


## 5 Day Sample Program (60 - 84 students)

TIME	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	
7:45		Duty team set-up.	Duty team set-up.	Duty team set-up.	Duty team set-up.	
8:00		<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	
9:00		<b>Tidy Rooms</b>	<b>Tidy Rooms</b>	<b>Tidy Rooms</b>	<b>Rooms Packed up</b>	
9:30		<b>Rotations Session 3</b> A: Waterslide B: Frisbee Golf C: Archery D: Flying Fox* E: Low Ropes Course F: Bush Walk	<b>Oval Sports</b>  Soccer, Aero Stomp, Wide area Games, Act.	<b>Rotations Session 10</b> A: Mountain Bikes B: Canoeing* C: Mechanical Wall D: Raft Making E: Camp Cooking F: Fishing	<b>ONSITE ACTIVITIES:</b> Outdoor games, Tabloid sports, Free time etc.	<b>OFFSITE ACTIVITIES:</b> Day trips to: Healesville Wildlife Sanctuary, Yarra River Parkland, Badger Creek Reserve, Hedge Maze ad heaps more. <i>With packed lunch.</i>
10:30		Morning Tea	Morning Tea	Morning Tea	Morning Tea	
11:00	Introduction and welcome.* Settling into cabins. Teacher activity training.	<b>Rotations Session 4</b> A: Bush Walk B: Waterslide C: Frisbee Golf D: Archery E: Flying Fox* F: Low Ropes Course	<b>Rotations Session 7</b> A: Raft Making B: Camp Cooking C: Fishing D: Mountain Bikes E: Canoeing* F: Mechanical Wall	<b>Rotations Session 11</b> A: Fishing B: Mountain Bikes C: Canoeing* D: Mechanical Wall E: Raft Making F: Camp Cooking	<b>Closure activity:</b> The best thing about camp picture, Journal entry etc	
12:00	<b>Free Time</b>	<b>Free Time</b>	<b>Free Time</b>	<b>Free Time</b>		
12:15	Duty team set-up.	Duty team set-up.	Duty team set-up.	Duty team set-up.		
12:30	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
1:30	<b>Stadium Group Games</b> Basketball, Indoor Soccer, Dodge Ball, Cricket, Kickball, Initiative Games, etc.	<b>Hut Building and Cage Soccer</b>	<b>Nature Safari</b> Air Stream, Earth Stream, Aqua Stream.	<b>Warburton Trail Walk</b>		
2:30	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea		
2:45	<b>Rotations Session 1</b> A: Archery B: Flying Fox* C: Low Ropes Course D: Bush Walk E: Waterslide F: Frisbee Golf	<b>Rotations Session 5</b> A: Low Ropes Course B: Bush Walk C: Waterslide D: Frisbee Golf E: Archery F: Flying Fox*	<b>Rotations Session 8</b> A: Mechanical Wall B: Raft Making C: Camp Cooking D: Fishing E: Mountain Bikes F: Canoeing*	<b>Rotations Session 12</b> A: Camp Cooking B: Fishing C: Mountain Bikes D: Canoeing* E: Mechanical Wall F: Raft Making		
3:45	<i>Activity Change over</i>	<i>Activity Change over</i>	<i>Activity Change over</i>	<i>Activity Change over</i>		
4:00	<b>Rotations Session 2</b> A: Frisbee Golf B: Archery C: Flying Fox* D: Low Ropes Course E: Bush Walk F: Waterslide	<b>Rotations Session 6</b> A: Flying Fox* B: Low Ropes Course C: Bush Walk D: Waterslide E: Frisbee Golf F: Archery	<b>Rotations Session 9</b> A: Canoeing* B: Mechanical Wall C: Raft Making D: Camp Cooking E: Fishing F: Mountain Bikes	<b>Group Mural / Painting of Week at Camp</b>		
5:00	<b>Free time:</b> Basketball, Table Tennis, Trampolines, Air Hockey, Etc.	<b>Free time:</b> Basketball, Table Tennis, Trampolines, Air Hockey, Etc.	<b>Free time:</b> Basketball, Table Tennis, Trampolines, Air Hockey, Etc.	<b>Free time:</b> Basketball, Table Tennis, Trampolines, Air Hockey, Etc.		
5:45	Duty team set-up.	Duty team set-up.	Duty team set-up.	Duty team set-up.		
6:00	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>		
7:00	<b>Evening Activity :</b> video/DVD, night walk, trivia night, night games, disco, karaoke, concert, camp fire, etc.					

\*Adanac CYC Staff required at these activities

NB: The number of groups/activity rotations is dependent on the number of students.  
Group sizes approx 10 - 14 students.