



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP TOCKWOGH

SAMPLE SCHEDULE

WEDNESDAY

- 10:30am** Arrival & Welcome
Settle in to cabins
- 11:00am** Large Group Games
Split into 9 groups of 10: Full Value Contracts
- 12:30pm** LUNCH
- 1:30PM** **Group 1:** Team Building **Group 6:** High Ropes & Zip
Group 2: Team Building **Group 7:** Team Building
Group 3: Team Building **Group 8:** Team Building
Group 4: High Ropes & Zip **Group 9:** Team Building
Group 5: High Ropes & Zip
- 4:30pm** Field Sports & Recreational Activities (self-lead)
Camp Store open
- 5:30pm** DINNER
- 6:30pm** Evening Activity Options: Beach Party, Campfire, Skit Night, Team Challenge
- 8:30pm** Evening Snack
Back to cabins, settle in for night
- 10:00pm** Quiet hours begin

THURSDAY

- 7:00am** Optional morning jog around campus
- 8:00am** BREAKFAST



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9:00am	Group 1: Climbing Wall & Leap of Faith Group 2: Climbing Wall & Leap of Faith Group 3: Climbing Wall & Leap of Faith Group 4: Team Building Group 5: Team Building	Group 6: Team Building Group 7: Canoeing & Archery Group 8: Canoeing & Archery Group 9: Canoeing & Archery
12:30	LUNCH	
1:30pm	Group 1: Canoeing & Archery Group 2: Canoeing & Archery Group 3: Canoeing & Archery Group 4: Climbing Wall & Leap of Faith Group 5: Climbing Wall & Leap of Faith	Group 6: Climbing Wall & Leap of Faith Group 7: High Ropes & Zip Group 8: High Ropes & Zip Group 9: High Ropes & Zip
4:30pm	Field Sports & Recreational Activities (self-lead) Camp Store open	
5:30pm	DINNER	
6:30pm	<u>Evening Activity Options:</u> Beach Party, Campfire, Skit Night, Team Challenge	
8:30pm	Back to cabins, settle in for night	
10:00pm	Quiet hours begin	

Friday

7:00am	Optional morning Hike	
8:00am	BREAKFAST Pack & Move out of cabins. Luggage to central area.	
9:15am	Group 1: High Ropes & Zip Group 2: High Ropes & Zip Group 3: High Ropes & Zip Group 4: Canoeing & Archery Group 5: Canoeing & Archery	Group 6: Canoeing & Archery Group 7: Climbing Wall & Leap of Faith Group 8: Climbing Wall & Leap of Faith Group 9: Climbing Wall & Leap of Faith
12:30pm	LUNCH	
1:30pm	Depart YMCA Camp Tockwogh	