

## Daily Schedule

ACTIVITY	TIME	LOCATION
Breakfast & Games	9:00 – 9:30	Lundy Cafeteria
Warmups	9:30 – 10:00	High School Field
Activities	10:00 – 12:00	Various Locations
Lunch	12:00 – 12:30	Lundy Cafeteria

Participants will start the day with breakfast in the Lundy Cafeteria at 9:00 AM. After finishing breakfast, participants will begin each day with a light workout to warm up, including stretching and a variety of exercises. Daily activities will follow weekly themes. Each day will end with lunch and release at 12:30 PM.



## About Our District

### OUR VISION

*Dedicated to educational achievement  
and the success of every student.*

### OUR MISSION

Together with families and the community,  
we will provide each student a  
challenging, quality education, in a safe  
and supportive small school environment.

#### WE ARE COMMITTED TO:

- Providing rigorous standards-based teaching and learning programs that are responsive to each student's needs
- Ensuring that each student makes measurable yearly academic progress
- Preparing all students for personal success by providing college and career opportunities and programs
- Promoting diverse opportunities, in and out of the classroom
- Maintaining our unique environment that assures participation in team sports, arts, clubs, or extra-curricular activities
- Inspiring creativity, critical thinking, leadership skills, and life-long learning
- Cultivating respectful students with a strong work ethic, grit and determination, who are self-directed, responsible community members



# Summer Recreation & Fitness Program

## 2022

LOWELL SCHOOL DISTRICT



## About The Program

Lowell School District's Summer Recreation and Fitness Program is available at no charge, to all incoming second through sixth grade students. Participants will enjoy a variety of fun outdoor activities, including golf, soccer, hiking, football, archery and more.

The Summer Recreation and Fitness Program will run Monday through Friday, from 9:00 AM to 12:30 PM, beginning Tuesday, July 5 and ending Friday, August 26. Breakfast and lunch will be available for all participants daily.

To ensure all students participating are safe and accounted for, we ask that all participants register for the weeks they plan on attending. While participants are highly encouraged to register in advance, drop-in participants may be allowed to register for the program during the summer. Participants can register online at [www.lowell.k12.or.us/summer](http://www.lowell.k12.or.us/summer)



## Weekly Activities

JULY

5-8

### Golf Galore

Learning about all aspects of golf including disc golf.

JULY

11-15

### Summer Soccer

Practicing soccer skills. Playing full-field games.

JULY

18-22

### Nature Hiking

Hiking at Skinner's Butte, Mt. Pisgah, and more.

JULY

25-29

### Olympics

Participating in a series of Summer Olympic events.

AUG

1-5

### Football

Learning football skills and playing flag football games.

AUG

8-12

### Basketball / Archery

Learning about and playing basketball and archery.

AUG

15-19

### Net Games / Archery

Learning various net games from around the world and continuing to learn archery.

AUG

22-26

### Fishing and Wildlife

Learning about casting, luring, and other aspects of fishing.

## Summer Meals



Lowell School District is proud to serve the children of our community all throughout the summer months. Breakfast and lunch will be available at no charge, to all children ages 1 to 18. Meals will be served Monday through Friday, starting June 20 and ending August 26.

MEAL	TIME	SITE
Breakfast	9:00 – 9:30	Lundy Cafeteria
Lunch	12:00 – 12:30	Lundy Cafeteria

Visit [www.lowellschoolmeals.org](http://www.lowellschoolmeals.org) for additional information regarding the food service program. If you have any questions about the food service program, please call (541) 937-2105.

**LOWELL SCHOOL DISTRICT IS AN  
EQUAL OPPORTUNITY PROVIDER**