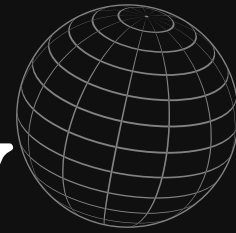


Camp New Heights



# Weekly Schedule

Summer

2025

<b>MON, TUES, THURS</b>	Period 1: Strength and Conditioning (A block) Period 2: Strength and Conditioning (B block) Period 3: Elective Class Period 4: Elective Class
<b>WED</b>	Sleep-in Period 1: Nutrition Period 2: Pool Recovery Afternoon block: Beach
<b>FRI</b>	Period 1: Strength and Conditioning (A block) Period 2: Strength and Conditioning (B block) Period 3: Elective Class Period 4: Group Activity
<b>SAT</b>	Excursion Day
<b>SUN</b>	Grocery store challenge, cooking challenge, clean-up, laundry, and move-in/move-out

Networking Sessions nad Closing Ceremony

# Typical Day

7:00 AM: Wakeup

7:45 AM: Breakfast

8:30 AM: Transition to Campus

9:00 AM: Period 1 (Strength and Conditioning Block A)

10:15 AM Period 2 (Strength and Conditioning Block B)

11:30 AM: Period 3 (Elective Class)

12:30 PM: Transition to Dining Hall

1:00 PM: Lunch

2:15 PM: Period 4 (Elective Class)

3:30 PM: Transition to Pool

3:45 PM: Pool

4:45 PM: Shower Hour

6:15 PM: Dinner

7:15 PM: Nighttime Activity

8:30 PM: Structured Free-Time

10:00 PM: Transition to Bed

10:15 PM: Lights Out