

# A Day-in-the-Life



## 7:45 am – Wake up

- Counsellors arrive at their campers' tents/cabins just before the 7:45 wake up bell to get everyone heading towards the dining hall.

## 8:00 am – Breakfast

- Counsellors sit with their cabin group and ensure campers are eating healthy meals.
- Most tables have between 8 and 10 campers along with 2 staff and 2 LITs.
- During breakfast, campers aged 11 and older also sign up for the following morning's activities.

## 8:40 am – Clean-up

- Campers head back to their cabins for a quick morning clean-up and to get ready for the day.
- Counsellors ensure this is happening and campers are wearing sunscreen, hats, have water bottles etc.

## 9:25am – 12:30pm – Morning Activities

- Counsellors work 1 activity during the 3 morning periods where campers of all ages rotate through in 1 hour blocks. They ensure campers are engaged and having fun at their activity.

## 12:30 – morning free time

- A quick chance to change into dry clothes & get ready for lunch.

## 12:45 - Lunch

## 1:30 – Rest Hour

- Our campers head back to their cabin to get out of the sun for the hottest part of the day.
- 1 counsellor from each section supervises the cabin areas
- The rest of the staff take this hour off. Go for a swim, a run, or take a nap!

## 2:40 – 4:40 – Afternoon Activities

- Counsellors work their afternoon activity for periods 4 and 5.

## 4:40 – Afternoon Free Time

- Campers head back to their sections and meet up with their staff
- Go for a swim, play some soccer, make bracelets or get ready for that night's campfire – this is a chance for cabin and section groups to bond together.

## 6:00 - Dinner

- Campers sign up for the next day's afternoon periods.

## 7:15 – 9:30 – Evening Program

- On most nights, sections will play a game run by the counsellors somewhere at camp. Sometimes multiple sections join together to play a game or there might be an all camp game!

## 9:00 – 10:15 - Bedtimes

- The end of the day, counsellors and their cabin groups head back to their cabins and do a bedtime routine.

## 10:30 – Staff Snack

- Staff all meet in the dining hall to have a snack and connect at the end of the day. Each counsellor is staffed once per month on 'night patrol' but are off duty the rest of the nights.