

# COOKING SAMPLE SCHEDULE

(AGES 6-12)

	<b>Cooking - Breakfast Club</b>
<b>8:45 - 9:15</b>	Check In - greet campers, check bags, send campers to change for swim
<b>9:15 - 9:30</b>	Morning Meeting - go over names, rules, daily schedule. Transition to pool
<b>9:30 - 10:30</b>	<b>Swimming - Outdoor Water Park!</b> (Apply sunscreen if needed and put on Coast Guard approved life vests for those that did not pass the swim test. Check swim bands)
<b>10:30 - 10:45</b>	Change from Swimming - make sure camper's have their stuff
<b>10:45 - 11:00</b>	<b>Cut Strawberries and Bananas for Yogurt Parfait Snack</b> (make sure to wash hands, check other snacks for peanuts and clean up)
<b>11:00 - 11:15</b>	<b>Snack: Make + Eat Yogurt Parfaits</b>
<b>11:15 - 11:45</b>	Breakfast Themed Coloring or Word Searches
<b>11:45 - 12:30</b>	<b>Prepare Pancake Batter + Make Pancake Art</b>
<b>12:30 - 12:45</b>	Clean Up + Get Ready to Eat
<b>12:45 - 1:30</b>	Lunch - make sure to wash hands, check for peanuts and clean up
<b>1:30 - 1:45</b>	Transition to The Practice (Yoga Studio)
<b>1:45 - 2:45</b>	<b>Yoga &amp; Mindfulness</b> (in The Practice Yoga Studio then transition back to the NSTC)
<b>2:45 - 3:15</b>	Check Out - circle game