

Daily Schedule & Program Description 2011

Daily Schedule

7:30-8:15	Arrival and games
8:15-9:00	Morning assembly
9:00-10:00	Period 1- Sports Clinics
10:00-10:30	Snack/ Transition
10:30-12:00	Period 2- Electives
12:00-1:00	Lunch/ R&R
1:00-2:30	Period 3- Electives
2:30-4:00	Period 4- Electives
4:00-4:45	Period 5- Canteen/ Snack
4:45-6:00	Close of Day- Pick-up begins (Charlotte shuttle leaves)

Morning Assembly:

This is a special time each day for our staff and campers to meet and interact as one big family. Each day we will begin with a time of singing, play silly games, build tradition, go over our daily schedule, take role and get a positive Christian message from a staff member or guest speaker. This year we will be meeting each morning at the picnic pavilion for Morning Assembly.

Sports Clinics:

In the “cool” of the day, we will facilitate age-specific clinics for both Jr. and Sr. campers on campus. The clinics will run for about 1 ½ hours and will include hands-on fundamentals training from experienced staff/ athletes as well as a time to test their skills—scrimmages. Each day, each week will offer a different sport, giving campers an opportunity to try new things and excel in different sports.

Sports include: Soccer, flag-football, basketball, baseball, softball, sand volleyball, Frisbee, Tougo, Dodgeball, Alaskan Baseball, Disc golf and much more!

Electives:

This year we will change our daily/ weekly format to an elective based model- giving campers even more opportunity to try a variety of programs and activities here at Canaan. There will be 3 elective periods throughout the day, giving the potential for 15 different activities. Electives include:

Jr. Campers- Low challenge, kayaking I, drama, river exploration, swimming, ropes course, painting, gardening, scavenger hunt, bowling, dance, playground, whale watch, music, sprayground and much more.

Sr. Campers- kayaking I & II, hiking, drama, ziplines, swimming, river exploration, mtn. biking, painting, scavenger hunts, gardening, dance, survival training, high ropes, bowling, paintball, low challenge, drama, video, photography.

The Canaan Crest Program:

Starting this summer we are developing a program for new and returning campers that combines all of our activities and sports into one great big training series! Campers will have a list of goals that they will work to complete throughout the weeks that they are at camp. There are 5 focus areas: Sports/Fitness, Adventure, Arts, Education & Faith.

There are different age-specific levels within each focus area. When a particular level is achieved and all goals are met, the camper receives a patch with the Canaan Crest embroidered on it. There are 5 different patches that can be obtained in the Canaan Crest Program: primary-crest, secondary-crest, junior-crest, senior-crest and The Super C. Campers can work on their crest goals during scheduled times within their week(s) at camp and a log will be kept from year to year on the growth of their achievements.