



Daily Camp Schedule (Example)

Time of day	Activity
6:30	Wake/Beach Yoga
7:00 - 7:45	Breakfast
7:45 - 8:00	Transition
8:00 - 9:30	Interest Group Activity I: Sailing
9:30 - 9:45	Transition
9:45 - 11:15	Interest Group Activity II: Jungle Life
11:15 -11:45	Transition
11:45 -12:30	Lunch
12:30 -14:00	Cabin Clean-Up/Rest Period
14:00 -14:45	Beach Party
14:45 -16:15	Cabin Activity Period I: Low Ropes
16:15 -17:45	Cabin Activity Period II: Ultimate Frisbee
17:45 -18:00	Transition
18:00 -18:45	Dinner
18:45 -19:00	Transition
19:00 - 20:30(Jr.)/21:00 (Sr.)	Cabin Activity Period III: Cabin Challenge
21:00	Jr. Lights Out
21:30	Sr. Lights Out

* Actual activities listed will vary depending on camper preferences and session programming.

