

## YMCA Camp Northern Lights 3-Day **SAMPLE** Schedule

Arrival Day	Day 1	Day 2	Departure Day
<p><b>All activities at Camp Northern Lights are optional of course!</b></p> <p>-----</p> <p><b>*SAMPLE SCHEDULE*</b></p> <p>-----</p> <p><b>Program - Location / (extra info)</b></p> <p><b>*Starred = Sign-Up Activity</b></p> <p>-----</p> <p>★ <b>Activity Sign-Ups</b> will be on Sunday night while kiddos meet their counselors.</p>	<p>7:30 &amp; 7:45    <b>Big and Little Dippers</b> Buena Vista Beach North Point Beach</p>	<p>7:30 &amp; 7:45    <b>Big and Little Dippers</b> Buena Vista Beach North Point Beach</p>	<p>9:00-11:00    <b>Check Out –</b>  <b>Before 11:00 A.M.</b></p> <p>Find us at the Check Out Tent for coffee, juice, and muffins as you depart. Until Next Time!</p>
	8:15 <b>Yoga Program</b>	8:15 <b>Yoga Program</b>	
	9:10-9:25 <b>Naturalist Program</b>	9:10-9:25 <b>Naturalist Program</b>	
	9:30-12:00 <b>Age Groups drop off &amp; Morning Moment</b>	9:30-12:00 <b>Age Groups drop off &amp; Morning Moment</b>	
	12:00 <b>Announcements &amp; Age group pick up at Bear Island Stage</b>	12:00 <b>Announcements &amp; Age group pick up at Bear Island Stage</b>	
	Afternoon Activities	Afternoon Activities	
	2:00-3:00 <b>COVE Program</b>	2:00-3:00 <b>COVE Program</b> <i>Meet staff at location</i>	
	-4:30 <b>Open Art</b> Meet at the FAB	-4:30 <b>Open Art</b> Meet at the FAB	
	-4:00 <b>*FAB Program</b> Meet staff at the Art Tent if you signed up	-4:30 <b>*FAB Program</b>	
	3:00-4:00 <b>Naturalist Program</b> <i>Meet at Buena Vista Boating Area</i>	3:00-4:00 <b>Naturalist Program</b> <i>Meet at the Trail Center</i>	
3:00-6:00 <b>Campers Arrive!</b> Check in at the tent on the main road into camp, get settled into your cabin and explore!	-4:30 <b>Afternoon Program</b>	4:30-5:15 <b>Community Sing Program</b>	
	Evening Programs	Evening Programs	
7:00 <b>Opening Celebration &amp; ★ Activity Sign Ups</b> Join us down at Bear Island stage to hear about all of the fun opportunities we have available!	7:00-8:00 <b>Evening Program</b> Meet at your designated village	7:00-8:00 <b>Evening Program</b>	
		8:30 <b>Night Hike</b> <i>Meet at the Community Tent</i>	

## YMCA Camp Northern Lights 3-Day **SAMPLE** Schedule

### Examples of Programs

**COVE Programs** - paddling 101, backcountry cooking, boat rental sign-ups, cookout and overnight camping experiences

**FAB Programs** - pottery glazing, inkle weaving, tie-dye

**Naturalist Programs** - orienteering, lake monitoring, northern nature, nature hike

**Afternoon Programs** - volleyball tournament, arts & crafts, community sing

**Adult Age Group Activities** - river paddle, coffee & crafts, fat tire biking, camp hike/tour, feedback sessions

### SAMPLE Schedule - Disclaimer

Our Programs and Adult Age Group Activities change from session to session.

This SAMPLE schedule will give you a rough idea of what the schedule *could* look like during your session & hopefully help you learn the format of the schedule.

### Saunas

Woodfire Sauna opportunities include gendered and all gender adult saunas, as well as Age Group Saunas

We also have an electric sauna to be used on a first come, first served basis.

### Art Classes & Open Hours

We have open art hours Day 1 & 2 from 2:00 – 4:30 inside the Family Art Barn (FAB)

Sign-Up Art Classes meet at the Art Tent, unless otherwise noted.

### Mountain Biking Program

Sign-Up Biking Opportunities:  
Individual Rentals

Adult Age Group Session

Family Bike Rides led by Staff Member

### Adult Age Groups Activities

Arrival Day	Day 1	Day 2
★ <b>Activity Sign-Ups</b> <i>during Opening Celebration Sunday Night</i>	9:45-11:00 <b>Program Option 1</b> <i>Meet staff at location</i>	10:00-10:45 <b>*Program Option 1</b> & 11:00-11:45 <i>Meet at the Trail Center (2 sessions)</i>
	10:00-11:00 <b>*Program Option 2</b> <i>Meet in the Family Art Barn</i>	10:00-11:00 <b>Program Option 2</b>