

Rock on Rock



8:00 Early Breakfast

8:45 Prayer and Breakfast

9:30 Cabin Clean-up & Staff Meeting

10:00 Morning Event

11:15 Cabin Event & Early Lunch

12:00 Lunch

1:00 Tuck and Rest Hour! & Late Lunch

2:00 Individual Activity: Period One/ Cabin Leader Training

3:00 Individual Activity: Period Two

4:00 Free Time!

(Choose from: Beach, Ski, Canoe, Kayak, Crafts (Wed, Thurs, Fri), Archery, Windsurfing (Mon, Thurs, Fri), or Climb (Mon, Wed, Fri).

5:00 Evening Event and Swimming

5:15 Early Supper

6:30 Supper

7:15 Hang Time & Late Supper

7:50 Prime Time

9:15 Snack

9:30 THE RIVER (CREW, ILT, Staff)

Campers Get Ready for Bed & Devos

10:30 Lights Out & Quiet



Remember to Apply Sunscreen Often.