

### Overnight Ultimate Camp Program- Sample Weekly Schedule

|           | Sun   | Mon   | Tues   | Wed  | Thurs  | Fri   | Sat  |
|-----------|---|---|--|--|--|---|--|
|           |   | Rise/ Breakfast/<br>Cabin Clean-Up  | Rise/ Breakfast/<br>Cabin Clean-Up   | Rise/ Breakfast/<br>Cabin Clean-Up   | Rise/ Breakfast/<br>Cabin Clean-Up   | Rise/ Breakfast/<br>Cabin Clean-Up  | Rise/ Breakfast/<br>Cabin Clean-Up   |
| Morning   |   | -Activity #1<br>(selected during<br>reg.)<br><br>-Activity #2<br>(selected during<br>reg.)<br><br>-Group Games                                      | -Activity #3:<br>Bouldering Wall<br><br>-Activity #4:<br>Disc Golf<br><br>-Activity #5:<br>Lilypad                                     | -Activity #1<br>(selected during<br>reg.)<br><br>-Activity #2<br>(selected during<br>reg.)<br><br>-Group Games   | -Activity #3:<br>Forest Games<br><br>-Activity #4:<br>Sailing<br><br>-Activity #5:<br>Giant's Ladder/<br>Trust Activities              | -Activity #1<br>(selected during<br>reg.)<br><br>-Activity #2<br>(selected during<br>reg.)<br><br>-Group Games                                    | -Group games<br>until parent<br>arrival<br><br>-Parent<br>check-out at<br>camp |
|           |   | Lunch   |  |  |  |   |  |
| Afternoon | -Arrival to camp<br><br>-Check-In/<br>Bunk-In | -WellFit<br>Training<br><br>-Activity #3: Axe<br>Throwing<br><br>-Activity #4:<br>Aquaglide<br>Challenge<br>Track<br><br>-Activity #5:<br>Low Ropes | -Showers<br><br>-WellFit<br>Training<br><br>-Activity #1<br>(selected during<br>reg.)<br><br>-Activity #2<br>(selected during<br>reg.) | -WellFit<br>Training<br><br>-Activity #3:<br>Aquaglide<br>Challenge<br>Track<br><br>-Activity #4: 4<br>Court Beach<br>Volleyball<br><br>-Activity #5:<br>Field Games/<br>Slacklining | -Showers<br><br>-WellFit<br>Training<br><br>-Activity #1<br>(selected during<br>reg.)<br><br>-Activity #2<br>(selected during<br>reg.) | -WellFit<br>Training<br><br>-Activity #3:<br>Fishing<br><br>-Activity #4:<br>Aquaglide<br>Challenge<br>Track<br><br>-Activity #5: Axe<br>Throwing |  |
|           | Dinner  |   |  |  |  |   |  |
| Evening   | -Orientation<br><br>-Cabin Time               | -Tuck<br><br>-Showers<br><br>-Evening<br>Program<br><br>-Snack &<br>Bedtime   | -Evening<br>Program<br><br>-Snack &<br>Bedtime   | -Tuck<br><br>-Showers<br><br>-Campfire<br><br>-Snack &<br>Bedtime  | -Evening<br>Program<br><br>-Snack &<br>Bedtime   | -Tuck<br><br>-Showers<br><br>-Friday Finale<br><br>-Snack &<br>Bedtime  |  |

