CIT PROGRAM SCHEDULE

WEEK 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		Wake up		Sleep In	Wake up	Wake up & Pack	Wake up
6:45am		Morning Exercise			Peer Mediation: Communication Skills	Drive back to camp	Sleep In
7:00am							
7:15am							
7:30am				Wakeup			
7:45am		Roundup					
8:00am							
8:15am		Breakfast / Chores / Clean-up					
8:30am							
8:45am							
9:00am							
9:15am		Lifeguard Training - Precourse Session	Lifeguard Training - The Professional Lifeguard & Injury Prevention	Lifeguard Training - Patron Surveillance & Emergency Preparation	Lifeguard Training - Rescue Skills	Canoe Trip Cleanup	Lakota Circle
9:30am						Practice Peer Mediation Skills Learned Thus Far	
9:45am							
10:00am							
10:15am							
10:30am		Peer Mediation: Overview/ Intro				Meet With Outdoor Life Director	
10:45am							
11:00am							
11:15am							
11:30am	CITs Arrive						
11:45am							
12:00pm		Roundup				Roundup	
12:15pm	Meet Staff & Orientation to Camper Check-in				Lunch	Lunch	
12:30pm		Lunch					
12:45pm					Canoe Peconic River, camp at Indian Island County Park. Plan Friday Campfire Performance		
1:00pm							
1:15pm		Rest Hour				Rest Hour	
1:30pm	Assist w/ Camper Check-In (All In Cabin)						
1:45pm							
2:00pm		Peer Mediation: Conflict Understanding	Canoe Trip Planning / Preparation	Meet With Sports Firector		Assist w/ Friday Games	
2:15pm							
2:30pm	CIT Program Orientation / Intro to Community Project						
2:45pm		Meet With ECO Director	Meet With Art Director	Meet With Water Front /director			
3:00pm							
3:15pm							
3:30pm				Peer Mediation: Understanding and Peacemaking		Color War Results	
3:45pm							
4:00pm	Good Touch, Safe Touch Workshop	Meet With Outdoor Life Director	Peer Mediation: Origins of Conflict				EXTENDER WEEKEND (see schedule for details)
4:15pm						Free Swim	
4:30pm							
4:45pm		Roundup					
5:00pm							
5:15pm		Dinner & Help Clean Dining Hall (dishes, wipe tables & counters, sweep & mop all floors, compost)			Application of Communicaton Skills into Canoe Trip	Cabin Time	
5:30pm	Roundup						
5:45pm							
6:00pm						Friday Night BBQ	
6:15pm		Free Time					
6:30pm	ECO / Outdoor Life Commercials						
6:45pm							
7:00pm						Cabin Time	
7:15pm	Warm Up Dance	Color War Song Practice	Games	Counselor Games	Leadership Games		
7:30pm							
7:45pm	Sports/ WF Commercial						
8:00pm	Games & GAB Setup	Games in Color War Teams		Cabin Time		Closing Campfire Ceremony	
8:15pm							
8:30pm	Cabin Time	Debrief		Debrief	Discuss Meaningful Counselors and What Made Them Special / Good		
8:45pm	Campfire Ceremony			Get Yer Ya Ya's Out			
9:00pm			Vespers				
9:15pm		Debrief				Assist Counselors w/ Bedtime Preparation	
9:30pm	Cabin Time	Cabin Time	Cabin Time	Cabin Time			
9:45pm							
10:00pm						Prepare for Bed	
10:15pm		Camper Free Time & Prepare for Bed					
10:30pm							
10:45pm		BEDTIME					
11:00pm							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

WEEK 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		Wake up		Sleep In		Wake up	
6:45am		Morning Exercise			Morning Exercise	Peer Mediation: Create An Agreement	Sleep In
7:00am							
7:15am							
7:30am	Sleep In			Wakeup			
7:45am		Roundup					
8:00am							
8:15am		Breakfast / Chores / Clean-up					
8:30am							
8:45am							
9:00am							
9:15am	Assist Counselors w/ Extender Weekend (cont.)	Lifeguard Training - Before Providing Care & Rescue Skills (pt 2)	Lifeguard Training - Breathing & Cardiac Emergencies	Lifeguard Training - Two-Rescuer CPR & AED	Lifeguard Training - First Aid	Lifeguard Training - Injuries to Muscles, Bones & Joints & Caring for Head, Neck & Back Injuries (pt 1)	Lakota Circle
9:30am							
9:45am							
10:00am							
10:15am							
10:30am							
10:45am	Free						
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm		Roundup					
12:15pm	Staff Meeting & Prepare for Camper Check-in						
12:30pm		Lunch					
12:45pm							
1:00pm							
1:15pm		Rest Hour					
1:30pm	Assist w/ Camper Check-In (Some in Cabin/ Some at Check In)						
1:45pm							
2:00pm							
2:15pm		Activity Apprenticeship	Activity Apprenticeship	Activity Apprenticeship / Shadow Maintenance / Office	Activity Apprenticeship	Assist w/ Friday Games	
2:30pm							
2:45pm	Camper Orientation & Skills Assessment: (With Campers)						
3:00pm							
3:15pm		Peer Mediation: Qualities/ Roles of Peer Mediation & Overview of Peer Mediation Process	Peer Mediation: Steps of Peer Mediation & Gathering Points of View & Focus on Interests	Peer Mediation: Create Win - Win Options & Evaluate Options	Work with Dennis on Evening Program for Following Week	Color War Results	
3:30pm							
3:45pm						Free Swim	
4:00pm							
4:15pm		Roundup					
4:30pm							
4:45pm		Dinner & Help Clean Dining Hall (dishes, wipe tables & counters, sweep & mop all floors, compost)				Cabin Time	
5:00pm							
5:15pm							
5:30pm	Roundup						
5:45pm							
6:00pm						Friday Night BBQ	
6:15pm		Free Time					
6:30pm	ECO / Outdoor Life Commercials				Dance Setup		
6:45pm							
7:00pm					Dance: Younger stay till 9:00/ Older stay till 9:30 (Followed by Vespers)	Cabins	
7:15pm	Warm Up Dance	Color War Song Practice	Games	Counselor Games			
7:30pm						Closing Campfire Ceremony	
7:45pm	Sports/ WF Commercial						
8:00pm	Games & GAB Setup	Games in Color War Teams		Cabins			
8:15pm							
8:30pm	Cabin Time	Debrief		Get Yer Ya Ya's Out			
8:45pm	Campfire Ceremony		Vespers			Assist Counselors w/ Bedtime Preparation	
9:00pm		Debrief			Vespers		
9:15pm							
9:30pm	Cabin Time	Cabin Time	Cabin Time	Cabin Time	Cabin Time		
9:45pm							
10:00pm							
10:15pm		Camper Free time & Prepare for Bed					
10:30pm							
10:45pm		BEDTIME					
11:00pm							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

WEEK 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		Wake up			Wake up	Wake up	Wake up
6:45am		Morning Exercise	Morning Exercise	Sleep In	Morning Exercise	Morning Exercise	Sleep In
7:00am							
7:15am							
7:30am	Sleep In			Wakeup			
7:45am		Roundup					
8:00am							
8:15am		Breakfast / Chores / Clean-up					
8:30am							
8:45am							
9:00am							
9:15am	Assist Counselors w/ Extender Weekend (cont.)	Lifeguard Training - Caring for Head, Neck & Back Injuries (pt 2)	Lifeguard Training - Shallow-Deep-Water Line Searches	Practice and Review Skills / Information For Written Exam and Practical Exam	Lifeguard Training - Final Written Exam & Final Skills Scenarios	Activity Apprenticeship	Lakota Circle
9:30am							
9:45am							
10:00am							
10:15am							Closing Ceremony w/ Staff
10:30am							
10:45am	Free			Peer Mediation: Social and Cultural /diversity		Peer Mediation: Cultural Awareness And Cliques	CITs Depart
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm		Roundup					
12:15pm	Staff Meeting & Prepare for Camper Check-in						
12:30pm		Lunch					
12:45pm							
1:00pm							
1:15pm		Rest Hour					
1:30pm	Assist w/ Camper Check-In (Some in Cabin/ Some at Check In)						
1:45pm							
2:00pm							
2:15pm		Activity Apprenticeship	Activity Apprenticeship	Activity Apprenticeship / Shadow Maintenance / Office	Shadow Program Director	Assist w/ Friday Games	
2:30pm							
2:45pm	Camper Orientation & Skills Assessment: (At Designated Locations)						
3:00pm							
3:15pm		Peer Mediation: Co Mediation Practice	Peer Mediation: Part 2	Peer Mediation: Support For Peer Mediator and Peer Mediation	Peer Mediation: Bias Awareness	Color War Results	
3:30pm							
3:45pm						Free Swim	
4:00pm							
4:15pm		Roundup					
4:30pm							
4:45pm		Dinner & Help Clean Dining Hall (dishes, wipe tables & counters, sweep & mop all floors, compost)				Cabin Time	
5:00pm							
5:15pm							
5:30pm	Roundup						
5:45pm							
6:00pm						Friday Night BBQ	
6:15pm		Free Time					
6:30pm	ECO / Outdoor Life Commercials				Dance Setup		
6:45pm							
7:00pm					Dance: Younger stay till 9:00/ Older stay till 9:30 (Followed by Vespers)	Cabins	
7:15pm	Warm Up Dance	Color War Song Practice	Games	Counselor Games			
7:30pm						Closing Campfire Ceremony	
7:45pm	Sports/ WF Commercial						
8:00pm	Games & GAB Setup	Games in Color War Teams		Cabin Time			
8:15pm							
8:30pm	Cabin Time	Debrief		Get Yer Ya Ya's Out			
8:45pm	Campfire Ceremony		Vespers			Assist Counselors w/ Bedtime Preparation	
9:00pm		Debrief			Vespers		
9:15pm							
9:30pm	Cabin Time	Cabin Time	Cabin Time	Cabin Time	Cabin Time		
9:45pm							
10:00pm							
10:15pm		Camper Free Time & Prepare for Bed					
10:30pm							
10:45pm		BEDTIME					
11:00pm							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

WEEK 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		Wake up			Wake up	Wake up	Wake up
6:45am		Polar Bear	Polar Bear	Optional Sleep In	Polar Bear	Polar Bear	Sleep In
7:00am							
7:15am							
7:30am	Sleep In			Wakeup			
7:45am		Roundup					
8:00am							
8:15am		Breakfast / Chores / Clean-up					
8:30am							
8:45am							
9:00am							
9:15am	Assist Counselors w/ Extender Weekend (cont.)	Activity Apprenticeship	Shadow Maintenance / Office	Activity Apprenticeship	Activity Apprenticeship	Activity Apprenticeship	Lakota Circle
9:30am		Peer Mediation: Stereotypes	Peer Mediation: Confronting Prejudice &	Peer Mediation: Uncovering Hidden Interest	Peer Mediation: Advanced Communication Skills	Peer Mediation: Negotiation / Promoting Peace	Closing Ceremony w/ Staff
9:45am							
10:00am							
10:15am							
10:30am							CITs Depart
10:45am	Free	Choices	Choices	Choices	Choices	Choices	
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm		Roundup					
12:15pm	Staff Meeting & Prepare for Camper Check-in						
12:30pm		Lunch					
12:45pm							
1:00pm							
1:15pm		Rest Hour					
1:30pm	Assist w/ Camper Check-In (All Assist in Check In)						
1:45pm							
2:00pm							
2:15pm		Activity Apprenticeship	Activity Apprenticeship	Activity Apprenticeship	Shadow Program Director	Assist w/ Friday Games	
2:30pm							
2:45pm	Camper Orientation & Skills Assessment: (At Designated Locations)						
3:00pm							
3:15pm		Peer Mediation: Resolving Cross Cultural Conflict	Peer Mediation: Uncovering Hidden Interest	Peer Mediation: Understanding Anger	Peer Mediation: Negotiation/ Group Problem Solving	Color War Results	
3:30pm							
3:45pm						Free Swim	
4:00pm							
4:15pm		Roundup					
4:30pm							
4:45pm		Dinner & Help Clean Dining Hall (dishes, wipe tables & counters, sweep & mop all floors, compost)				Cabin Time	
5:00pm							
5:15pm							
5:30pm	Roundup						
5:45pm							
6:00pm						Friday Night BBQ	
6:15pm	ECO / Outdoor Life Commercials	Free Time	Free Time	Free Time	Dance Setup		
6:30pm							
6:45pm							
7:00pm					Dance: Younger stay till 9:00/ Older stay till 9:30 (Followed by Vespers)	Cabins	
7:15pm	Warm Up Dance	Color War Song Practice	Games	Counselor Games			
7:30pm						Closing Campfire Ceremony	
7:45pm	Sports/ WF Commercial						
8:00pm	Games & GAB Setup	Games in Color War Teams		Cabin Time			
8:15pm							
8:30pm	Cabin Time	Debrief		Get Yer Ya Ya's Out			
8:45pm	Campfire Ceremony		Vespers			Assist Counselors w/ Bedtime Preparation	
9:00pm		Debrief			Vespers		
9:15pm							
9:30pm	Cabin Time	Cabin Time	Cabin Time	Cabin Time	Cabin Time		
9:45pm							
10:00pm							
10:15pm		Camper Free Time & Prepare for Bed					
10:30pm							
10:45pm		BEDTIME					
11:00pm							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Schedule is subject to change to accommodate learning opportunities and weather.