


# YMCA Camp Sequoia Lake - 2023 Youth Camp Program Schedule

|         | Sunday  | Monday                                  |                    | Tuesday                           |             | Wednesday                         |             | Thursday                          |                            | Friday             |                     |
|---------|---|---|--------------------|-----------------------------------|-------------|-----------------------------------|-------------|-----------------------------------|----------------------------|--------------------|---------------------|
|         |   | Unit 1                                  | Unit 2             | Unit 1                            | Unit 2      | Unit 1                            | Unit 2      | Unit 1                            | Unit 2                     |                    |                     |
| 8.00am  |  | Morning inspiration                     |                    |                                   |             |                                   |             |                                   |                            |                    |                     |
| 8.15am  |   | Breakfast                               |                    | Breakfast                         |             | Breakfast                         |             | Breakfast                         |                            | Breakfast          |                     |
| 8.45am  |   | 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 |                            | Pack up cabins     |                     |
| 9.00am  |   | Structure<br>Weeks Schedule at a Glance |                    | R1                                | R1          | R3                                | R3          | Free Choice                       |                            | Closing Ceremonies |                     |
| 10.45am |   | CARING                                  | Teambuilding       | Mystery Trail                     | R2          | R2                                | R4          | R4                                | All Camp Beach Front Blast |                    | Check out from Camp |
|         |   | HONESTY                                 |                    |                                   |             |                                   |             |                                   |                            |                    |                     |
| 12.30pm |   | RESPECT                                 | Lunch              |                                   | Lunch       |                                   | Lunch       |                                   |                            |                    |                     |
| 1.00pm  |   | RESPONSIBILITY                          | Siesta             |                                   | Siesta      |                                   | Siesta      |                                   |                            |                    |                     |
| 1.30pm  |   |   | Mystery Trail      | Teambuilding                      | Free Choice |                                   | Free Choice |                                   |                            |                    |                     |
| 2.45pm  |   | Check In at Camp.<br>2pm - 3pm          | Snack              |                                   | Snack       |                                   | Snack       |                                   |                            |                    |                     |
| 3.00pm  |   |   |                    |                                   |             |                                   |             |                                   |                            |                    |                     |
| 4.15pm  | Orientation Rotations   | Hike to Bible Rock                      | Hike to Ella Falls | Waterfront                        | Adventure / | Adventure                         | Waterfront  |                                   |                            |                    |                     |
| 5.30pm  | Get ready for dinner  |   |                    |                                   |             |                                   |             |                                   |                            |                    |                     |
| 5.45pm  | Dinner  | Dinner                                  |                    | Dinner                            |             | Dinner                            |             | Dinner                            |                            |                    |                     |
| 6.30pm  | Unit Time   | All Camp Activity                       |                    | Blue Rag Ceremony                 |             | Silver Rag Ceremony               |             | Dance                             |                            |                    |                     |
|         |   |   |                    | All Camp Activity                 |             | All Camp Activity                 |             |                                   |                            |                    |                     |
| 8.00pm  | Opening Campfire  | Overnighter in the Field                |                    | All Camp Campfire                 |             | Talent Show                       |             | Memory Campfire                   |                            |                    |                     |
| 9.15pm  | Connections   |   |                    |                                   |             |                                   |             |                                   |                            |                    |                     |
| 9.45pm  | Lights Out  |   |                    |                                   |             |                                   |             |                                   |                            |                    |                     |



|             |                |                |                |                |  |               |               |               |               |
|-------------|----------------|----------------|----------------|----------------|--|---------------|---------------|---------------|---------------|
|             | Cabin 1A       | Cabin 1 B      | Cabin 2 A      | Cabin 2 B      |  | Cabin 3A      | Cabin 3B      | Cabin 4       | Cabin 6       |
| Rotation 1: | Archery        | Outdoor Living | Arts & Crafts  | Field Games    |  | Fishing       | Sling Shots   | Arts & Crafts | River walk    |
| Rotation 2: | Outdoor Living | Archery        | Field Games    | Arts & Crafts  |  | Sling Shots   | Fishing       | River walk    | Arts & Crafts |
| Rotation 3: | Arts & Crafts  | Field Games    | Archery        | Outdoor Living |  | Arts & Crafts | River walk    | Fishing       | Sling Shots   |
| Rotation 4: | Field Games    | Arts & Crafts  | Outdoor Living | Archery        |  | River walk    | Arts & Crafts | Sling Shots   | Fishing       |