



Thursday

- Facials and Massages available from 3:00 – 6:00
- Waterfront, Tennis, Archery, climbing wall, and Arts & Crafts will be open all day.

Time	Event	Location	Instructor
3:00 – 6:00	Check in at Welcome Center	Welcome Desk	Staff
3:30 – 4:15	Wake Up Shake Up	Beach Deck	Fitness Staff
3:30 – 4:15	Stretch it out	Lodge	Amy
4:30 – 5:15	Camp Walk With Joan	Meet at Beach	Joan
6:00 – 7:00	Meet & Greet	Commons Deck	Joan & Staff
7:00 – 8:00	Opening Dinner	Dining Hall	
8:00 – 9:15	Joan's Welcome and Camp Team Assignments	Dining Hall	Joan & Staff
9:15 – 10:00	Opening Camp Fire	Beach	
10:00	Taps	Beach	

- After taps, you can enjoy cards and games in Lodge or Chick Flick in the Commons Lounge next to the Dining Hall.
- Since many campers retire after taps, we ask those of you who stay up later to please retire to your bunks as quietly as possible.

Friday

- Facials & Massages available from 8:00 – 12:00 and 3:30 – 5:30
- Tarot Card Readings available from 9:30 – 12:00 and 3:30 – 6:00
- Waterfront, Tennis, Archery, Climbing Wall available from 9:30 – 12:00 and 3:30 – 5:30

Time	Event	Location	Instructor
7:00 – 9:15	Breakfast open	Dining Hall	
7:30 – 8:00	Tai chi	Beach	Beth B
8:00– 8:30	Walk with Joan	Meet at Beach	Joan
8:00 – 9:00	Morning Run	Meet at Beach	Shannon
8:30 – 9:00	Wake up Shake up with Joan	Beach	Beth B
9:15 – 10:30	Pilates Beach Yoga Sculpt & Tone Arts & Crafts	Dance Studio Beach Play House Art Center	Beth R Amy Beth B Craft Staff
10:45 – 12:00	Archery Zumba Yoga Kick Box/Self Defense Arts & Crafts	Archery Range Dance Studio Lodge Playhouse Art Center	Staff Beth R Amy Beth B Craft Staff
12:30 – 1:30	Lunch	Dining Hall	
1:30 – 2:15	Rest Hour Eat Your Way Fit Unclutter Your Life	Lodge Commons	Beth B Wendy Ellin
2:15 – 3:15	REVEILLE RELAY	Baseball Field	Fitness Staff
3:15 –4:15	Boot Camp Challenge Archery Canoe Arts & Crafts	Baseball Field Archery Range Water Front Arts Center	Fitness Staff Art Staff
4:30 – 5:30	Volleyball Zumba Gentle Yoga Stretch Arts & Crafts	Volleyball Dance Studio Lodge Craft Center	Beth /Shannon Beth R Amy Craft Staff
5:30–6:15	Shower Time		
6:15 – 7:30	Dinner	Dining Hall	
8:00 – 9:30	Dance Party	Playhouse	Staff
9:30	Taps		

- After taps you can enjoy cards & games in the Lodge or “Chick Flick” will be shown in the Yoga Studio.
- Since many campers retire after taps, we ask those of you who stay up later to please retire to your bunks as quietly as possible.

Saturday

- Facials & Massages available from 8:00 – 12:00 and 1:30 – 6:00
- Tarot Card Readings available from 10:00 – 12:00 and 1:30 – 4:00
- Waterfront, Tennis, Archery, Climbing Wall available from 9:30 – 12:00 and 1:30 – 4:30

Time	Event	Location	Instructor
7:00 – 9:15	Breakfast open	Dining Hall	
7:30 – 8:00	Tai chi	Beach	Beth B
8:00 – 8:30	Walk with Joan	Meet at Beach	Joan
8:00 – 9:00	Morning Run	Meet at Beach	Shannon
8:30 – 9:00	Wake-up Shake-up with Joan	Beach	Beth B
9:15 – 10:30	Kick Box/Self Def Pilates Meditation Arts & Crafts	Play House Dance Studio Lodge Craft Center	Beth B Beth R Amy Craft Staff
10:45 – 12:00	Tribal Drumming Zumba Healthy Backs Canoe Class Tai Chi	Lake Front Dance Studio Lodge Water Front Meet at Playhouse	Inanna Beth R Amy Staff Beth B
12:10 – 1:30	Lunch	Dining Hall	
1:30 – 2:15	Joan's Make-up Secrets	Lodge	Emir/Joan
2:15 – 3:30	Tribal Drumming Get Up and Dance Archery Pontoon Cruise Arts & Crafts	Lake Front Dance Studio Archery Lake Front Craft Center	Inanna Fitness Staff Craft Staff
3:30 – 4:30	Shower Time		
4:30 – 6:00	Reveille LifeBreath	Playhouse	LifeBreath Staff
6:10 – 7:15	Dinner	D-Hall	Staff
7:45 – 8:15	Sing-a-long	Commons Deck	Sarah and staff
8:30 – 10:00	Reveille Camp Fire	Meet at Deck	Reveille Staff
10:00	Taps	Council Fire	Warren

- After taps, cards and games will be available in The Lodge
 - A "Chick Flick" will be shown in the Commons Lounge.
- Since many campers retire after taps, we ask those of you who stay up later to please retire to your bunks as quietly as possible.

Sunday

- Facials & Massages available from 8:00 – 12:00
- Tarot Card Readings available from 9:30 – 12:00
- Waterfront, Tennis, Archery, Climbing Wall available from 9:30 – 12:00

Time	Event	Location	Instructor
7:30 – 9:30	Breakfast Open	Dining Hall	
7:30 – 8:00	Tai chi	Beach	Beth
8:00 – 8:30	WakeUp ShakeUp	Meet at Beach	Beth
8:00 – 9:00	Morning Run	Meet at Beach	Shannon
8:30 – 9:00	Morning Walk	Beach	Staff
9:15 – 10:30	Meditation/Yoga	Lodge	Amy
	Get Up and Dance	Play House	Beth/Beth
	Arts & Crafts	Craft Center	Craft Staff
10:45 – 12:00	Zumba	Dance Studio	Beth R
	Stretch it Out	Lodge	Amy
	LifeBreath	Play House	Beth B
	Arts & Crafts	Craft Studio	Craft Staff
12:00 – 1:00	Final Lunch	Dining Hall	Staff
	Joan's Farewell		