



## ARMY AND NAVY ACADEMY SUMMER PROGRAMS

### **Sample Schedule**

*Summer 2019*

Our goal to give participants an enriching experience at all times of the day. The following sample schedule is for our recreation and academic programs.

<b><u>Time</u></b>	<b><u>Activity</u></b>
<b>7:00</b>	Wake-up
<b>7:30-7:45</b>	Breakfast
<b>7:45-8:15</b>	Dorm clean up
<b>8:30-11:30</b>	Instructional classes and activities
<b>11:30-11:45</b>	Prepare for lunch and afternoon activity presentation
<b>11:45-12:30</b>	Lunch
<b>12:30-13:00</b>	Siesta, cabin activities
<b>13:10-16:00</b>	Supervised recreational activities
<b>16:10-17:10</b>	Free time, open beach and phone calls home
<b>17:20-18:00</b>	Dinner
<b>18:10-18:40</b>	Cabin Group activities
<b>18:50-20:10</b>	Evening camp activity
<b>20:10-21:00</b>	Rec Hall Time
<b>21:15-22:00</b>	Cabin Time and bed prep
<b>22:00</b>	Lights out

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