



## A Typical Day at YMCA Level Up Camp

Time	YMCA Level Up Camp
Morning	Sign In/Welcome/Table Games
	Ice Breakers/Camper Group Time
	Snack
	YMCA Program (Gym/Fitness Floor)
	YMCA Program (Gym/Fitness Floor)
Lunch	
Afternoon	Team Building Activities (Program Room/Outdoors)
	Fitness Floor/Track
	Snack
	Swim
	Camper Group Time/Value Beads (Program Room/Outdoors)
	Sign Out

Find more information about YMCA of Niagara Day Camp at [www.ymcaofniagara.org/](http://www.ymcaofniagara.org/)