

UNOFFICIAL SCHEDULE & GENERAL GUIDELINES

Note that official guidelines and Schedule will be provided closer to the camp start date

0.1 Drop-Off Window (8:00–9:00 AM)

Arrival at the campsite; participants settle in and socialize with their peers.

0.2 Judo & Games (9:00–10:15 AM)

Focused judo instruction followed by fun, judo-themed games.

0.3 Snack Time (10:15–10:30 AM)

A quick break for snacks and hydration.

0.4 Free Play Time (10:30–11:15 AM)

Options include ball games, legos, socializing, and other group activities.

0.5 Lunch & Movie (11:15 AM–12:15 PM)

Lunch break with a short, age-appropriate movie.

0.6 Cleanup (12:15–12:30 PM)

Cleanup time and preparation for the afternoon activity.

0.7 Travel to Activity Site (12:30–1:00 PM)

Group walk to the afternoon activity location—time for movement and conversation.

0.8 Afternoon Activity (1:00–3:00 PM)

- Monday, Wednesday, Friday: *Swimming*
- Tuesday, Thursday: *Outdoor activities such as hiking, arts & crafts, playground visits, ball games, or park games*

0.9 Snack & Judo/Free Play (3:00–4:00 PM)

Snack, followed by more judo practice or supervised free play.

0.10 Pick-Up Window (4:00–5:00 PM)

Parent or guardian pick-up from the campsite.