

Time	Activity
7:30am	Wake Up – Experts agree it’s the best way to start the day
8:00am	Watch out for water balloons!
8:30am	Breakfast – Fuel up for a fun-filled day
9:45am to 12:45pm	It’s Specialty Time!
1:00pm	LUNCH! Recharge with something healthy and delicious
2:00pm to 2:50pm	Cabin Time
3:00pm to 3:55pm	1st Elective Period
4:00pm to 4:55pm	2nd Elective Period
5:00pm to 5:55pm	3rd Elective Period
6:00pm	Dine and Dance – After such a fun day, dinners are more like celebrations where counselors will get campers dancing and singing throughout the meal
7:45pm	Evening Activity
9:00pm	Rest and Relaxation Junior campers prep for bed Teens may go to the camp store and/or the Teen Lounge
10:00pm	Lights out for Juniors - Teens prep for bed
11:00pm	Lights out for Teens

Sample Activity Lists

活動列表



Adventure 冒險活動

鋼索飛行 zip line
水滑梯 water slides
樹木鞦韆 tree swing
彩彈射擊 paintball
步槍 rifle
戰斧投擲 tomahawk throwing
空中飛人 trapeze
繩索 rope course
射箭 archery
越野車 ATV quads
激光射擊 laser tag
山地單車 mountain bike
噴氣滑水 jet ski
水上原木滾動 tubing water log rolling
籃球 basketball
gaga球 gaga ball
直排輪滑 inline skating
游泳 swimming
滑板 skateboarding
九方球 nine square ball
水戰 water war
剃須膏戰鬥 shaving cream fight



Creative 創意活動

烹飪 cooking
音樂 music jamming
珠子工作坊 bedazzling bead work
美甲 manicures & pedicures
森巴舞 zumba
膠帶藝術 duct tape art
紙牌遊戲 card games
魔術卡 magic cards
攝影 photography
繪畫 painting
工藝品 arts & crafts
放鬆冥想 relaxation & meditation
瑜伽 yoga



Evening 晚間活動

歡迎篝火 welcome campfire bonanza
色彩瘋狂 color chaos madness
賭場之夜 casino night
午夜巧克力喜悅 midnight chocolate
delight
模仿狂熱 mimic mania
主題舞蹈 groovy theme dance offs
拍賣會 counsellor auction
露營搖滾明星音樂會 camper rock
star concert
露營演出 camper acting
舞蹈表演 dancing performance