

# SAMPLE SCHEDULE

## FERRY BEACH YOUTH CAMPS

	<b>FUUTURES</b>	<b>Different Drummers (DD)</b>	<b>Kids for the Earth (KFTE)</b>
<b>Pre Breakfast</b>	Optional Polar Bear Swim or Morning Mindfulness Activity (Yoga on the Beach, Jogging)	Optional Polar Bear Swim	Optional Polar Bear Swim
<b>Breakfast</b>	Breakfast		
<b>Morning Tracks</b>	<ul style="list-style-type: none"> <li>• Outdoor Adventures</li> <li>• Art</li> <li>• Theatre</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor Adventures</li> <li>• Art</li> <li>• Theatre</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor Adventures</li> <li>• Art</li> <li>• Theatre</li> </ul>
<b>Lunch</b>	Lunch		
<b>Afternoon Workshop</b>	Examples Include: music jams, bridging planning, special art projects, and workshops led by the youth.	Examples Include: Nature Photography, Mindfulness and Spa Time, Henna Tattoos, and Beach Frisbee.	Siesta
<b>Afternoon Activity</b>	Free Choice Activity: select from supervised beach time, playground time, art room time, or quiet time in the dorm.		Examples Include: Clowning on the Side of Love, special art projects, nature walks, a scavenger hunt.
<b>Dinner</b>	Dinner		
<b>Evening Activity 1</b>	Storytelling with KFTE and Coffee House	Campfire and games	Storytelling with FUUTURES
<b>Evening Activity 2</b>	All camp Camp Dance or Talent Show		