2014 Camp Nugget Daily Schedule
General times for Each Major Activity

Group leaders are responsible for signing up for equipment/facilities one day before they are needed.

8:40-8:45 Staff Arrive at Camp (Weds only 8:15 staff meeting)
- Write down the area and equipment needed for group time on white board.
- Each Monday discuss fitness/theme stations

9:00-9:15 Campers arrive
- Take attendance and report attendance to Jenesa/Kaelin

9:15-9:30 Camp Warm-ups (check block calendar for your assigned days you will lead warm-ups)
- Include a cardiovascular warm-up, muscular strength and flexibility into your warm-up.
- Examples: aerobics to music, strength/flexibility, introduce/review weekly bone, muscle and sign, curl-ups with partners, tag games, etc. Use music IPOD locked up in closet 62
- Be creative and safe!!

9:30-10:00 Individual Group Lesson
- Have a structured lesson for your group, emphasizing the week’s theme or
- Refer to the Block Schedule for the days activities

10:00-10:15 Snack Time
- Eat snack and use the bathroom (put away all trash) Bathrooms supervision not left to Jr Counselors
- Encourage interactions between campers (read a book, play a quiet game like I spy, etc.)

10:15-10:40 Group Activities
- Activities are based on the focus of the week. All Staff will be responsible to teach at one of the 6 stations that all students may participate in.
- Outdoor Adventure Game is each Thursdays from 9:30-10:20 Then snack 10:20 to 10:40. (the last two weeks we will go outside on both Tues and Thurs) location: grass area by PE1 building (bring first aid kit). Transition with your group.

10:40-10:50 Getting ready for Swim from PE Room 60 change clothes, switch to assigned swim groups, &
transition to pool in swim groups

10:50-11:00 Transition to pool students in assigned swim groups -safety in parking lot

11:00 –11:45 Swimming
- Arrive at pool and go to designated area on deck with assigned swim group
- First half hour (11-11:30) is designated for assigned swim group lesson

11:30 –11:45 free swim – staff Lifeguard or swim with children depending on assignment for week

11:45-12:00 Closure Back to Room 60 Behavior Tap Out
- Aware of transition (safety traffic) back to room 60 travel with Swim group
- Get back into original camp groups in room 60 stay with you swim group until all leaders are in
- Sticker chart and tap out to discuss behaviors with child/parents
- Children go home be sure they are escorted out of room with an adult

Facilities available for instruction (staff write down on white board in room 60 where you are going outside with your group) See facilities handout in orientation packet
- Room 60 and 62 in PE 1
- One field Rugby field behind PE 1 building
- Outside grass areas around PE 1 building
- Track
- Outdoor basketball courts by outdoor issue
- East Gym (very limited may need to share with other groups)
- Pool (with be shared with other swim groups)