


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		Breakfast	Breakfast	Breakfast	Breakfast	
9:00		Tidy Rooms	Tidy Rooms	Tidy Rooms	Rooms Packed up	
9:30		Rotations Session 3 A: Waterslide B: Frisbee Golf C: Archery D: Flying Fox* E: Low Ropes Course F: Bush Walk	Oval Sports Soccer, Aero Stomp, Wide area Games, Act.	Rotations Session 10 A: Mountain Bikes B: Canoeing* C: Mechanical Wall D: Raft Making E: Camp Cooking F: Fishing	ONSITE ACTIVITIES: Outdoor games, Tabloid sports, Free time etc.	OFFSITE ACTIVITIES: 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.	Rotations Session 4 A: Bush Walk B: Waterslide C: Frisbee Golf D: Archery E: Flying Fox* F: Low Ropes Course	Rotations Session 7 A: Raft Making B: Camp Cooking C: Fishing D: Mountain Bikes E: Canoeing* F: Mechanical Wall	Rotations Session 11 A: Fishing B: Mountain Bikes C: Canoeing* D: Mechanical Wall E: Raft Making F: Camp Cooking	Closure activity: The best thing about camp picture, Journal entry etc	
12:00	Free Time	Free Time	Free Time			
12:15	Duty team set-up.	Duty team set-up.	Duty team set-up.	Duty team set-up.		
12:30	Lunch	Lunch	Lunch	Lunch	Lunch	
1:30	Stadium Group Games Basketball, Indoor Soccer, Dodge Ball, Cricket, Kickball, Initiative Games, etc.	Hut Building and Cage Soccer	Nature Safari Air Stream, Earth Stream, Aqua Stream.	Warburton Trail Walk		
2:30	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea		
2:45	Rotations Session 1 A: Archery B: Flying Fox* C: Low Ropes Course D: Bush Walk E: Waterslide F: Frisbee Golf	Rotations Session 5 A: Low Ropes Course B: Bush Walk C: Waterslide D: Frisbee Golf E: Archery F: Flying Fox*	Rotations Session 8 A: Mechanical Wall B: Raft Making C: Camp Cooking D: Fishing E: Mountain Bikes F: Canoeing*	Rotations Session 12 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	Rotations Session 2 A: Frisbee Golf B: Archery C: Flying Fox* D: Low Ropes Course E: Bush Walk F: Waterslide	Rotations Session 6 A: Flying Fox* B: Low Ropes Course C: Bush Walk D: Waterslide E: Frisbee Golf F: Archery	Rotations Session 9 A: Canoeing* B: Mechanical Wall C: Raft Making D: Camp Cooking E: Fishing F: Mountain Bikes	Group Mural / Painting of Week at Camp		
5:00	Free time: Basketball, Table Tennis, Trampolines, Air Hockey, Etc.	Free time: Basketball, Table Tennis, Trampolines, Air Hockey, Etc.	Free time: Basketball, Table Tennis, Trampolines, Air Hockey, Etc.	Free time: 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	Dinner	Dinner	Dinner	Dinner		
7:00	Evening Activity : 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.