



## A Day in the Life of Teen Camp



### Morning Activity Block 2 • 10:30AM

### Lunch • 12:00PM

Sit with friends and volunteers outside your cabin group during this meal to chat about how the day is going so far!

### Self Care Hour • 1:00PM

Down time before the afternoon starts. Use this as a chance to rest or take part in a low energy activity.

### All Camp or Cabin Group Activity • 2:15PM

As a group, your cabin will decide what you would like to do during this block. Come together as a cabin and spend time baking, sailing, tie dying or something different! We may also use this block to take part in an All Camp activity such as Color Wars!

### Open Activity Rotation • 3:45PM

Various activities will be open for you to wander around to for open rotation. Start at the waterfront, make your way to arts & crafts, or play some basketball – camp is yours to explore

### Evening Program • 7:00PM

We will come together as a camp to spend the evening together while taking part in a special activity. Whether it's a sing along jam session or a movie under the stars we will use this time to close out the day as a community.

**7:30AM • Rip'n'Dip** • If you're feeling ready to greet the day bright and early, join other campers for an early morning plunge in the lake before you head back to wake up the rest of the cabin.

**7:45AM • Wake Up** • Good morning Camp Goodtimes!

**8:15AM • Breakfast** • Get a great start to the day with a healthy and nutritious breakfast with your cabin mates

**9:15AM • Morning Activity Block 1** • Activity sign up for the two morning activity blocks will take place the night before during dinner. Campers can choose different activities every day to take part in! High ropes, rock climbing, canoeing, archery, arts & crafts to name a few – choose whatever sounds interesting to you!



**5:00 PM • Free Time** • Campers can either rest or use any of the open spaces at camp during free time. These open spaces include the recreation room and arts & crafts.

**6:00 PM • Dinner** • Sit with cabin mates to talk about how the day went!

**9:00PM – 10:30PM • Snack & Free Time** • After Evening Program, campers will have an evening snack and time to hang out in the recreation room to play games, make bracelets, and chat with friends. Lights out is at 11:00PM.

