


3 Day Sample Program (60 - 84 students)

TIME	DAY ONE	DAY TWO	DAY THREE	
7:45		Duty team set-up.	Duty team set-up.	
8:00		Breakfast	Breakfast	
9:00		<i>Tidy Rooms</i>	Rooms Packed up	
9:30		Rotation Activities Session 3 A: Canoeing* B: Archery C: Flying Fox* D: Low Ropes Course E: Mechanical Bouldering Wall F: Waterslide	ONSITE ACTIVITIES: Outdoor games, Tabloid sports, Free time etc.	OFFSITE ACTIVITIES: Day trips to: Healesville Wildlife Sanctuary,
10:30	Morning Tea	Morning Tea		
11:00	Introduction and welcome.* Settling into cabins. <i>Teacher activity training.</i>	Rotation Activities Session 4 A: Archery B: Flying Fox* C: Low Ropes Course D: Mechanical Bouldering Wall E: Waterslide F: Canoeing*	Closure Activity: The best thing about camp picture, Journal entry etc	
12:00	Free Time			
12:15	Duty team set-up.	Duty team set-up.	Duty team set-up.	
12:30	Lunch	Lunch	Lunch	
1:30	Rotation Activities Session 1 A: Mechanical Bouldering Wall B: Waterslide C: Canoeing* D: Archery E: Flying Fox* F: Low Ropes Course	Rotation Activities Session 5 A: Flying Fox* B: Low Ropes Course C: Mechanical Bouldering Wall D: Waterslide E: Canoeing* F: Archery	Departing ADANAC	
2:30	Afternoon Tea	Afternoon Tea		
2:45	Rotation Activities Session 2 A: Waterslide B: Canoeing* C: Archery D: Flying Fox* E: Low Ropes Course F: Mechanical Bouldering Wall	Rotation Activities Session 6 A: Low Ropes Course B: Mechanical Bouldering Wall C: Waterslide D: Canoeing* E: Archery F: Flying Fox*		
4:30	Free time: Basketball, Table Tennis, Air Hockey Competitions. Trampolines. Etc.	Free time: Basketball, Table Tennis, Air Hockey Competitions. Trampolines. Etc.		
5:45	Duty team set-up.	Duty team set-up.		
6:00	Dinner	Dinner		
7:00	Evening Activity : video/DVD, night walk, trivia night, night games, disco, karaoke, concert 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.