

CBRC Health & Wellness Clinic

2022 Winter Camp Agenda

Hours: 7:30am - 4:30pm

Ages 5 - 13

The following agenda is subject to change at any time. Time frames are approximate and adjust based on the day and scheduled activity. Listed activities are scheduled, but not guaranteed for any specific day. We will do our best to be consistent with what is planned.

Electronics & Phones are NOT ALLOWED!

Daily Agenda

7:30 am	Camp Opens; Supervised Free time
8:30 - 10:30	Rotations - Rockwall Climbing, Racquetball Courts, Crafts, and AM Snack
10:30 - 11:30	Gym Activities
11:30 - 12:00	Lunch
12:00 - 1:30	Quiet Time/Movie & Change for Swim
1:30 - 3:15	Swimming in the Indoor Pool Aqua Track on Monday, Wednesday, and Friday
3:15 - 3:30	Family Changing Room - Change back into clothes
3:30 - 4:00	PM Snack or Front Desk Snack
4:00 - 4:30	Supervised Free Time

CBRC is not responsible for lost or stolen personal items.

Things to Pack

Water Bottle



Bathing Suit



Life jacket

(If needed)



Sneakers



Lunch

