Day in the life as an Overnight Outdoor Adventurer (Age 12-14)

Drop Off	8:30 - 9:00 a.m.	Drop Off & Wake Up Game	Sign in with your counsellor and start the day with all of our day and overnight LCS Adventurers together to wake up and get excited for camp fun!
Morning Program 1	9:00 - 10:30 a.m.	Canoe Skills	Choose this option at registration for a 5-day morning progression on Lake Katchewanooka.
Snack Break	10:15 - 10:30 a.m.	Snack	Enjoy a snack break with friends to rest up and reset for the rest of the day. e.g. Orange slices.
Morning Program 2	10:45 - 12:00 p.m.	Grove Ingenuity Labs	Choose this option at registration for 5 engaging mornings channelling your inner scientist.
Lunch	12:00 - 1:00 p.m.	Lunch	Enjoy a delicious and nutritious served lunch to fuel up for the afternoon ahead! e.g. Chicken Tacos, Carrots, Cucumbers and Watermelon Slices.
Period 3	1:00 - 1:45 p.m.	All Camp Group Game	Campers join as a large group for a 45 minute energizing activity of World Cup Soccer.
Period 4	1:45 - 3:00 p.m.	Campers Choice 1*	Choose these activities during morning check-in with your counsellor depending on how you feel in the moment. ***New options daily**: e.g. Tennis, Rock Wall or Ultimate Frisbee.
Period 5	3:00 - 4:30 p.m.	Campers Choice 2*	Choose these activities during morning check-in with your counsellor depending on how you feel in the moment. ***New options daily**: e.g. Watercolour Painting , Beach Swim, Fort Building.
Evening Program 1	3:00 - 4:30 p.m.	Paddleboarding	All the overnight campers join together for a fun evening on the water splashing around and learning new skills on the lake!
Dinner	5:30 - 6:30 p.m.	Dinner	Campers join together for a nutritious dinner and talk about the best parts of their camp day! e.g. Chicken Burgers and Garden Salad.
Evening Program 2	6:30 - 8:30 p.m.	Karaoke Night	Campers grab the mic and sing your heart out for camp karaoke night in the theatre.
House Curfew	8:30 - 9:30 p.m.	Enrichment House	Overnight campers head back to the house for wind-down time and evening routines before bed.