



## True North Expedition Summer Camp

### Sample Daily Schedule:

- 8:00-9:00am – Before-care
- 8:55-9:10am – Arrival/Drop-off
- 9:10-9:30am – Introduction, Ice Breaker, Journal, etc.
- 9:30-10:00am – Walk on Trail (Nature Bingo, Scavenger Hunt, etc.)
- 10:00-10:15am – Bathroom and Water Break
- 10:15-10:30am – Review & Break-up into Groups
- 10:30-11:00am – Activity 1 Rotation
- 11:00-11:30am – Activity 2 Rotation
- 11:30am-12:00pm – Activity 3 Rotation
- 12:00-12:40pm – Wash-up & Lunch
- 12:45-1:00pm – Review & Break-up into Groups
- 1:00-3:00pm – Camper's Choice of 3 Different Activities
- 3:10-3:30pm – Clean-up and Reflection Activity
- 3:30-3:35pm – Pick-up
- 3:35-4:30pm – Aftercare

*\*Note: The timeframes may be modified slightly from day to day based on the actual activities scheduled and the necessary time needed to complete those activities. Also, our staff will allow additional time for activities that the attendees are really enjoying and engaged in, which may result in other activities having the time reduced or eliminated for that day.*