

2009 Summer Camp On-Site Itineraries

Monday	Session 9 8/17/09	Springboard Diving	Tuesday	Session 9 8/18/09	Springboard Diving
	6:30-8:30	Extended Care		6:30-8:30	Extended Care
	8:30	Campers Arrive & Camp Warm Up		8:30	Campers Arrive & Camp Warm Up
	9:00	Camp Meeting/Organization		9:00	Camp Meeting/Organization
	9:30	Warm-Up & Dryland		9:30	Warm-Up & Dryland
	10:00	Diving Lesson		10:00	Diving Lesson
	10:30			10:30	
	11:00	(10:45) Snack		11:00	(10:45) Snack
	11:30	Free Swim		11:30	Free Swim
	12:00	Lunch		12:00	Lunch
	12:30	Movie		12:30	Movie
	1:00	(1:15) Diving Lesson		1:00	(1:15) Diving Lesson
	1:30			1:30	
	2:00	Swimming/Free Choice		2:00	Swimming/Movie
	2:30			2:30	
	3:00			3:00	
3:30	Camp Meeting	3:30	Camp Meeting		
4:00	Camp Ends	4:00	Camp Ends		
4:30-6:30	Extended Care	4:30-6:30	Extended Care		
Wednesday	Session 9 8/19/09	Springboard Diving	Thursday	Session 9 8/20/09	Springboard Diving
	6:30-8:30	Extended Care		6:30-8:30	Extended Care
	8:30	Campers Arrive & Camp Warm Up		8:30	Campers Arrive & Camp Warm Up
	9:00	Camp Meeting/Organization		9:00	Camp Meeting/Organization
	9:30	Warm-Up & Dryland		9:30	Warm-Up & Dryland
	10:00	Diving Lesson		10:00	Diving Lesson
	10:30			10:30	
	11:00	(10:45) Snack		11:00	(10:45) Snack
	11:30	Free Swim		11:30	Free Swim
	12:00	Lunch		12:00	Lunch
	12:30	Movie		12:30	
	1:00	(1:15) Diving Lesson		1:00	Diving Mini-Meet Performance
	1:30			1:30	
	2:00	Swimming/Free Choice		2:00	Swimming/Movie
	2:30			2:30	
	3:00			3:00	
3:30	Camp Meeting	3:30	Camp Meeting		
4:00	Camp Ends	4:00	Camp Ends		
4:30-6:30	Extended Care	4:30-6:30	Extended Care		

*All itineraries are subject to change without notice.