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|  |  | | **Program Planning Worksheet** | | | | |
|  |  | |
| **Focus:** | | **School:** | | **Year:** | **Students:** | | **Days: 3** |
| **Time** | **Activity** |  | |  | |  | |
| 6:30 | Rise and morning exercise |  | | Rise and morning exercise | | Rise and morning exercise | |
| 7:30 | Breakfast @ Hall | **Breakfast** @ Hall | | | |
| 8:20 | Prepare for activities |  | | Prepare for activities | | Prepare for activities | |
| 9:00 | Activity Session 1 |  | | Clean up & Pack Up | |
| 10:30 | **Morning Tea** @ Undercover Area | | | | | | |
| 11:00 | Activity Session 2 | Arrive @  Setup  Student Brief  Adult Brief | |  | |  | |
| 12:30 | R&R Time | R&R Time | | R&R Time | | R&R Time | |
| 1:00 | **Lunch** @ Hall | | | | | | |
| 2:00 | Activity Session 3 |  | |  | | Debrief & Depart @ | |
| 3:30 | **Afternoon Tea** @ Undercover Area | | | | |  | |
| 4:00 | Activity Session 4 (No Centre Staff Available) |  | |  | |
| 4:45 | Showers | Showers | | Showers | |
| 6:30 | **Dinner** @ Hall | | | | |  | |
| 7:20 | Prepare for Night Activities | Prepare for Night Activities | | Prepare for Night Activities | |
| 7:30 | Night Activities |  | |  | |
| 10:00 | Lights Out | Lights Out | | Lights Out | |