

Daily Schedule

ACTIVITY	TIME	LOCATION
Running Program	9:30 – 10:00	High School Field
Activities	10:00 – 12:00	Various Locations

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 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

About The Program

This summer, the Lowell School District's Summer Recreation and Fitness Program will be available at no charge, to all LOWELL SCHOOL DISTRICT STUDENTS, ages 7 through 12. Participants will enjoy a variety of fun physical activities, including soccer, golfing, hiking, fishing, and archery.

The Summer Recreation and Fitness Program will run Monday through Friday, from 9:30 AM to 12:00 PM, beginning Monday, July 5 and ending Friday, August 27.

To ensure all students participating are safe and accounted for, we ask that all participants register for the weeks they plan on attending. Participants can register for the program online at www.lowell.k12.or.us/summer, or pick up forms from any of the school offices. While participants are highly encouraged to register in advance, drop-in participants may register for the program during the summer.



Weekly Activities

JULY

5-9

Golf Galore

Practicing putting, driving and chipping on the course.

JULY

12-16

Summer Soccer

Practicing soccer skills; playing full-field games

JULY

19-23

Nature Hiking

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

JULY

26-30

Olympics

Olympic events.

AUG

2-6

Football

Learning football skills and playing flag football games.

AUG

9-13

Basketball/Archery

Basketball, and archery.

AUG

16-20

Net Games/Archery

Learning a variety of net games from all over the world and archery.

AUG

23-27

Fishing and Wildlife

Learning casting, luring, and fishing.