



GLEN BERNARD OUTDOOR CENTRE SAMPLE FOUR DAY PROGRAM OUTLINE

DAY 1

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|-------------------------|---|
| 11:00 a.m. | Arrival at Glen Bernard Outdoor Centre Outline of expectations and code of behaviour Tour of camp |
| 12:30 p.m. | Lunch |
| 2:15 – 3:15 p.m. | Initiative Games |
| 3:15 – 4:30 p.m. | Activity Period 1 |
| 4:30 – 5:45 p.m. | Activity Period 2 |
| 6:00 p.m. | Dinner |
| 7:15 – 8:30 p.m. | Evening Activity: Ecoville |
| 8:30- 9:00 p.m. | Snack |
| 9:00 p.m. | Night Activity: Astronomy / Journals |
| 10:00 p.m. | Lights Out |

DAY 2

| | |
|---------------------------|--------------------------------------|
| 7:30 a.m. | Wake-up |
| 8:00 a.m. | Breakfast |
| 9:15 – 10:30 a.m. | Activity Period 3 |
| 10:30 – 11:45 a.m. | Activity Period 4 |
| 11:45 – 12:45 p.m. | Choice Activity Time |
| 1:00 p.m. | Lunch |
| 2:15 – 3:30 p.m. | Activity Period 5 |
| 3:30 – 5:00 p.m. | Activity Period 6 |
| 5:00 – 5:45 p.m. | Choice Activity Time |
| 6:00 p.m. | Dinner |
| 7:15 – 8:30 p.m. | Evening Activity: Survival |
| 8:30 – 9:00 p.m. | Snack |
| 9:00 p.m. | Night Activity: Astronomy / Journals |
| 10:00 p.m. | Lights Out |

DAY 3

| | |
|--------------------------|-------------------|
| 7:30 a.m. | Wake-up |
| 8:00 a.m. | Breakfast |
| 9:15 – 10:30 a.m. | Activity Period 7 |

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|-------------------|---|
| 11:00 - 1:00 p.m. | Cookout Lunch |
| 1:15 – 2:30 p.m. | Activity Period 8 |
| 2:30 – 3:45 p.m. | Activity Period 9 |
| 3:45 – 5:00 p.m. | Activity Period 10 |
| 5:00 – 5:45 p.m. | All-Camp Activity: Colour Team Relay Prep |
| 6:00 p.m. | Dinner |
| 7:15 – 8:30 p.m. | Evening Activity: Campfire Program |
| 8:30 –9:00 p.m. | Snack |
| 9:00 p.m. | Night Activity: Astronomy / Journals |
| 10:00 p.m. | Lights Out |

DAY 4

| | |
|---------------------|--------------------------------------|
| 7:30 a.m. | Wake – up |
| 8:00 a.m. | Breakfast |
| 9:00 –10:00 a.m. | Packing |
| 10: 00 – 11:00 a.m. | All-Camp Activity: Colour Team Relay |
| 11:30 | Early Lunch |
| 12:30 | Departure |

ADDITIONAL PROGRAM INFORMATION:

* **Activity Periods:** Students are divided into small groups. Groups rotate through activity options, spending one full period at each location.

* **Choice Activity Time:** Free rotation amongst a selection of activities.

GBOC activity options include:

Canoeing

Kayaking

High Ropes Course

Low Ropes Challenge

Ecology / Earth Education

Land Games / Sports

Beach Volleyball

Wonders of The Wilderness (Outdoor Skills)

Swimming

Trampoline

Crafts / Woodworking

Orienteering

Zip-Line

Archery

Golf

Indoor activities and workshops

Certain activities may require school and/or board approval.