

MARINERS, entering grades 3-6

Sample daily schedule

- 6:00am **Surf Club** - for campers who want to start the day with a morning ocean session
- 6:15am **YMCA Camp Surf Lifeguard Service opens.** The first waves of the day are up for grabs with our morning Surf Club campers (optional)
- 7:00am **Rise and Shine** (Surf Club ends, go get rinsed off)
- 7:25am All camp **Flag Raising** at Pirates Cove
- 7:30am **BREAKFAST** - 3 cereal choices, a fresh fruit and yogurt bar, and a hot option (eggs, pancakes, sausage, waffles, etc.) each morning. Milk, water, juice. Campers are encouraged to start their day with a well-balanced meal.
- 8:15am **Morning Cabin Time** - bunks, teeth (yes...we'll check!), cabin clean up, apply sunscreen, cabin meeting, get ready for morning activities

8:45am **Morning Activities**, sunscreen, H₂O, hats. **9-12:** Mariners will rotate through activities with their counselor as a cabin group. (**ie Crafts, Climbing Tower, Archery**) *They do three land activities and two ocean activities each day.*

- 12-2pm **LUNCH** - Sandwiches, potato bar, tacos/burritos, grilled cheese, pizza, etc. and a full salad bar. Everyone is encouraged to drink up to 3 glasses of water at every meal to stay hydrated and healthy. **Siesta** - at the cabins for a ~30 minute nap or quiet time. **Camp Store** - visit daily for a snack/drink/souvenirs **Mail** - Snail mail/ BunkOne emails (printed first thing every morning) are passed out after lunch

1:45pm **Afternoon Activities**, sunscreen, H₂O, hats. **2-4:30:** Before first ocean lesson: **Swim Screen** - every camper is evaluated for level of comfort and confidence in the ocean. **Waterfront Orientation** - by ocean lifeguards. A 3-hour block of beach time daily (**ie Surfing, Body boarding, choice activities, etc**)

- 4:30pm **Shower Time** - campers can shower every day after ocean time, but every cabin has a scheduled MUST shower time twice a week.
- 5:25pm All camp **Flag Lowering** at Pirate's Cove
- 5:30 pm **DINNER** - Baked chicken, lasagna, roast beef, stir fry/egg rolls etc. and a full salad bar. We also have dessert after dinner.

6:30pm **Evening Program:** Sun-all camp **Safety Drill**/campfire/bead ceremony, Mon-Carnival (potato sack races, soccer, sponge toss and much more), Tues- Mariner only event and S'mores, Wed- All Camp Dance (homemade costumes only!) Thurs-Skit night and Wish Stick Ceremony, our final night together.

- 8pm **Get ready for bed**, teeth and pajamas
- Devotions** - a quiet activity, discussion, or bedtime story.
- 9pm **Lights out** - you will need your rest for another full day of fun tomorrow!

Program Highlights

Mariner campers will **body board and surf every day** during their 3 hour ocean time, and to increase independence they will have both land and ocean **choice time**. Land choices: climbing tower, archery, crafts, or outdoor exploration and environmental stewardship. Ocean choices: surfing, body boarding, swimming... or all three!

The **PJ Breakfast is also a cookout!** Cabins sleep in and cook their own campfire breakfast!