

TEEN ADVENTURE & CIT SAMPLE SCHEDULE WITH ELECTIVES

(AGES 13-15)

	Teen Adventure - Dodgeball Day	CIT
8:45 - 9:15	Check In - greet campers, check bags, approved phone time for Teens only	
9:15 - 9:30	Morning Meeting - go over names, rules, daily schedule	
9:30 - 10:30	Variations of Dodgeball (Regular, Dr. Dodgeball, Jailbreak, etc.)	CIT's join their NACster Group (eat snack with NACster Group, return to Teens at 11:15)
10:30 - 10:45	Snack Snack/ Bathroom Break - make sure to wash hands, check for peanuts and clean up	
10:45 - 11:15	Sporkball (a popular game camp that is a variation of dodgeball)	
11:15 - 12:00	ELECTIVE: Aerial Yoga or Pickle Ball Transition to Lunch	
12:00 - 12:45	Lunch - make sure to wash hands, check for peanuts and clean up. Approved phone time for Teens only	
12:45 - 1:00	Clean Up + Get Ready for Swim	
1:00 - 2:00	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. Check swim bands)	
2:00 - 2:15	Change from Swimming - make sure Teens's have their stuff	
2:15 - 2:45	Teens's Choice Game	
2:45 - 3:15	Check Out - approved phone time for Teens only	