

Camp Sample Schedule

| Time | Description |
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| 7:00 – 8:00 am | Arrival / Check-in Breakfast/ Icebreakers |
| 8:00 – 8:30 am | Dynamic Stretching |
| 8:30 – 9:30 am | Session 1 (Rotation 1: Activity 1 or Activity 2) |
| 9:30 – 9:45 am | Bathroom and Snack Break |
| 9:45 – 10:15 am | Small Group Discussion |
| 10:30 – 11:30 am | Session 2 (Rotation 2: Activity 1 or Activity 2) |
| 11:30 – 11:45 am | Transition and Bathroom Break |
| 11:45 – 12:45 pm | Lunch / Circle of Understanding |
| 1:00 – 2:00 pm | Session 3 (Activity 3) |
| 2:00 – 2:15 pm | Bathroom and Snack Break |
| 2:15 – 2:45 pm | Small Group Discussion |
| 3:00 – 4:00 pm | Session 4 (Activity 4) |
| 4:00 – 4:30 pm | Cool Down (Stretching, Balance, Mindfulness) |
| 4:30- 5:00 pm | Check-out /Pick-up |