



A day in the life...

Here is an example of what a typical day in the life at camp looks like! Some days of the week are a little different, but they all follow the same basic routine. You can learn more about some of these programs on the next page, too!

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| 7:00: Wake Up! | 3:00: Snack |
| 7:30: Polar Bear Dip/Early Morning Program (optional) | 3:30: Program Rotation 2 |
| 8:00: Breakfast | 4:30: Program Rotation 3 |
| 9:15: Program Rotation 1 | 5:30: Dinner |
| 10:15: Snack | 6:15: Cabin Adventure Time |
| 10:30: Pursuit | 6:45: Evening All-Camp Program |
| 12:00: Lunch | 8:00: Campfire |
| 12:45: ZAP (Zero Activity Program) | 9:00: Back to cabins for snack and bedtime. Late night program for oldest campers |
| 2:00: Afternoon Swim | |

Some Key Terms from the Day in the Life:

- **Early Morning Program:** usually a Polar Bear Dip into the lake, for those who are interested, except during camp sessions where cold water could be harmful to the campers.
- **Program Rotations:** Campers travel through all of our core program areas within their activity groups. We offer a wide range of programming options, tailored to meet the needs and abilities of each of our campers. Our core program area rotations include: Cooking, Boating (canoeing, kayaking, power boats), Visual Arts, Outdoor Adventure (hiking, fire building, shelter building, archery), Climbing – for campers 10+ (high ropes, climbing wall, giant swing), and Performing Arts (music, drama).
- **Pursuit:** Like choosing your “camp major,” campers choose the program in which they are most interested and spend 90 minutes per day in that program. This means that by the end of camp, they have learned a new skill or developed an existing one. Pursuit programs are often a further opportunity to participate in our core program areas, but also can include programs such as: Wilderness Survival, Leaders-in-Training, Junior Lifeguarding, Media, Dance, etc.
- **ZAP:** Stands for Zero Activity Program, campers return to their cabins to get out of the hot sun and participate in quiet, restful activities. This could mean taking a nap, reading a book, making bracelets, playing cards, etc. During this time, most of our counselling staff are “off”, unless on ZAP duty for the day.
- **Cabin Adventure Time:** The period after dinner each evening when individual cabin groups have the chance to choose what they’d most like to do with their time. It’s a great opportunity to build stronger connections between campers, take part in an activity the campers love particularly and haven’t had a chance to do, or go on a fun adventure around camp.
- **Evening All-Camp Program:** a camp-wide activity planned by the programming staff for the week. This might mean a running game on the field, or a fun competition like Iron Chef or a Lip Sync Battle.
- **Late Night Programming:** For our oldest campers, the time between 9:00 – 10:00 pm when they get to do one more period of programming, planned by the counsellors and campers based on what they’d most like to do. Many of our campers say that this is their favourite time of the day.