



Superhero's Unite! Agenda



Sunday, April 17, 2011

8:15 am to 8:45 am	Registration
8:15 am to 8:45 am	Super Yoga Class IN SESSION with Francesca Bell, Yoga Teacher ☺
8:45 am to 9:00 am	Breath like a Super with Francesca Bell
9:00 am to 9:15 am	Name Tags ...The introduction of our super names and super food. SUPER!!!
9:15 am to 9:20 am	Shake it up with the Supers
9:20 am to 9:40 am	SNACK TIME
9:30 am to 11:00 am	Provincial Offences Officer Robert Dale Meerburg and his K9, Cody Robert is going to take out kids in small groups to take advantage of the age groups. SIBLINGS will have a break out where we will give them an opportunity to enjoy this event and meet other kids with a sister or brother with Prader willi Syndrome.
9:30 am to 11:00 am	SUPER HERO CRAFT
11:00 am to 11:20 am	Shake it up with the SupersDANCE PARTY!!!
11:20 am to 11:45 am	Creation of our flava flava H2O super style ***
11:45 am to 12:00 am	RYG lesson
12:00 pm to 12:30 pm	LUNCH
12:30 pm to 1:00 pm	Young Children Games: Octopus, Doggie Doggie who's got your bone, Electric squeeze. Older Children Games: Movie ball, Mr Run Run, Scategories.
1:00 pm to 2:00 pm	<u>Reptilia</u>
2:00 pm to 3:00 pm	Games all together as a group: Breathless, Parachute games, Quite Ball, Rhythm Changer, TAG!
3:00 pm to 3:15 pm	SNACK
3:15 pm to 4:00 pm	Shake it up... Presented to the parents of the FPWR.
4:00 pm to 5:00 pm	Closing Ceremonies, Colouring, crafts and saying good bye to our friends.

*** flava flava H2O super style is a Zero calorie water made by the kids for the kids. The recipe that the kids choose as the best will be written out for them to take home.