

SENIOR & PRETEENS NACSTER SAMPLE SCHEDULE

	Senior NACster - Challenge Day
8:45 - 9:15	Check In - circle game, greet all campers
9:15 - 9:30	Morning Meeting - go over names, rules, daily schedule, transition
9:30 - 10:30	Ninja Challenge Stations (In gymnastics room, break into smaller groups and rotate through stations, 15 minutes per station, transition back to NSTC after stations.) <ol style="list-style-type: none">1. Warp Wall2. Obstacle Course3. Balance Beam Relays
10:30 - 10:45	Snack - make sure to wash hands, check for peanuts and clean up
10:45 - 11:00	Transition to NSTC
11:00 - 11:30	Minute to Win it Challenges
11:30 - 12:00	Playground
12:00 - 12:45	Lunch - Make sure to wash hands, check for peanuts and clean up
12:45 - 1:00	Change for Swim
1:00 - 2:00	Swimming - Outdoor Water Park! (Apply sunscreen and put on Coast Guard approved life vests for those that did not pass the swim test.)
2:00 - 2:15	Change for Swim
2:15 - 2:45	Run the Bases
2:45 - 3:15	Check Out - Circle Game or Sporkball