



**YWCA YoWoChAs Outdoor Education Centre**  
 Itinerary  
**Family Camp Weekend**  
 Sept 25-27, 2015

**Friday**

7:00 Arrival, Orientation, Move in and High Energy Games  
 8:30 Camp Fire and Snack  
 9:00 Children off to bed  
 9:30 Adult time in the dining hall  
 10:00 YWCA YoWoChAs staff says "Good-night"

5:15 Supper Set-up  
 5:30 Supper  
 6:30 Capture the Flag @ Mudfield  
 7:30 Night Hike to Wetlands  
 8:30 Camp Fire and Snack  
 9:00 Children off to bed  
 9:30 Adult Time in the Dining Hall  
 10:00 YWCA YoWoChAs staff says "Good-night"

**Saturday**

7:30 Ropes Set-up  
 7:45 Morning Madness  
 8:15 Breakfast Set-up  
 8:30 Breakfast  
**9:30 Rotation 1**  
 10:45 Break  
**11:00 Rotation 2**  
 12:15 Lunch Set-up  
 12:30 Lunch  
**1:15 Rotation 3**  
 2:30 Break  
**2:45 Rotation 4**  
**4:00 Rotation 5**

**Sunday**

7:30 Ropes Set-up  
 7:45 Polar Dip  
 8:15 Breakfast Set-up  
 8:30 Breakfast  
**9:30 Rotation 6**  
 10:45 Break  
**11:00 Rotation 7**  
 12:15 Lunch Set-up  
 12:30 Lunch  
 1:15 Pack-up and Move-out  
 1:30 Departure

**Rotation Schedule:**

	<b>Option 1</b>	<b>Option 2</b>
<b>Rot.1</b>	Nature Hike	Orienteering
<b>Rot. 2</b>	Low Ropes	Fire Building
<b>Rot. 3</b>	Shelter Building	Archery
<b>Rot. 4</b>	Zipline w/ EVERYONE ☺	*If high ropes do not interest your family, the fireside lounge will be open for coloring, reading, relaxing and your own entertainment.
<b>Rot. 5</b>	Climbing Wall w/ EVERYONE ☺	
<b>Rot. 6</b>	Team Balance w/ EVERYONE ☺	
<b>Rot. 7</b>	Swing By Choice w/ EVERYONE ☺	

**NOTES:**\*All guests to YWCA YoWoChAs Outdoor Education Centre require a signed Participant Agreement Form

