



# ECAC SUMMER CAMP OVERVIEW

Each day at ECAC Summer Camp is filled with diverse activities, ensuring campers have a dynamic and engaging experience. From sports and outdoor adventures to themed challenges, every day offers new excitement and opportunities for fun.

## Sample Daily Schedule:

- **8:30–9:00 AM:** Drop-Off & Supervised Free Play
- **9:00–9:15 AM:** Camp Kick-Off with music, team cheers, and announcements
- **9:15–10:30 AM:** Morning Activity Rotation
  - Sports & gym games
  - Prince's Island Park outings
  - Golf simulator sessions
  - Arts and Crafts
  - Studio movement classes
- **10:30–10:45 AM:** Snack Break
- **10:45 AM–12:00 PM:** Late Morning Programming
  - Team tournaments
  - Outdoor games
  - Racquet sports
  - Creative activities
  - Theme-day challenges
- **12:00–12:45 PM:** Lunch
- **12:45–2:15 PM:** Afternoon Activity Rotation
  - Swimming (select days)
  - Racquet/Golf/Group sports
  - Flex Times (supervised free play or independent quiet play, campers choice)
  - Outdoor adventure activities
- **2:15–3:45 PM:** Group Games & Special Events
  - Large group competitions
  - Park adventures
  - Relay races
  - Camp-wide theme days
- **3:45–4:00 PM:** Camp Wrap-Up & Daily Highlights
- **4:00–4:30 PM:** Pick-Up & Supervised Play