

The  
Camp Can-Aqua  
Leadership Centre



4 Day, 3 Night Sample Program

Live, Learn, Experience, and Enjoy the Outdoors

Time	Day 1	Day 2	Day 3	Day 4
7:30 am		Polar Dip	Polar Dip	Polar Dip
8:00 am		Wakeup Bell	Wakeup Bell	Wakeup Bell
8:30 am		Breakfast	Breakfast	Breakfast
9:30 am		Meeting Spot	Meeting Spot	Pack up
9:45 am		Program Rotation #3	Program Rotation #7	Meeting Spot
10:45		Meeting Spot	Meeting Spot	Teacher Choice #1
11:00		Program Rotation #4	Program Rotation #8	Teacher Choice #2
12:15 pm	Arrival/Welcome/ Engagement Activity	Lunch	Lunch	Lunch
1:00 pm	Bagged Lunch/Stay Overview	Down Time/Rest Hour	Down Time/Rest Hour	Departure
2:00 pm	Meeting Spot	Meeting Spot	Team Challenge OR 2 Additional Program rotations	
2:15 pm	Program Rotation #1	Program Rotation #5		
3:15 pm	Meeting Spot	Meeting Spot		
3:30 pm	Program Rotation #2	Program Rotation #6		
4:40 pm	Free Time	Free Time	Free Time	
5:15 pm	Diner	Dinner	BBO	
7:00 pm	EP - Survivor	EP - Moving Pictionary	EP - Carnival	
8:30 pm	Campfire	Campfire	Talent Show	
9:30 pm	Snack	Snack	Snack	
10:00	Bedtime	Bedtime	Bedtime	