



Ultimate Residential Camp

Sample Schedule 3-day

	Day 1	Day 2	Day 3
0715 - 0830		• Wake up & exercise	• Wake up & exercise
0830 - 0900	• Registration at YMCA (0830)	• Breakfast	• Breakfast
0900 - 1000	• Bus trip to camp site		
1000 - 1200	• Welcome & introduction • YMCA Value activity • Orienteering	• High Rope Course Challenge	• Y Olympic
1200 - 1300	• Lunch	• Lunch	• Trophy ceremony • Goodbye & sharing
1300 - 1500	• Camp site activities (eg. Archery, sports climbing, Gym Sports)	• Camp site activities (eg. Inline skating, trampoline)	• Lunch • Bus trip to YMCA
1500 - 1530			• Dismissal at YMCA (1530)
1530 - 1600	• Cabin check-in	• Special Theme Activities	
1600 - 1730	• Art and Craft		
1730 - 1800	• Sports Games	• Day reflection	
1800 - 1830	• Call home	• Call home	
1830 - 1930	• Dinner	• Dinner	
1930 - 2130	• Night game (eg. Night walk, Sardine)	• Camp Fire/Ultimate Variety Show	
2130 - 2230	• Shower & light out	• Shower & light out	

- ✓ This schedule is subject to change according to weather and availability of facilities
- ✓ Calling home time will be arranged during evening time



Boys Sports Challenge Residential Camp

Sample Schedule 3-day

	Day 1	Day 2	Day 3
0715 - 0830		<ul style="list-style-type: none"> Wake up & exercise 	<ul style="list-style-type: none"> Wake up & exercise
0830 - 0900	<ul style="list-style-type: none"> Registration at YMCA (0830) 	<ul style="list-style-type: none"> Breakfast 	<ul style="list-style-type: none"> Breakfast
0900 - 1000	<ul style="list-style-type: none"> Bus trip to camp site 	<ul style="list-style-type: none"> Rope course challenge 	<ul style="list-style-type: none"> Ultimate obstacle race
1000 - 1200	<ul style="list-style-type: none"> Welcome & introduction YMCA Value activity Orienteering 		
1200 - 1300	<ul style="list-style-type: none"> Lunch 	<ul style="list-style-type: none"> Lunch 	<ul style="list-style-type: none"> Trophy ceremony Goodbye & sharing
1300 - 1500	<ul style="list-style-type: none"> Camp site activities (eg. Archery, Sports climbing) 	<ul style="list-style-type: none"> Camp site activities (eg. Inline Skating, Gym Sports) 	<ul style="list-style-type: none"> Lunch Bus trip to YMCA
1500 - 1530		<ul style="list-style-type: none"> Basketball/Soccer 	<ul style="list-style-type: none"> Dismissal at YMCA (1530)
1530 - 1600	<ul style="list-style-type: none"> Cabin check-in 		
1600 - 1730	<ul style="list-style-type: none"> Special theme sports competition 		
1730 - 1800			
1800 - 1830	<ul style="list-style-type: none"> Call home 		
1830 - 1930	<ul style="list-style-type: none"> Dinner 	<ul style="list-style-type: none"> Dinner 	
1930 - 2130	<ul style="list-style-type: none"> Night game (eg. Prison Break, Night worm) 	<ul style="list-style-type: none"> Championship show down 	
2130 - 2230	<ul style="list-style-type: none"> Shower & light out 	<ul style="list-style-type: none"> Shower & light out 	

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GO Girls Residential Camp

Sample Schedule 3-day

	Day 1	Day 2	Day 3
0715 - 0830		• Wake up & exercise	• Wake up & exercise
0830 - 0900	• Registration at YMCA (0830)	• Breakfast	• Breakfast
0900 - 1000	• Bus trip to camp site		
1000 - 1200	• Welcome & introduction • YMCA Value activity • Orienteering	• Special Theme Activities	• Special Theme Activities II
1200 - 1300	• Lunch	• Lunch	• Award Presentation • Goodbye & sharing
1300 - 1400	• Camp site activities (eg. Archery, trampoline)	• GO Girls skin care session	• Lunch • Bus trip to YMCA
1400 - 1500	• Camp Games	• Camp site activities (eg. Sports Climbing, Gym Sports)	• Dismissal at YMCA (1530)
1500 - 1530			
1530 - 1600	• Cabin check-in		
1600 - 1730	• Rope Course	• Art & craft session	
1730 - 1800		• Day reflection • Call home	
1800 - 1830	• Call home		
1830 - 1930	• Dinner	• Dinner	
1930 - 2130	• Night game (eg. Night walk, night worm)	• Cover Girl fashion show	
2130 - 2230	• Shower & light out	• Shower & light out	

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Overnight Tenting Camp

Sample Schedule

	Day 1	Day 2
0715 - 0830		<ul style="list-style-type: none"> • Wake up & morning exercise • Breakfast • Pack up
0830 - 1000	<ul style="list-style-type: none"> • Registration at YMCA (0830) • Bus & ferry trip to campsite 	
1000 - 1200	<ul style="list-style-type: none"> • Welcome & introduction • YMCA Value activities • Orienteering 	<ul style="list-style-type: none"> • Rope Course Challenge
1200 - 1230	<ul style="list-style-type: none"> • Lunch 	
1230 - 1300		<ul style="list-style-type: none"> • Goodbye & sharing
1300 - 1500	<ul style="list-style-type: none"> • Tent set up • Camp games • Island exploration 	<ul style="list-style-type: none"> • Lunch • Bus & ferry trip to YMCA
1500 - 1530		<ul style="list-style-type: none"> • Dismissal at YMCA (1530)
1530 - 1600		
1600 - 1730	<ul style="list-style-type: none"> • Outdoor skills learning • Call home 	
1730 - 1830	<ul style="list-style-type: none"> • Outdoor Cooking 	
1830 - 1930		
1930 - 2130	<ul style="list-style-type: none"> • Day reflection • Night game (eg. night walk) 	
2130 - 2230	<ul style="list-style-type: none"> • Shower & light out 	

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- ✓ Calling home time will be arranged during evening time