














Daily MAC Schedule

7:30	Wake Up		Activities of Daily Living
8:10	Flag raising		Celebrate Birthdays, sing songs, and share “thank-yous”
8:30- 9:15	Breakfast		Cereal, fruit, yogurt, eggs, & potatoes are some typical breakfast options.
9:30 - 10:30	Feeling Good		Examples: Candle making, gardening, zip-line
10:45 - 11:45	Sports & Games		Examples: Soccer, S’mores Ball, SPUD
12:00 - 1:00	Lunch		Grilled cheese, hot dogs, salad bar, and soups are some typical lunch options.
1:00 - 2:00	Rest Hour		Examples: Napping, playing cards or writing letters home.
2:15 - 3:30	Specialties		Choices may include sports, nature, arts, high adventures, hiking, or dance.
3:45 - 5:00	Waterfront		Swim lessons, boating, and sand toys are all available.
5:15 - 6:15	Shower Hour		Activities of Daily Living
6:30 - 7:30	Dinner		Pizza, hamburgers, spaghetti, and salad bar are some typical dinner options.
7:30 - 9:00	Evening Activity		Examples: Campfires, overnights, hayrides, dances, and night swim.
9:30	Lights Out		Activities of Daily Living

*Schedule will vary depending on camper’s age and day of the week. For example, younger campers wake up earlier and go to sleep earlier & on Sundays all campers get to sleep-in and enjoy Brunch.