

Session 4 Week 1 August 5-August 9

Superheroes Unite

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:10	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting
9:10-9:45	Meet & Greet	Group Photo	Creative Connections	Creative Connections	Creative Connections
9:45-9:50	Transition	Transition			Transition
9:50-10:25	Creative Connections	Creative Connections			Explorations
10:25-10:30	Snack	Snack	Snack	Snack	Snack
10:30-11:05	Creative Connections	Free Swim	Free Swim	Free Swim	Creative Connections
11:05-11:10		Transition	Transition	Transition	
11:10-11:45		Playground	Creative Connections	Creative Connections	
11:45-11:50	Transition	Transition	Transition	Transition	Transition
11:50-12:00	Power-Up Break	Power-Up Break	Power-Up Break	Power-Up Break	Power-Up Break
12:00-12:25	Lunch	Lunch	Lunch	Lunch	Lunch
12:25-12:30	Transition	Transition	Transition	Transition	Transition
12:30-1:05	Creative Connections	Creative Connections	WOW Events	Creative Connections	Ice Cream Party
1:05-1:10	Transition		Transition		Transition
1:10-1:45	Golf		WOW Events		
1:45-1:50	Snack	Snack	Snack	Snack	Creative Connections
1:50-2:25	Gaga	Archery	Tennis	Strength & Agility	
2:25-2:30	Transition	Transition	Transition	Transition	
2:30-3:05	Creative Connections	Creative Connections	Creative Connections	Transition	Showcase
3:05-3:10				Archery	
3:10-3:45					
3:45-3:50	Afternoon Meeting	Afternoon Meeting	Afternoon Meeting	Afternoon Meeting	Afternoon Meeting

Glossary

Afternoon Meeting- A time for the group to reflect on the day and to look ahead to tomorrow while also reinforcing key concepts and maintaining a positive camp environment.

Meet & Greet- A time is used to decorate name tags and play ice-breaker games in a way to help build a sense of camp community. This is our way of making sure each child feels welcome on the first day of a new session.

Morning Meeting- A time for the group to meet, greet one another, share updates, and review the rules and the day's schedule. Its primary purpose is to foster a sense of camp community, build positive relationships among campers, and set a positive tone for the day.

Power-Up Break- A valuable time within the camp day, allowing campers to take a breather from the routine, socialize with their peers, and return to their activities with renewed enthusiasm and energy. These breaks are often used to re-apply sunscreen, refill water bottles, and revisit how the day has progressed.

Transition- A time to use the restroom, refill water bottles, and move to the next activity.