



TYPICAL DAILY SCHEDULE (4 day camp)

Day 1

- 1:00 – 1:30 Overnight Check-In at Dorms – Martin Hall
- 1:30 p.m. Commuter Check-In at Beyer Hall
- 2:00 p.m. Welcome Program – Parents are welcome to this!
- 2:30 – 5:30 Gym Sessions
- 5:30 p.m. Dinner – Pizza Party! FREE for Commuters
- 6:15 p.m. Commuters Depart - Evening Activity for Overnight Campers – Dorm Door Decorating

Day 2

- 7:30 a.m. Rise and Shine!
- 8:30 a.m. Breakfast is served.
- 8:45 a.m. Day Campers arrive
- 9:00 a.m. Gym Sessions begin
- 12:30 p.m. Lunch
- 1:30 p.m. Free time or other activity
- 2:30 – 5:30 Gym Sessions
- 5:30 p.m. Commuters Depart. Overnight campers - Dinner
- 6:15 p.m. Overnight Campers go to dorms
- 7:00 p.m. Activity at dorms for overnight campers
- 10:00 p.m. Lights Out in dorms

Day 3

- 7:30 a.m. Overnight campers Rise & Shine!
- 8:15 a.m. Breakfast is served
- 8:45 a.m. Day campers arrive
- 9 a.m. – 12 p.m. Gym sessions
- 12:15 p.m. Lunch
- 1:30 – 2:30 Swimming or other activity
- 3:00 – 5:30 Gym Sessions / Open Gym
- 5:30 p.m. Commuters Depart. Overnight campers - Dinner
- 6:15 p.m. Overnight Campers go to dorms
- 7:00 p.m. Evening Activity at dorms for overnight campers
- 10:00 p.m. Lights Out

Day 4

- 7:30 a.m. Rise & Shine!
- 8:15 a.m. Breakfast is served to overnight campers
- 8:45 a.m. Day campers arrive
- 9 -11:30 a.m. Gym Sessions
- 11:30 – 12:15 Open Gym - PARENTS WELCOME BEGINNING AT 11:30!
- 12:30 p.m. Final Program
- 1:00 p.m. Check-Out