



The Weekend Altitude
Daily Beat

Friday, March 18, 2011

5:00 - 7:00 pm: Arrival, Dinner, Settle In

7:00 – 7:15 pm: Welcome and Announcements

7:15 – 8:00 pm: Meet your counselor ...

Oaks, Sequoias and Redwoods Cohort meet each other!

8:00 – 9:00 pm: Group Social Time / Bingo

9:00 pm: Families are free to head to bed

Cohort A: Campers “Redwoods”

Cohort B: Siblings “Sequoias”

Cohort C: Parents: “Oaks”



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Saturday, March 19, 2011

7:00 - 8:00 am: Wake up, Get Ready

8:00 - 9:00 am: Breakfast

9:00 - 9:30 am: Morning Line-Up

9:30 - 10:30 am: Rotation 1

A: Cable Line; B: Rock Wall; C: Archery

10:30 - 11:30 am: Rotation 2

C: Cable Line; A: Rock Wall; B: Archery

11:30 - 12:30 pm: Rotation 3

B: Cable Line; C: Rock Wall; A: Archery

12:30 - 1:30: Lunch

1:30 - 2:30 pm: Break and Rest Hour

2:30 - 3:15 pm: Afternoon Activity 1

A: Arts & Crafts; B: Nature Hike;

3:15 - 4:00 pm: Afternoon Activity 2

B: Arts & Crafts; A: Nature Hike

2:30 - 4:00: Parent Activities: Round Table Discussion, Self-guided Nature Walk, or Free Time

4:00 - 5:00 pm: Free Time and Showers

5:00 - 5:30 pm: Evening Line-up and Fuzzies!

5:30 - 6:30 pm: BBQ Dinner

6:30 - 7:30 pm: Cohort Time/ Parent Presentation

7:30 - 8:30 pm: Evening activity - All families: Campfire

8:30 - 9:00 pm: Free time, Socializing

9:00 pm: Families are free to head to bed



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Sunday, March 20, 2011

7:00 - 8:00 am: Wake up, Get Ready

8:00 - 9:00 am: Breakfast

9:00 - 9:30 am: Morning Line-Up

9:30 - 12:00 pm: Family Carnival and Relays

- 9:30 – 10:30: **Cohort Relays**
- Costume Relay
- Egg on spoon
- Orange in the Neck
- Sponge relay
- Bean Bag toss
- Giant Dice roll
- Donut on the Stick
- Kids paper a parent
- Word making game

10:30 – 11:00: Snack & Counselor Show

11:00 – 12:00: Family Time: Explore the Trails & Arts & Crafts offered

12:00 - 1:00 pm: Lunch

1:00 - 1:30 pm: Final Line-up and Fuzzies!

1:30 - 2:00 pm: Families are dismissed