



FOR YOUTH DEVELOPMENT<sup>®</sup>  
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 3:** Team Building  
**Group 4:** High Ropes & Zip  
**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, Talent Show
- 8:30pm** Evening Snack  
Back to cabins, settle in for night
- 10:00pm** Quiet hours begin

### THURSDAY

- 8:00am** BREAKFAST



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<b>9:00am</b>	<b>Group 1:</b> Climbing Wall & Leap of Faith <b>Group 2:</b> Climbing Wall & Leap of Faith <b>Group 3:</b> Climbing Wall & Leap of Faith <b>Group4:</b> Team Building <b>Group5:</b> Team Building	<b>Group 6:</b> Team Building
<b>12:30</b>	<b>LUNCH</b>	
<b>1:30pm</b>	<b>Group 1:</b> Archery & Axe Throwing <b>Group 2:</b> Archery & Axe Throwing <b>Group 3:</b> Archery & Axe Throwing <b>Group4:</b> Climbing Wall & Leap of Faith <b>Group5:</b> Climbing Wall & Leap of Faith	<b>Group 6:</b> Climbing Wall & Leap of Faith
<b>4:30pm</b>	Field Sports & Recreational Activities (self-lead) Camp Store open	
<b>5:30pm</b>	<b>DINNER</b>	
<b>6:30pm</b>	<u>Evening Activity Options:</u> Beach Party, Campfire, Skit Night, Team Challenge, Talent Show	
<b>8.30pm</b>	Back to cabins, settle in for night	
<b>10:00pm</b>	Quiet hours begin	

## **Friday**

<b>8:00am</b>	<b>BREAKFAST</b> Pack & Move out of cabins. Luggage to central area.	
<b>9:15am</b>	<b>Group 1:</b> High Ropes & Zip <b>Group 2:</b> High Ropes & Zip <b>Group 3:</b> High Ropes & Zip <b>Group4:</b> Archery & Axe Throwing <b>Group5:</b> Archery & Axe Throwing	<b>Group 6:</b> Archery & Axe Throwing
<b>12:30pm</b>	<b>LUNCH</b>	
<b>1:30pm</b>	Depart YMCA Camp Tockwogh	