

Overnight Water Ski Program- Sample Weekly Schedule

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		Rise/ Breakfast/ Cabin Clean-Up	Rise/ Breakfast/ Cabin Clean-Up	Rise/ Breakfast/ Cabin Clean-Up	Rise/ Breakfast/ Cabin Clean-Up	Rise/ Breakfast/ Cabin Clean-Up	Rise/ Breakfast/ Cabin Clean-Up
Morning		-2 hours on the water for Ski Instruction -1 hour Video Analysis/ Feedback -Activity Centre	-2 hours on the water for Ski Instruction -1 hour Video Analysis/ Feedback -WellFit Training -Activity Centre	-2 hours on the water for Ski Instruction -1 hour Video Analysis/ Feedback -Activity Centre	-2 hours on the water for Ski Instruction -1 hour Video Analysis/ Feedback -WellFit Training -Activity Centre	-2 hours on the water for Ski Instruction -1 hour Video Analysis/ Feedback -Activity Centre	-Group games until parent arrival -Parent check-out at camp
		Lunch					
Afternoon	-Arrival to camp -Check-In/ Bunk-In	-Showers -WellFit Training -Tuck -Activity #1 (selected during reg.) -Activity #2: Waterskiing	-Activity #1 (selected during reg.) -Activity #2: Waterskiing -Showers	-Showers -WellFit Training -Tuck -Activity #1 (selected during reg.) -Activity #2: Waterskiing	-Activity #1 (selected during reg.) -Activity #2: Waterskiing -Showers	-Showers -WellFit Training -Tuck -Activity #1 (selected during reg.) -Activity #2: Waterskiing	
	Dinner						
Evening	-Orientation -Cabin Time	-Evening Program -Snack & Bedtime	-Section Activity -Evening Program -Snack & Bedtime	-Campfire -Snack & Bedtime	-Section Activity -Evening Program -Snack & Bedtime	-Friday Finale -Snack & Bedtime	