

Sample Daily Schedule

Morning Activities

Wake Up

Wash Up

Clean Up

8:30 Flag Raising & Breakfast

9:15 Chapel

10:00 Personal Devotions

10:45 Game Time

12:30 Cabin Check

1:00 Lunch

1:30 SM / QT

2:00

*Afternoon Activities**

Swimming pool

Cabin Challenges

Arts & Crafts

Shop (wood/mechanic)

Lifehill Store

Floor hockey, carpetball, ping pong

Foosball, table games, etc.

Basketball, volleyball (sand/reg), soccer

Gaga ball, nine square, human foosball

Ultimate Frisbee, Frisbee golf, etc..

Nature trails

Bike rides

6:00 Dinner

7:00 Chapel

8:00 Evening Activities/Game

10:00 Night Cabin Activities

10:30 Cabin Devotions

*11:00 Lights Out**

**Times vary with age group*

**Schedule is flexible & subject to change*

**Daily activities/games vary*