



## **Sample Camp Day**

8:00-8:30 am Breakfast

8:30-9:00 Daily Service & Chores

9:00-9:30 Fitness and Wellness Stations

9:30-12:30 High and Low Team Building Challenges

- Improved communication
- Conflict Resolution
- Expressing Emotions
- Building Self-Confidence
- Led/facilitated by certified staff

12:30-1:00 Lunch

1:00-4:00 pm Structured Free Time

- Lake activities
- Crafts
- Sports
- Fishing
- Gaga Ball, yard games
- Cooking
- Woodworking

4:00-5:00 Cabin Contests

- Kayak Races
- Canoe Races
- Sandcastle Contest

5:00-6:00 Dinner

6:00-8:00 Large Group Character Stations

- Capture the Flag
- Campfire & S'mores
- Teambuilding events
- Crafts
- Sport options
- Health & Wellness
- Frisbee Golf

8:00 Night Routine