


# YMCA Camp Sequoia Lake - 2023 CIT

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8.15am		Breakfast		Breakfast		Breakfast	Breakfast @ Sequoia	
8.45 am		Cabin Clean up Ready for the Day	Cabin Clean up Ready for the Day	Cabin Clean up Ready for the Day	Cabin Clean up Ready for the Day	Cabin Clean up Ready for the Day	Laundry	
9.00 am		Camp Picture Weeks Schedule at a Glance	Ropes Course Rock Wall	Leadership Workshop		Free Choice with Youth Camp	Closing Ceremonies for Youth Camp	Giants Ladder
11.00 am		Leadership Workshop		Leadership Workshop		All Camp Beach Front Blast	Assist with Youth Camp Check out / Clean up	
12.30 pm		<b>CARING</b>	Lunch	Lunch	Lunch			Lunch @ Sequoia
1.00 pm		<b>HONESTY</b>	Siesta				Lunch	
1.30 pm		<b>RESPECT</b>	Trip Prep	Free Choice with Youth Camp	Free Choice with Youth Camp			Kayak Tour on Sequoia Lake
2.45 pm		<b>RESPONSIBILITY</b>		Snack		Leadership Workshop		
3.00 pm		Check In at Camp. 2pm - 3pm	Overnight Trip	Waterfront with Unit 1	Waterfront with Unit 2		Leadership Workshop	
4.15 pm		Orientation Rotations				Get ready for dinner		Get ready for dinner
5.30 pm	Get ready for dinner	Dinner		Dinner	Dinner		Dinner @ Sequoia	
5.45 pm	Dinner					Blue Rag Ceremony All Camp Activity		Silver Rag Ceremony All Camp Activity
6.30 pm	Team Building	All Camp Campfire		Talent Show	Memory Campfire		Junior Cabin Leader Transition	
8.00 pm	Opening Campfire					Connections		
9.30 pm	Lights Out							
10.00 pm								

Week 2: Campers will be placed into Youth Cabins as Junior Cabin Leaders