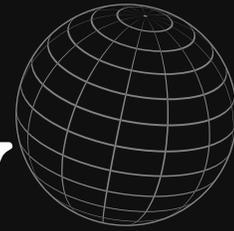


Camp New Heights



Weekly Schedule

Summer

2026

MON, TUES, THURS	Period 1: Strength and Conditioning (A block) Period 2: Strength and Conditioning (B block) Period 3: Elective Class Period 4: Elective Class
WED	Sleep-in Period 1: Nutrition Period 2: Pool Recovery Afternoon block: Beach
FRI	Period 1: Strength and Conditioning (A block) Period 2: Strength and Conditioning (B block) Period 3: Elective Class Period 4: Group Activity
SAT	Excursion Day
SUN	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