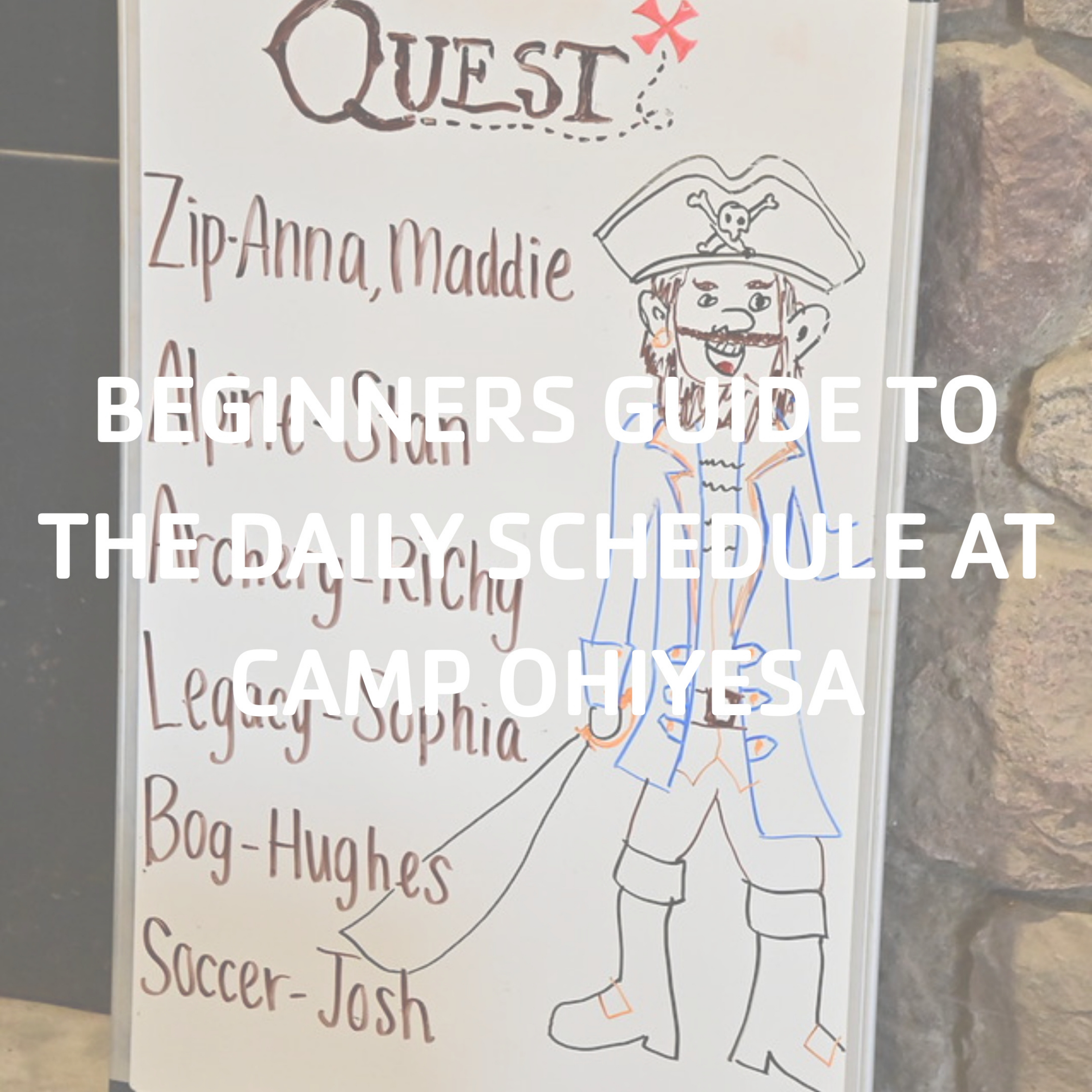
BEGINNERS GUIDE TO THE DAILY SCHEDULE AT CAMP OHIYESA





YOUR CAMPERS SCHEDULE IS TAILORED BOTH TO THEIR AGE AND TO THEIR CAMP PROGRAM

Some camp schedule terms and their meanings!

- Clinic – A clinic is an activity chosen by a camper on their first day of camp that they will take part in once per day all week. A clinic is designed to give campers a more in-depth experience of the activity than they would typically get by participating in it once. For example, an Archery clinic will teach more about the specific parts of the bow, proper shooting and aiming technique and the scoring system.

- Quest – A quest is an activity chosen by a camper during a set time each day. The activity options available differ each day giving campers pletny of chances to take part in the activities they would like to throughout the week.

- Cabin Challenge – Each day, camp groups/cabins will choose collectively to take part in one of our camp activities. This gives campers another chance to choose the activities they would like to take part in as well as a chance to build their skills in group decision making and problem solving.

- Evening Activities – After dinner each day, overnight campers take part in an evening program here at camp wtth their cabin group. This can incluide traditional camp games such as capture the flag as well as more theatrical based activities to cater too campers interests.

- Siesta – Overnight campers take a 1 hour siesta back at their cabin after lunch each day. During this time they can sleep, read, draw, play quiet games or take part in any activity that still promotes rest to allow them to be at their best for the rest of their day

- Swim Time – Every day, campers are given the opportunity to go swimming under the watch of our American Red Cross trained lifegaurds. Those who do not wish to swim are provided with an alternative activity either at our sports court or in the form of a quest time period

DAY CAMPERS AGE 5-9

Day campers in our Jolee (5-7) and Casper (8-9) age groups follow a set schedule each week that allows them to experience everything that camp has to offer in a singe week of camp. This schedule is tightly structured to allow for consistency and so that every camper can know exactly what they will be doing and when they will be doing it.

Campers in this age and program stay with their assigned counselor(s) and other campers in their group for the entire week, including at meal times. They are able to interact with other campers and counselors at our swim time as well as during check-in and check-out periods

DAY CAMPERS AGED 10+

Day campers in our Alastair (10-11) and Royale (12+) age groups have more choice built in to their camp schedule to allow them the freedom to take part in more of the camp activities that they are most passionate and interested in. Day campers in this age range choose 1 clinic each week and 1 quest each day which can be led by a different counselor and with different campers than those in their assigned group. Each camp group will also make a collective decision on an activity they want to take part in each day. This schedule allows for a more personalised camp experience as well as building critical decision making and group thinking skills. Swim time is offered each day to all day campers

OVERNIGHT CAMPERS

All overnight campers follow a choice based schedule similar to our older day campers. They choose 2 clinics each week and 1 quest each day, as well as a cabin choice activity with their cabin.

Additionally, overnight campers will participate in at least 1 evening activity each day after dinner as a part of their cabin group along with the rest of our overnight campers. All overnight campers also take part in a 1 hour siesta after Lunch to allow for some quiet time to nap, read, write letters or otherwise wind down and rest before continuing with the rest of their day. Swim time is offered each day to all overnight campers