

MORNING SESSION

Activity	Time	Aquatics	Gymnastics	Team Sports/Track and Field	Activity Examples
					Track and Field <ul style="list-style-type: none"> • Shot put • Relay races • Jumps Team Sports <ul style="list-style-type: none"> • Soccer • Basketball • Floor Hockey • Skills
1	8:20 - 9:10	AB	CD	EF	
2	9:15 - 10:05	CD	EF	AB	
	10:10-10:25	Snack Break			Aquatics
3	10:30 - 11:30	EF	AB	CD	<ul style="list-style-type: none"> • Strokes • Games
4	11:35 - 12:05	Group Activities			
	12:05 - 12:10	Half day campers - go to locker rooms and proceed to pick up Full day campers - go to locker rooms after half day campers to get lunches and meet at 1st floor headquarters.			
	12:10	Dismissal (half day campers)			
	12:15-12:45	Lunch (full day campers)			

Note: It is very important to stay on schedule. Late campers will check in at camp headquarters and will be taken to group location. It is the responsibility of the staff to be set up and ready to begin activities promptly at 8:20am.

AFTERNOON SESSION

Activity	Time	Activities and Games	Outdoor Activity/Rock Climbing	Fitness (Dance, cardio, yoga)	Activities and Games
					Activities and Games <ul style="list-style-type: none"> • Kickball • Relay Races • Wawa ball Outdoor Activity <ul style="list-style-type: none"> • Team building • Hike • Scavenger Hunt Fitness <ul style="list-style-type: none"> • Yoga • Zumba • Cardio Fitness
5	1:00 - 1:55	AB	CD	EF	
6	2:00 – 2:55	CD	EF	AB	
7	3:00 – 3:55	EF	AB	CD	
8	4:00 – 4:30	Group Activity			
	4:30 - 4:45	Assemble all campers for afternoon pickup and get bags from lockers			
	4:45 - 5:30	Afternoon pick up			