

## Dance Camp Agenda

### MONDAY AUGUST 19<sup>th</sup>

8:00am - Depart for Camp Pontiac

10:30am - Arrive at Camp Pontiac

- Unload
- Go to cabin

11:00am – Dance Team meeting

1:00pm – Lunch

2:00pm – Practice

4:30pm – Teambuilding Activity

6:00pm – Dinner

7:00pm – Practice

9:00pm - Report back to cabin

- Snack
- Shower
- Get ready for bed

10:00pm - Lights Out

### TUESDAY AUGUST 20<sup>th</sup>

6:30am - Wake Up

6:45am - Practice

8:00am - Breakfast

8:45am - Practice

11:00am – Film session

1:00 - Lunch

2:30pm – Swim

4:00pm – Practice

6:00pm – Dinner

7:00pm – Movie

9:00pm – Report back to cabin

- Snack
- Shower
- Get ready for bed

10:00pm – Lights Out

### WEDNESDAY AUGUST 21<sup>st</sup>

7:00am - Wake Up

8:00am - Breakfast

8:45am – Practice

11:00am – Team Meeting

12:00pm – Team Workout

1:00pm – Lunch

2:00pm – Practice

4:30pm – Film Session

6:00pm – Dinner

7:00pm – Practice

9:00pm – Report back to cabin

- Snack
- Shower
- Get ready for bed

10:00pm – Lights Out

### THURSDAY AUGUST 22<sup>nd</sup>

7:00am - Wake Up

8:00am – Breakfast

8:45am – Team Workout

10:00am - Practice

1:00pm - Lunch

2:00pm – Swim

4:30pm – Practice

6:00pm – Dinner

7:00pm – Talent Show

9:00pm – Report back to cabin

- Snack
- Shower
- Get ready for bed

10:00pm – Lights Out

### FRIDAY AUGUST 23<sup>rd</sup>

7:00am – Wake Up

8:00am – Breakfast

9:00am – Film Session

10:15am – Practice

12:00 – Lunch

1:00pm – Report To Cabins

- Shower
- Pack
- Get ready to go home

3:30pm – Bus departs Camp Cromwell

6:00pm – Arrive back to the city

#### TEAM BUILDING ACTIVITIES WILL INCLUDE:

- SWIMMING
- SOFTBALL
- **ROPES COURSE**
- BASKETBALL
- EUROPIAN HANDBALL
- DODGEBALL
- Other Team builders
- ETC.

**\*SCHEDULE IS SUBJECT TO CHANGE\***