

FLAT ROCK RIVER YMCA CAMP – SUMMER SCHEDULE OVERVIEW

SUNDAY		TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
12:30-2:30 Eastern Time	Check In	6:55	OPTIONAL early start to the day – choices from Fog Jog, Polar Plunge, Deeper Dive study					
		7:00	Rise and Shine					
		7:30	Table Hoppers and Flag					
		7:45	Breakfast (Breakfast Meds Dispensed)					
		8:20	Chapel					
		8:30	Cabin Clean Up/ Get Ready for Clinics/Sunscreen/Water Bottle					
		9:00-10:00	Clinic 1 Sunday Sign Ups for Mon-Tue – Free Choice Wed-Fri					
3:15	Camper Orientation	10:10-11:10	Clinic 2 Sunday Sign Ups Mon-Tue – Free Choice Wed-Fri Also Pre-Registered Horseback					
3:45	Cabin Group Rotations • Get to Know You Games • Camp Tour • Swim Check • Health Check • Cabin Photos • Clinic Sign Ups Campers choose 3 activities for Mon & Tue morning	11:20-12:20	Clinic 3 Sunday Sign Ups Mon-Tue – Free Choice Wed-Fri Also Pre-Registered Horseback					
		12:25	Table Hoppers and Amphitheatre					
		12:40	Lunch (Lunch Meds Dispensed)					
		1:20	Siesta/Get Ready for Cabin Activities/Sunscreen/Water Bottle					Camper Packing
		2:20-3:45	Cabin Activity 1 Swim 1					
		3:55-5:15	Cabin Activity 2 Swim 2					
		5:20	Table Hoppers and Flag					4:45 Dinner
		5:40	Dinner (Dinner Meds Dispensed)					5:30 Cabin Closing Reflection
		6:20	Rec Time					6:15-7:15 Pick Up
6:00	Dinner	7:30-8:45	Evening Program			Closing Campfire	Fun trip home with Camp stories and songs and maybe sleeping! See you next year!	
7:30	Opening Campfire	8:50	Snack and Night Meds					
8:30	Snack & Night Meds	9:00	Showers and Cabin Devotion					
9:00	Cabin Commitments	10:00	Lights Out					