



GLEN BERNARD CAMP

Sample 4-day Schedule

Day 1

10:00 a.m.	Arrival
	Outline of expectations and code of conduct
10:30 – 11:30	Site orientation & tour
11:30 – 12:45	Activity Period 1
1:00 p.m.	Lunch
2:15 – 3:30 p.m.	Activity Period 2
3:30 – 4:45 p.m.	Activity Period 3
4:45 – 5:45 p.m.	Choice Activity Time
6:00 p.m.	Dinner
7:30 – 8:30 p.m.	Evening Activity: Group Initiatives
8:30- 9:00 p.m.	Snack
10:00 p.m.	Lights Out

Day 2

7:30 a.m.	Wake-up
8:00 a.m.	Breakfast
9:15 – 10:30 a.m.	Activity Period 4
10:30 – 11:45 p.m.	Activity Period 5
11:45 – 12:45 p.m.	Choice Activity Time
1:00 p.m.	Lunch
2:15 – 3:30 p.m.	Activity Period 6
3:30 – 4:45 p.m.	Activity Period 7
4:45 – 5:45 p.m.	Choice Activity Time
6:00 p.m.	Dinner
7:30 –8:30 p.m.	Evening Activity: Eco-Venture
8:30 –9:00 p.m.	Snack
10:00 p.m.	Lights Out

Day 3

7:30 a.m.	Wake-up
8:00 a.m.	Breakfast
9:15 – 10:30 a.m.	Activity Period 8
10:30 – 11:45 a.m.	Activity Period 9
11:45 – 2:00 p.m.	Cookout Lunch
	Olympic Challenge Preparation
2:15 – 3:30 p.m.	Activity Period 10
3:30 – 4:45 p.m.	Activity Period 11
4:45 – 5:45 p.m.	Choice Activity Time
6:00 p.m.	Dinner
7:30 –8:30 p.m.	Evening Activity: Campfire
8:30 –9:00 p.m.	Snack
10:00 p.m.	Lights Out

Day 4

7:30 a.m.	Wake – up
8:00 a.m.	Breakfast
9:00 –9:45 a.m.	Packing
9:45 – 11:15 a.m.	Olympic Extravaganza
11:30 a.m.	Lunch (departure following lunch)



PROGRAM NOTES:

1) ACTIVITY PERIODS:

Students are divided into small groups (approx group size: 15 students). Each group rotates through activities, spending approx. 1 hour and 15 minutes at each area. Activity Periods focus on developing students' skill and knowledge. Curriculum elements can be included as desired by the school. Lessons and activities at each area are structured and led by GBC staff members.

Activity Options Can Include (please inquire about specific requests):

- *Eco Education* – Ecology-based activities designed to encourage students to consider their relationship with the natural world.
- *Canoe / Kayak* – flat water paddling in GBC's shallow bay.
- *Low Ropes Challenge* – group and individual challenges that are low to the ground (no harnesses, human spotters used for all elements)
- *Outdoor Skills* – Fire-building, introduction to map and compass skills, orienteering
- *Jungle* – High elements ropes course, 1 to 1 supervision (climber to belayer) ratio.
- *Egg Drop* – A team challenge activity: using materials provided, design and build a structure that will enable an egg to fall approx. 45 feet without cracking.
- *Hot Air Balloons* – Group experiment: construct and fly miniature hot air balloons, discuss the scientific principles behind why hot air balloons fly (eg. properties of hot air molecules).
- *First Aid* – An introduction to basic first aid skills and treatment techniques.

2) CHOICE ACTIVITY TIMES

Students spend an hour at an activity of their choice, selected from a menu of options that changes. Choice Activity Times focus on trying new things, having fun and re-visiting favourite activities to continue skill development. All activities are fully supervised by GBC staff members.

Activity Options Include (please inquire about specific requests):

- Beach Volleyball
- Basketball
- Tennis
- Land Games (soccer, baseball, Frisbee, parachute games)
- Archery
- Trampoline (in-ground)
- Swimming
- Canoe/Kayak
- Low Ropes
- Jungle

3) EVENING ACTIVITIES

- *Eco Venture: A Quest For Harmony*: An interactive, environmentally-themed strategy game: students follow the growth of business and industry in a small northern town over several (simulated) years. The goal is to successfully predict how each new development will impact the citizens and the environment. Throughout the game, colourful characters plant hints about potential positive and negative impacts of each new initiative.
- *Group Initiatives*: Working in their olympic groups, students complete a series of small group initiative challenges, designed to develop leadership, team-building and conflict resolution skills.
- *Campfire*: A traditional campfire program: games, skits, songs and stories.

5) COOKOUT

Students hike to a campsite at the southern end of GBC's property. A typical cookout menu includes hot dogs, celery and carrot sticks, juice, cookies and fruit. Weather permitting, students often enjoy a quick swim after lunch, supervised by GBC lifeguards.

6) OLYMPIC EXTRAVAGANZA

A culminating, Olympic-style event before departure: after an opening "cheer-off", students compete in a series of individual and team events. The focus is on fun, friendly competition and building on the skills and team dynamics acquired throughout the trip.