


# YMCA Camp Sequoia Lake - LIT Sample Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
8:00 AM		AM Inspiration (Campwide)	AM Inspiration (Campwide)	AM Inspiration (Campwide)	AM Inspiration (Campwide)	AM Inspiration	Wake Up	8:00 AM		
8:15 AM		Breakfast	Breakfast	Cook Out Breakfast	Breakfast	Breakfast	Breakfast	8:15 AM		
8:30 AM		Clean & Ready For Day	Clean & Ready For Day	Clean & Ready For Day	Clean & Ready For Day	Pack Cabins	Ready for Day	8:30 AM		
8:45 AM		Camp Picture (Campwide)	LIT Shadow Units 1 & 2	Return to Camp, Clean up & Get Settled Back In	LIT "Hiring Interviews" with Program Coordinator	Closing Ceremony & LIT Graduation (Campwide)	Shower/Laundry Time	9:00 AM		
9:00 AM		Ropes Course & Rock Wall	Each LIT assigned to a Cabin; Assist and Observe	Move/Reset				9:15 AM		
9:15 AM								Give Them The Pickle! Customer Service Training by Teen Unit Lead	9:30 AM	
9:30 AM					Move/Reset	9:45 AM				
9:45 AM		CARING	E.D.G.E. Training by Director	LIT Shadowing Debrief by Teen Unit Lead	Giant's Ladder	Beach Front Blast (Campwide)	Check Out Time - Stay with Assigned Staff	Free Choice	10:00 AM	
10:00 AM		HONESTY							10:15 AM	
10:15 AM		RESPECT	Ready for Lunch	Ready for Lunch	Ready for Lunch	Lunch	Lunch	10:30 AM		
10:30 AM	RESPONSIBILITY	Lunch	Sack Lunch	Lunch	Attend Weekly Staff Meetings	Kayak Tour on the Lake	10:45 AM			
10:45 AM	Move/Reset	Free Choice/Siesta	Free Choice/Siesta	Free Choice/Siesta			11:00 AM			
11:00 AM	Check In	Waterfront (Help with Units @ Waterfront under direction of Guards)	Lake Walk and Tour of Other Camp Programs	Water Rockets - Facilitated by LIT's for Unit 2	Snack/Break/Move/Reset	Flip Cabins with Staff	Free Choice	11:15 AM		
11:15 AM								Move/Reset	Move/Reset	Move/Reset
11:30 AM		Orientation & Fire Drill	- Water Rockets Training - How to facilitate activities for the Campers by Teen Unit Lead	Handling Tough Situations with Youth by Program Coordinator	Water Rockets - Facilitated by LIT's for Unit 1	Free Choice	Move Belongings to new Cabin Assignment	Free Choice	11:45 AM	
12:00 PM									Get Ready Dinner	Get Ready Dinner
12:15 PM		Dinner	Dinner	Dinner	Dinner	Dinner	Weenie Roast & S'mores around the campfire	Weenie Roast & S'mores around the campfire	12:15 PM	
12:30 PM									Teambuilding	Staff Expectations and Goals Training by Program Coordinator
12:45 PM		Opening Campfire (Campwide)	S'more Cookout (Campwide)	LIT Overnighter - Mission & Values Training Over Campfire by Director	Talent Show (Campwide)	Closing Campfire (Campwide)	Movie Night	Games in the Dining Hall	12:45 PM	
1:00 PM									Connections	Connections
1:15 PM		Lights Out	Lights Out					Lights Out	Lights Out	1:15 PM
1:30 PM			1:30 PM							
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