

# WATERMEN, entering grades 7-8

## 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, H<sub>2</sub>O, hats. **9-12:** Activities are as a cabin group, in co-ed groups, or as a village. Before first ocean lesson: **Swim Screen** -every camper is evaluated for level of comfort and confidence in the ocean. **Waterfront Orientation** - by ocean lifeguards. **(ie Water Safety, Crafts, Climbing Tower, Body Boarding, Swim, Shower )** *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, H<sub>2</sub>O, hats. **2-4:30: (ie Team-building, surfing, choice activities, etc. )**

- 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 **Shower Time** - campers can shower every day after ocean time, but every cabin has a scheduled MUST shower time twice a week.
- 7:00pm **Evening Program:** Sun-all camp **Safety Drill**/campfire/bead ceremony, Mon-Sunset surf, Tues-Cookout with Dutch ovens & foil dinners (this is a favorite!) and campout, 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!

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## Program Highlights

Watermen 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 **skating**. Ocean choices: surfing, body boarding, swimming... or all three!