

VAB Day Camp

July 19-23, 2010

Core Theme – Sustainability and Personal/Group Development

- 8:00 am Welcome – Check In/Introduction to the Day
- 8:30 am Focus on the Garden and Sustainability
Introduction to the Garden
- 9:00 am Morning Rotation
1. Challenge Course
 2. Water Front Activity
 3. Garden Activities
- 12:00 Noon Lunch and Focused Group Discussions with facilitators
- 12:30 pm Afternoon Rotations
1. Learning Swimming Skills/Recreation
 2. Plant Art and Crafts ^{*1}
 3. Cooking with the Harvest
- 3:45 pm Continued Sustainability and Closure Session
- 4:00 pm Departure Home

Arts and Crafts every day at 12:30 pm, rotation 2 ^{*1}

Monday – Canvas Bag
Tuesday – Planter
Wednesday – Planting the Planter
Thursday – Dyeing T-shirts
Friday – TBD

MUST BRING! NEEDED EVERYDAY !!!!

**SUNSCREEN
WATER BOTTLE
LUNCH
SWIMSUIT AND TOWEL**

MUST NOT BRING !!!!!!!!!!!!!!!!!!!!!!!!!!!!!

FLIP-FLOPS OR CROCS