

CREATIVE ARTS SAMPLE SCHEDULE

	Creative Arts - Spa-tacular
8:45 - 9:15	Check In - circle game, greet all campers
9:15 - 9:30	Morning Meeting - go over names, rules, daily schedule
9:30 - 10:00	Hair Braiding & Nail Painting
10:00 - 10:15	Snack - make sure to wash hands, check for peanuts and clean up
10:15 - 11:00	DIY Sugar Scrub
11:00 - 11:45	Lunch - Make sure to wash hands, check for peanuts and clean up
11:45 - 12:00	Change for Swim
12:00 - 1:00	Swimming - Outdoor Water Park! (Apply sunscreen if needed and put on Coast Guard approved life vests for those that did not pass the swim test.)
1:00 - 1:15	Change from Swim / Transition to Main Building
1:00 - 2:00	Yoga in the Practice + Spa Treatment (Yoga then facials then cucumber on eyes with relaxing music.)
2:00 - 2:30	Playground
2:30 - 2:45	Transition to NSTC Mandala Mindfulness Coloring
2:45 - 3:15	Check Out - Circle Game or Coloring