

CAMP OLAVE

The Amy Leigh Fitness Circuit - built to accommodate girls of all ages and may be used according to the size, age, and physical ability of the individual. Proper footwear is recommended as some stations may be slippery when wet.

Bring your sit upons and enjoy the natural serenity of the tall trees while you have a snack. Remember to leave **nothing** but your footprints and if you pack it in pack it out. Please ensure that girls are supervised at all times while visiting the fitness circuit. We hope you and your girls enjoy this new activity at Camp Olave.

The circuit is named counter-clockwise as you enter. Do not use the equipment if it seems too big or too small for the user or if conditions are not right (too wet, too snowy etc.).

Station 1 - Hurdles

Station 2 – Balance Beam

Station 3 – Sit-ups (hook your toes under, sit firmly on the other beam and do a few sit-ups. Do not use it if you are too small or too large.)

Station 4 – Monkey Bars

Station 5 – Stairs – Step up and down.

Station 6 – Swing Balance Beam

Station 7 – Parallel Bars

Station 8 – Leap Frog