

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15	Wakeup, rise and shine!						Sleep in Late: timing Depends on age. Weekly blind weigh in
7:30	Walk or jog on track, listen to music						
8:10	Flagpole, lineup, daily announcements						
8:30	Breakfast: waffles, bagels, cereal						
10:15	Zumba	Soccer	Cardio Dance	Cooking	Zumba	Soccer	Brunch (11:00)
11:15	Basketball	Circuits	Softball	Kickboxing	RAP	Boot Camp	
12:15	Lunch: turkey burgers, pizza, grilled chicken sandwiches						Yoga (1:00-2:00)
1:30	Rest Hour: call home, play card games, relax						
2:15	Drama	Art	Volleyball	Basketball	Volleyball	PC	Sunday Carnival (2:15-5)
3:15	Hockey	Nature Walk	Tennis	Swim	Tennis	Kickball	
4:00	Afternoon Snack: popsicles, fruit, cheese stick						
4:15	Free choice: Choose from 3-4 activities for extra practice!						
5:10	Shower, relax, and get ready for dinner						Shower Hour
6:00	Dinner: chicken fajitas, pulled pork and sweet potato fries, chicken parmesan						
7:30	Evening Activity: karaoke, gameshow man, bowling, trip to the movies, running charades						
8:45	Evening Snack: fruit, frozen yogurt, popcorn						