

# 4 Night Summer Camp Example Itinerary

## Monday

- 8am: Kids Arrive/Drop Off
- 9am: Welcome/Parents Depart
- 9.15am: Kids pick team name and play ice breakers
- 10.30am – 10.45am: Morning Tea
- 10.45am - 12.15pm: Adventure Race Part I
- 12.15pm - 12.45pm: Lunch
- 12.45pm - 2.15pm: Adventure Race Part II
- 2.30pm - 4.30pm: Pool (Offsite)  
Afternoon Tea Included
- 4.30pm - 5.30pm: Create Your Own Adventure\*\*
- 6pm - 6.30pm: Dinner
- 6.30pm – 7.30pm: Leisure Time
- 7.30pm - 9pm: Aboriginal Presentation  
Cultural Night
- 9pm - 9.15pm: Supper
- 10pm: Lights Out

## Tuesday

- 7.30am: Breakfast
- 9am - 10.30am: Archery
- 10.30am - 10.45am: Morning Tea
- 10.45am - 12.15pm: Canoeing
- 12.15pm - 12.45pm: Lunch
- 12.45pm - 2.15pm: Crate Stack
- 2.30pm - 4.30pm: Pool  
Afternoon Tea Included
- 4.30pm - 5.30pm: Create Your Own Adventure\*\*
- 6pm - 6.30pm: Dinner
- 6.30pm – 7.30pm: Leisure Time
- 7.30pm - 9pm: Quiz Night
- 9pm - 9.15pm: Supper
- 10pm: Lights Out

## Wednesday

- 7.30am: Breakfast
- 9am - 10.30am: High Ropes
- 10.30am - 10.45am: Morning Tea
- 10.45am - 12.15pm: Commando Course
- 12.15pm - 12.45pm: Lunch
- 12.45pm - 2.15pm: Kayaking
- 2.30pm - 4.30pm: Pool  
Afternoon Tea Included
- 4.30pm - 5.30pm: Create Your Own Adventure\*\*
- 6pm - 6.30pm: Dinner
- 6.30pm – 7.30pm: Leisure Time
- 7.30pm - 9pm: Movie Night
- 9pm - 9.15pm: Supper
- 10pm: Lights Out

## Thursday

- 7.30am: Breakfast
- 9am - 10.30am: Flying Fox
- 10.30am - 10.45am: Morning Tea
- 10.45am - 12.15pm: Raft Building
- 12.15pm - 12.45pm: Lunch
- 12.45pm - 2.15pm: Leap of Faith
- 2.30pm - 4.30pm: Pool  
Afternoon Tea Included
- 4.30pm - 5.30pm: Create Your Own Adventure\*\*
- 6pm - 6.30pm: Dinner
- 6.30pm – 7.30pm: Leisure Time
- 7.30pm – 9pm: Competition Night
- 9pm – 9.15pm: Supper
- 10pm: Lights Out

## Friday

- 7.30am: Breakfast
- 9am - 9.30am: Pack Up
- 9.30am - 10.30am: Ice Sledding
- 10.30am - 10.45am: Outdoor Morning Tea
- 10.45am - 11.45am: Colour Run
- 11.45am - 12.45pm: Water Slip 'n' Slide
- 12.45pm - 1pm: Kids Get Changed  
and Clean Up
- 1pm: BBQ Lunch
- 2pm: Awards and Presentations
- 3pm: Kids Depart/Pick Up

Itinerary is an example, 4 Night Summer Camp 2024 itinerary to be announced.

Activities scheduled for each day are on a rotational circuit.

\*\*Our adventures will have free time to wind down during Create Your Own Adventure!





**4 Night  
Summer Camp  
Example  
Menu**

## Monday

**Morning Tea**  
Sausage Rolls, Fresh Fruit

**Lunch**  
American Style  
Hotdogs and Chips, Salad Bar

**Afternoon Tea**  
Cake, Fresh Fruit

**Dinner**  
Pasta, Bolognese  
and Garlic Bread, Salad Bar

**Dessert**  
Jelly, Icecream

**Supper**  
Jam Donuts

## Tuesday

**Breakfast**  
Full Cooked with Pancakes

**Morning Tea**  
Spring Rolls, Fresh Fruit

**Lunch**  
Pizza with Chips, Salad Bar

**Afternoon Tea**  
Muffins, Fresh Fruit

**Dinner**  
Crumbed Chicken Drumsticks  
with Fried Rice, Salad Bar

**Dessert**  
Chocolate Mousse, Fresh Cream,  
Strawberries

**Supper**  
Chocolate Chip Cookies, Milk

## Wednesday

**Breakfast**  
Full Cooked with Pancakes

**Morning Tea**  
Party Pies, Fresh Fruit

**Lunch**  
Nachos, Salad Bar

**Afternoon Tea**  
Icy Pole, Fresh Fruit

**Dinner**  
Aussie BBQ, Salad Bar with Rolls

**Dessert**  
Pavlova

**Supper**  
Chocolate Brownies

## Thursday

**Breakfast**  
Full Cooked with Pancakes

**Morning Tea**  
Sausage Rolls, Fresh Fruit

**Lunch**  
Hamburgers with Chips, Salad Bar

**Afternoon Tea**  
Cake, Fresh Fruit

**Dinner**  
Butter Chicken with Rice and  
Pappadums, Salad Bar

**Dessert**  
Apple Crumble with Custard

**Supper**  
Icecream Selection

## Friday

**Breakfast**  
Full Cooked with Pancakes

**Morning Tea**  
Watermelon

**Lunch**  
BBQ Sausage Sizzle, Icecream Bar

Please ensure you provide all dietary requirement information for your child(ren) upon booking.

Although great care is taken we cannot guarantee any menu item is totally free from allergens.

Note: We cater a dietary menu for - gluten, lactose, soy, egg, animal products, sesame seeds, mustard, lupin, seafood, and nuts.