



FAMILY CAMP DAILY SCHEDULE



- *7:00 am** Wake-Up Bell
- *7:30 am** Checking and Insulin Consultation (Doc's Place)
Wash Hands before entering Dining Hall!
- *8:00 am** Breakfast (Dining Hall)
- *9:15 am** Morning Activities #1 (See Program Schedule)
→Diabetes Education for Parents (See Parent Education Schedule)
→Activity Rotations for Youth (Meet With Group)
- *10:30 am** Youth Morning Snack (Carb Free, Parents remain at Ed Session)
(Kids to remain away from dining hall and patio)
- *10:45 am** Morning Activities #2 (See Program Schedule)
→Diabetes Ed Continues for Parents
→Activity Rotations for Youth Continue
- *12:00 pm** Checking and Insulin Consultation (Doc's Place)
Wash Hands before entering Dining Hall!
- *12:30 pm** Lunch followed by Rest Hour (Dining Hall/Decks)
- *2:30 pm** Family Afternoon Activities (See Program Schedule)
- *3:30 pm** Family Afternoon Snack (Headquarters)
- 3:45 pm** Family Afternoon Activities (Continued)
- *5:00 pm** Checking and Insulin Consultation (Doc's Place)
Wash Hands before entering Dining Hall!
- *5:30 pm** Themed Dinner (Dining Hall)
- *6:45 pm** Evening Activity
- 8:00 pm** Evening Snack
Checking and Insulin Consultation (Dining Hall)
(Insulin available inside the Dining Hall)
Please Wash Hands before entering Dining Hall!
- 9:00 pm** Bedtime
- 12:00 am** Lights Out for Everyone

(* Bell)

Coffee Bar, Refreshment, and Online Merchandise Shopping available in the front office (double doors) from 7am-8am & 2:30pm-4pm

How To Prepare For Each Program

Pool	Swimsuit, Sunscreen and Towel (Pool)
Sports	Closed Toed Shoes, H2O and Sunscreen (Field)
Nature	Closed Toed Shoes, H2O and Sunscreen (Bruno & Chip)
Archery	Closed Toed Shoes, H2O, and Sunscreen (Ages 8 and Up)
Nutrition	Closed Toed Shoes, H2O and Sunscreen (Dining Hall Patio)
Diabetes Ed	H2O (Ed Room- left side of Doc's Place)
Arts and Crafts	H2O (Lower Sports Court)

Kids Group Meeting Spots

- Marmots & Chipmunks- Sandbox
- A - Bruno & Chip
- B - Phone Booth
- C - Lower Sports Court
- D - Dining Hall Patio
- E - Field
- F- Basketball Courts