



A Day in the Life of the LIT Discovery Program



7:00AM • Rip'n'Dip • If you're feeling ready to greet the day bright and early, join your fellow LIT's for an early plunge into the lake to start off your morning!



7:30AM • Wake Up • Good morning LIT's!

8:00AM • Breakfast • Get a great start to the day with a healthy and nutritious breakfast at our dining hall!

9:30AM • Leadership Workshops • You will join your fellow LIT's and take part in various workshops exploring the development of leadership, communication, and teamwork skills.

Lunch • 12:30PM

Recharge after a morning full of activities with a delicious lunch!

Self Care Hour • 1:30PM

Down time before the afternoon starts. Use this time to rest or take part in a low energy activity with your fellow LIT's

Prep for All Camp Evening Activities • 2:30PM

You and your fellow LIT's will put the skills you learned in the morning to practice by preparing for the LIT run activities for our Camp Goodtime's Families during the evening programming!

LIT Free Time • 5:00PM

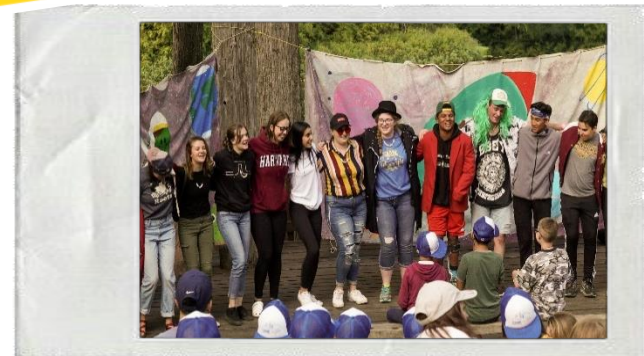
If all the prep for the evening activity is done, LIT's can use this opportunity to unwind and relax with a board game or possibly go for an extra swim!

Dinner • 6:00PM

This is a great opportunity to recap on what happened during the day as well as offer a further chance for LIT's to get to know each other while enjoying a delicious meal!

LIT Time and debrief • 8:00PM

More time for the LIT's to bond with each other by taking part in activities such as ice breakers, an LIT only waterfront session, and various team building games! We will also debrief on the events of the day and prepare for



7:00 PM • Evening Program • LIT's will be facilitating the programming that they spent the afternoon preparing! Evening programs in the past have included Family Feud, Paint Nite, Story Telling, as well as our Carnival and Dance!

10:00 PM • Chill Time!

11:00 PM • Lights out!

