

# SENIOR & PRETEENS NACSTER SAMPLE SCHEDULE

(4TH-7TH GRADE)

	Senior NACster - Camp Olympics
8:45 - 9:15	Check In - greet campers, check bags, put out Rainbow Loom
9:15 - 9:30	Morning Meeting - go over names, rules, daily schedule
9:30 - 11:00	<b>Opening Ceremony + Stations</b> (break into smaller teams after opening ceremony and rotate through stations, 15 minutes per station + transition time) <ol style="list-style-type: none"><li>1. Soccer</li><li>2. Gymnastics</li><li>3. Track &amp; Field Events</li><li>4. Basketball</li></ol>
11:00 - 11:15	Snack/ Bathroom Break - make sure to wash hands, check for peanuts and clean up
11:15 - 11:30	<b>Closing Ceremony + Awards</b>
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	<b>Swimming - Outdoor Water Park!</b> (Apply sunscreen and put on Coast Guard approved life vests for those that did not pass the swim test. Check swim bands)
2:00 - 2:15	Change from Swimming - make sure camper's have their stuff
2:15 - 2:45	Run the Bases or Rainbow Loom
2:45 - 3:15	Check Out - circle game

