

# SASAMAT

## OUTDOOR CENTRE



### Sample Schedule – 2 Nights, 3 Days – 70 Students

#### Day 1:

Time	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8
10:00am	Arrival, Welcome and Safety Orientation on Front Patio Students Move Into Cabins							
11:30am-12:30pm	Canoe		Archery/Low Ropes		Climbing Wall		Kayak	
12:30-1:30pm	Lunch @ Helm Lodge – Students Bring Own Bagged Lunch on Arrival Day							
1:00-2:00pm	Kayak		Canoe		Archery/Low Ropes		Climbing Wall	
2:00-3:00pm	Climbing Wall		Kayak		Canoe		Archery/Low Ropes	
3:00-4:00pm	Archery/Low Ropes		Climbing Wall		Kayak		Canoe	
4:00-4:15pm	Snack – Fresh Fruit and Granola Bars							
4:15-5:30	Wide Game – Capture the Flag							
5:30-6:30	Dinner @ Helm Lodge – Roast Chicken Dinner							
7:00-8:00	Campfire Sing-a-Long							
8:00pm	Snack & Quiet Time							

**Day 2:**

Time	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8
8:30am	Breakfast @ Helm Lodge – Eggs, Bacon and Hash-browns							
9:30-10:45	Craft		Wood Chop/Outdoor Cook		High Ropes		Canoe	
10:45-12:00	Canoe		Craft (Teacher Led)		Wood Chop/Outdoor Cook		High Ropes	
12:00-1:15	Lunch @ Helm Lodge – Build Your Own Sandwich Bar							
1:15-2:30	High Ropes		Canoe		Craft		Wood Chop/Outdoor Cook	
2:30-3:45	Wood Chop/Outdoor Cook		High Ropes		Canoe		Craft	
3:45-4:00	Snack – Fresh Fruit and Granola Bars							
4:00-5:30	Wide Program – Survival							
5:30-6:30	Dinner @ Helm Lodge – Tortellini Alfredo							
7:00-8:00	Campfire Sing-a-Long							
8:00pm	Snack & Quiet Time							

**Day 3:**

Time	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8
8:30am	Breakfast @ Helm Lodge – Pancakes and Sausages							
9:15-10:00am	Pack Up and Move Luggage Out of Cabins to Side Porch							
10:00-11:00am	Wide Game – Colours				Lake Hike			
11:00am-12:00pm	Hike				Wide Game – Colours			
12:00-1:00pm	Lunch @ Main Lodge – Cheeseburgers and Fries							
1:00pm	Pack Up and Depart							