


### 3 Day Sample Program (80 - 112 students)

TIME	DAY ONE	DAY TWO	DAY THREE	
7:45		Duty team set-up.	Duty team set-up.	
8:00		<b>Breakfast</b>	<b>Breakfast</b>	
8:45		<b>Tidy Rooms</b>	<b>Rooms Packed up</b>	
9:30		<b>Rotation Activities Session 4</b> A: Canoeing* B: Frisbee Golf C: Camp Cooking D: Archery E: Flying Fox* F: Low Ropes Course G: Mechanical Bouldering Wall H: Waterslide	<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. <u>With packed lunch.</u>
10:30	Morning Tea	Morning Tea		
11:00	Introduction and welcome.* Settling into cabins. Teacher activity training.	<b>Rotation Activities Session 5</b> A: Waterslide B: Canoeing* C: Frisbee Golf D: Camp Cooking E: Archery F: Flying Fox* G: Low Ropes Course H: Mechanical Bouldering Wall	<b>Closure Activity:</b> The best thing about camp picture, Journal entry etc	
11:30		<b>Free Time</b>		
12:00		Duty team set-up.	Duty team set-up.	
12:30	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
1:30	<b>Rotation Activities Session 1</b> A: Archery B: Flying Fox* C: Low Ropes Course D: Mechanical Bouldering Wall E: Waterslide F: Canoeing* G: Frisbee Golf H: Camp Cooking	<b>Rotation Activities Session 6</b> A: Mechanical Bouldering Wall B: Waterslide C: Canoeing* D: Frisbee Golf E: Camp Cooking F: Archery G: Flying Fox* H: Low Ropes Course	<b>Departing ADANAC</b>	
2:30	<i>Activity Change over</i>	<i>Activity Change over</i>		
2:40	<b>Rotation Activities Session 2</b> A: Camp Cooking B: Archery C: Flying Fox* D: Low Ropes Course E: Mechanical Bouldering Wall F: Waterslide G: Canoeing* H: Frisbee Golf	<b>Rotation Activities Session 7</b> A: Low Ropes Course B: Mechanical Bouldering Wall C: Waterslide D: Canoeing* E: Frisbee Golf F: Camp Cooking G: Archery H: Flying Fox*		
3:40	Afternoon Tea	Afternoon Tea		
4:00	<b>Rotation Activities Session 3</b> A: Frisbee Golf B: Camp Cooking C: Archery D: Flying Fox* E: Low Ropes Course F: Mechanical Bouldering Wall G: Waterslide H: Canoeing*	<b>Rotation Activities Session 8</b> A: Flying Fox* B: Low Ropes Course C: Mechanical Bouldering Wall D: Waterslide E: Canoeing* F: Frisbee Golf G: Camp Cooking H: Archery		
5:00	<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.		
6:00	<b>Dinner</b>	<b>Dinner</b>		
7:00	<b>Evening Activity:</b> DVD, night-walk, trivia night, 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.**