

YMCA Camp Northern Lights 6-Night **SAMPLE** Schedule

Sunday	Monday	Tuesday	Wednesday	
<p>All activities at Camp Northern Lights are optional of course!</p> <p>-----</p> <p>*SAMPLE SCHEDULE*</p> <p>-----</p> <p>★ Activity Sign-Ups will be on Monday morning AFTER Age Group Drop-Off</p> <p>-----</p> <p>Program - Location / (extra info)</p> <p>-----</p> <p>*Starred = Sign-Up Activity</p> <p>-----</p>	7:30 & 7:45 Big and Little Dippers	7:30 & 7:45 Big and Little Dippers	7:30 & 7:45 Big and Little Dippers	
	8:15 Yoga Program	8:15 Yoga Program	8:15 Yoga Program	
	9:10-9:25 Nature Program	9:10-9:25 Nature Program	9:10-9:25 Nature Program	
	9:25-12:00 Age Groups drop off & Morning Moment	9:25-12:00 Age Groups drop off & Morning Moment	9:25-12:00 Age Groups drop off & Morning Moment	
	THEN	★ Activity Sign-Ups		
	12:00 Announcements & Age Group pick up at Bear Island Stage	12:00 Announcements & Age Group pick up at Bear Island Stage	12:00 Announcements & Age Group pick up at Bear Island Stage	
	Afternoon Activities		Afternoon Activities	
	2:00-3:00 COVE Program	2:00-3:30 Afternoon Program	2:00-3:00 COVE Program	
-3:30 FAB Program	-4:00 FAB Program	-3:30 FAB Program		
3:00-6:00 Campers Arrive Check in at the tent on the main road into camp, get settled into your cabin/site and explore!	3:00-4:00 Afternoon Program Naturalist Program	2:00-3:30 COVE Program 3:30-5:00 Afternoon Program	3:00-4:30 COVE Program	
7:00 Opening Celebration & Welcome to Camp! <i>Join us at Bear Island Stage to meet your community to hear about all the fun this session!</i>	Evening Programs		Evening Programs	
	7:00-8:00 S'mores Night at your Community Fire Ring	7:00-8:00 Northern Lights Live Talent Share at Anna Marie's Patio 8:00 Yoga Program (21+)	4:30-5:15 Community Sing Program	
	8:30 Evening Program	8:30 Teen Program	6:00-8:00 TBD	
		9:00 Evening Program		

YMCA Camp Northern Lights 6-Night **SAMPLE** Schedule

Thursday	Friday	Saturday
7:30 & 7:45 Big and Little Dippers	7:30 & 7:45 Big and Little Dippers	9:00-11:00 Check Out – Before 11:00 A.M. – <i>Find us at the Check Out Tent as you depart. Until Next Time!</i>
8:15 Yoga Program	8:15 Yoga Program	
9:10-9:25 Nature Program	9:10-9:25 Nature Program	
9:25-12:00 Age Groups drop off & Morning Moment	9:25-12:00 Age Groups drop off & Morning Moment	
12:00 Announcements & Age Group pick up at Bear Island Stage	12:00 Announcements & Age Group pick up at Bear Island Stage	
Afternoon Activities	Afternoon Activities	
2:00-4:00 COVE Program -4:30 FAB Program	2:00-3:30 All Camp Activity – Meet at Bear Island Stage!	
-4:30 FAB Program	4:30–5:15 Community Sing Program	
3:00-4:00 Naturalist Program		
-5:00 Biking Program		
Evening Programs	Evening Programs	
6:30 Good Neighbor Night – Meet at Bear Island Stage	7:00 Closing Celebration – Meet at Bear Island Stage to celebrate a wonderful session!	

Thursday Evening Program - Silent Auction

If you are looking to donate something to the Silent Auction during our Evening Program on Thursday, please bring it to either store location by Wednesday & don't forget to fill out a donation slip. Thank you!

SAMPLE Schedule - Disclaimer

Adult Age Group Activities change from session to session.

The SAMPLE schedule will give you a rough idea of what the schedule *could* look like during your session & hopefully help you learn the format before you get to camp!

YMCA Camp Northern Lights 6-Night **SAMPLE** Schedule

Adult Age Groups Activities					
Monday	Tuesday	Wednesday	Thursday	Friday	
9:45-10:30 ★ Activity Sign-Ups		9:45 -10:45 Program Option 1		9:00-12:00 Program Option 1	
	10:00-10:45 Program Option 1	10:00 Program Option 2	10:00-10:45 Program Option 1	10:00 Program Option 2	
	& <i>Meet at Trail Center</i>	 <i>Meet in the Family Art Barn</i>			
10:45 Program Option 1	11:00-11:45 (2 sessions)		10:00-11:30 Program Option 2		
			-11:00 Program Option 3		
11:00-11:45 Program Option 2	10:00-11:30 Program Option 2		 <i>Meet at location</i>	11:00-11:45 Feedback Session	
			 <i>Meet at location</i>	 <i>Meet Staff at Marie's Patio</i>	

Saunas	Art Classes & Open Hours	Mountain Biking Program
Woodfire Sauna opportunities include gendered and all gender adult saunas, as well as <i>Age Group Saunas</i>	We have open art hours Monday – Thursday from 2:00 – 4:30 inside the Family Art Barn (FAB)	<u>Sign-Up Biking Opportunities:</u> Full & Half-Day Individual Bike Rentals
We also have an electric sauna to be used on a first come, first served basis.	*Sign-Up Art Classes meet at the Art Tent, unless otherwise noted.	Adult Age Group Bike Sessions Family Bike Rides led by Staff Member

YMCA Camp Northern Lights 6-Night **SAMPLE** Schedule

Store Hours					
DAY	Sunday	Monday	Tuesday – Thursday	Friday	Saturday
LAURENTIAN LODGE <i>MORNING</i> <i>AFTERNOON</i>	CLOSED 3:00 – 6:00	8:00 am – 12:15 pm 1:30 – 4:00 pm	8:00 am – 12:15 pm 1:30 – 4:00 pm	8:00 am – 12:15 pm 1:30 – 4:00 pm	8:00 – 10:00 am CLOSED
ANNA MARIE'S <i>AFTERNOON</i> <i>HOURS ONLY</i>	5:00 – 7:00	1:30 – 7:00	1:30 – 8:00	1:30 – 8:00 <i>*will stay open for 30 minutes after closing ends</i>	CLOSED