

YMCA Camp Onyahsa Resident and Day Camp Schedule 2023

	<u>Day Camp</u>	<u>Resident Camp</u>
7:30 - 8:00am	staff showers	staff showers
8:00 – 8:15	Early drop-off	Polar Bear Swim
8:15 – 8:30	“ continued	Reveille
8:30 – 8:45	Regular Drop-off	Assembly (stay at cabins if rain)
8:45--9:30	Details/Ready for Day	<i>Breakfast in Mess Hall</i>
9:30-10:00	<i>Breakfast in Mess Hall</i>	Details/Ready for Day
10:00 - 10:45	Period 1	Period 1 (Corn Swim)
10:45 - 11:30	Period 2	Period 2
11:30 - 12:15	Period 3	Period 3 (Beans Swim)
12:15 - 1:00 (inc. wfront)	Assembly / <i>Lunch in Mess Hall</i>	Assembly / AM Choice
1:00 - 1:45	Rest Period	<i>Lunch in Mess Hall</i>
1:45 - 2:45	Club Time/(Squash Swim)	Rest Period
2:45 - 3:30	Period 4	Period 4
3:30 - 4:15	Period 5	Period 5
4:15 - 5:00	Period 6	Period 6
5:00 – 5:15 Choice	Day Camp daily closure ritual	Assembly / Afternoon
5:15-5:45	Check-out/cleanup/break	PM Choice (cont.). “
5:45 - 6:30	<i>Staff re-join Res Camp at Assembly</i>	<i>Dinner in Mess Hall</i>
6:30 - 7:15		Cabin Time or Adventure
7:15 – 8:00		Evening Activity or Adventure
8:00 - 9:00		Assembly / Evening Program
9:00 – 9:45		To Cabins/Taps
9:45- 10:30		Staff break 1
10:30- 11:15		Staff break 2

Program Rotation (Day Camps and Teens conduct own autonomous activities. LITs will be assigned am roles).

<u>Period</u>	<u>boat</u>	<u>swim</u>	<u>arts</u>	<u>chInge</u>	<u>nature</u>	<u>athletics</u>
1	Red	X	Green	Purple	Orange	Blue
2	Blue	Red	X	Green	Purple	Orange
3	Orange	Blue	Red	X	Green	Purple
4	Purple	Orange	Blue	Red	X	Green
5	Green	Purple	Orange	Blue	Red	X
6	X	Green	Purple	Orange	Blue	Red

Saturday Schedule

8:00 – 8:15	Polar Bear
8:15 – 8:30	Reveille
8:30 – 8:45	Assembly
8:45 – 9:15	Details
9:15 – 9:45	Cabin Inspection
9:45 – 10:30	Breakfast
10:30 – 11:00	Awards at cabins
11:00 – 11:30	Departure from Cabins
11:30 – 12:00	Staff clean up
12:00 – 12:30	Staff meeting

Sunday Schedule

1:00	Staff Meeting/ Weekend Lunch
2:30	Camper arrival / tours/ drills
4:30	Swim tests
6:15	Assembly
6:30	Dinner / Fire drill
7:15	Waterfront Orientation
8:00	Evening Program/mission
9:00	To Bed
9:15	Lights out /staff stay in cabins

Adventure: weekday mornings (weather permitting): 10:00am – 1:00pm

LIT program: weekday mornings: assist in areas, weekday afternoons in-training 3:00pm – 5:00pm

Evening Programs

Sunday: Opening campfire outdoors

Monday: Skit night outdoors or in the Mess Hall

Tuesday: Village Night

Wednesday: All-camp Campfire (outdoors unless rain)

Thursday: Movie or Live Music

Friday: Candlelight and closing campfire

Saturday: awards and departure from Mess Hall

Weekends: all campers/minor staff on site to reside at Sheldon Hall.