



## Sample Daily Schedule

### Monday - Thursday Overnight Camp Schedule

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| 7:45 AM  | Pre-meeting  |
| 8:00 AM  | Staff Meeting  |
| 8:30 AM  | Breakfast  |
| 9:00 AM  | Activity Rotation Block One  |
| 10:30 AM | Activity Rotation Block Two  |
| Noon     | Lunch  |
| 12:30 PM | Reading and Resting  |
| 1:30 PM  | Activity Rotation Block Three                                      |
| 3 PM     | Cabin Free Time (i.e., Swimming, (or extended canoe base activity) |
| 5 PM     | Cabin Clean Up   |
| 5:30 PM  | Supper   |
| 6:30 PM  | Activity Rotation Block Four                                       |
| 8:00 PM  | Snack and Evening Event (or extended canoe base activity)          |
| 9:00 PM  | Get ready for bed and stories                                      |
| 10:00 PM | Lights out   |