

7S ADVENTURE CAMP



SAMPLE Teen Overnight Adventure Camp Agenda SAMPLE					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8 a.m. Breakfast	8 a.m. Breakfast	8 a.m. Breakfast	8 a.m. Breakfast	8 a.m. Breakfast
	9 a.m. - 12 p.m. Alpine Tower	9:30 Rock Climbing and Hiking at Cooper's Rock, WV	10:30 a.m. Rafting	9 - 11:30 a.m. Bike Ride	9 a.m. - 2 p.m. Paintball
	12 p.m. Lunch	12 p.m. Lunch	12 p.m. Lunch	12 p.m. Lunch	12 p.m. Lunch
	1 - 3 p.m. Alpine Tower	1 - 3:30 p.m. Rock Climbing and Hiking at Cooper's Rock, WV	1 p.m. Rafting	1 - 5 p.m. Caving at Laurel Caverns	1 p.m. - 4 p.m. Alpine Slide and Swimming
6 p.m. Campers Arrive	3 - 5 p.m. Sporting Clays Demo and Shooting				4 p.m. Parents Pick-up
6-7 p.m. Registration	5:30 p.m. Dinner	6 p.m. Dinner	5:30 p.m. Dinner	6 p.m. Dinner	
7 to 9 p.m. Campfire with hot dogs	Swimming or Other Activity	Outdoor Games	Outdoor Games	Swimming or Other Activity	
10 p.m. Rules and bed	10 p.m. Rules and bed	10 p.m. Rules and bed	10 p.m. Rules and bed	10 p.m. Rules and bed	

Our camp counselors are dedicated to providing a fun and safe environment for our campers.

We keep a 1 to 5 camper to counselor ratio and all counselors are trained in first-aid and CPR.

Meals include the breakfast buffet each morning, packed lunches and dinner in the Slopeside or at an area restaurant after a planned activity.

Lodging arrangements are bunk style in either the Tyrol House or in the Chalets next to the hotel.

7S ADVENTURE CAMP



SAMPLE Pre-Teen Overnight Adventure Camp Agenda SAMPLE					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8 a.m. Breakfast	8 a.m. Breakfast	8 a.m. Breakfast	8 a.m. Breakfast	8 a.m. Breakfast
	9 a.m. - 12 p.m. Alpine Tower	9:30 Rock Climbing and Hiking at Cooper's Rock, WV	10:30 a.m. Pedal Paddle	9 - 11:30 a.m. Monkey Motion and Rock Wall	9 a.m. - 2 p.m. Capture the Flag and Paddle Boats
	12 p.m. Lunch	12 p.m. Lunch	12 p.m. Lunch	12 p.m. Lunch	12 p.m. Lunch
	1 - 3 p.m. Alpine Tower	1 - 3:30 p.m. Rock Climbing and Hiking at Cooper's Rock, WV	1 p.m. Pedal Paddle	1 - 5 p.m. Caving at Laurel Caverns	1 p.m. - 4 p.m. Alpine Slide and Swimming
6 p.m. Campers Arrive	3 - 5 p.m. Sporting Clays Demo and Shooting				4 p.m. Parents Pick-up
6-7 p.m. Registration	5:30 p.m. Dinner	6 p.m. Dinner	5:30 p.m. Dinner	6 p.m. Dinner	
7 to 9 p.m. Campfire with hot dogs	Swimming or Other Activity	Outdoor Games	Outdoor Games	Swimming or Other Activity	
10 p.m. Rules and bed	10 p.m. Rules and bed	10 p.m. Rules and bed	10 p.m. Rules and bed	10 p.m. Rules and bed	

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We keep a 1 to 5 camper to counselor ratio and all counselors are trained in first-aid and CPR.

Meals include the breakfast buffet each morning, packed lunches and dinner in the Slopeside or at an area restaurant after a planned activity.

Lodging arrangements are bunk style in either the Tyrol House or in the Chalets next to the hotel.