

# ASCENDIGO SUMMER CAMP PARENT HANDBOOK

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### SUMMER CAMP OVERVIEW

#### Welcome to Ascendigo Summer Adventures!

Since 2004, Ascendigo's Summer Adventures program has provided hundreds of children and adults living with autism or other differences a unique and rich summer camp experience in the heart of the Roaring Fork Valley. In keeping with the intense outdoor recreational ethos of the area, Ascendigo takes full advantage of this beautiful environment by supporting our campers in learning and enjoying local outdoor sports and other activities.

Campers of all abilities and activity levels are engaged and challenged in fun and exciting ways. They receive autism-friendly support from our expertly trained sports specialists and are encouraged to try our core sports: rock climbing, horseback riding, and lake sports (wake surfing, tubing, kayaking, paddle boarding). Campers learn important life skills, make new friends, and build confidence as they explore their strengths and abilities in a safe, supportive environment. Parents (and campers) are pleasantly surprised at what the individuals can achieve, which is usually beyond expectations.

Ascendigo offers a unique combination of fun, positivity, and challenge to stretch our campers in our sports and activity instruction. The Ascendigo Way incorporates a Naturalistic Developmental Behavioral Intervention (NDBI) approach in teaching our campers to participate in sports, gain independence in skills, and grow socially. NDBIs are a group of evidence-based methods utilizing the principles of applied behavior analysis with developmental science. Our teaching and behavior support methods have been developed in collaboration with Diane Osaki, OTR, Founding Member of Thrive Autism Collaborative in Denver, Colorado. Diane is a sought-after expert in autism and the Early Start Denver Model, a well-studied NDBI for young children with autism.

#### Adventures Summer Leadership Team:

- Program & Operations Director: Conlan McGough
- Program Assistant Director: Kayla Holthouse
- Program Administrator & Paperwork Guru: Marisa Alam
- Program & Sports Manager: Henry Hermes

#### Camp Eligibility:

- Ascendigo accepts campers ages 7 and older, including older adults. We are primarily designed to serve individuals living with autism, autism like behavior, or other cognitive special needs. We can serve individuals at varying levels of support needs. We do not require official diagnosis documentation but encourage you to be transparent with us about your camper's specific abilities and needs.
- Campers must be able to safely be in public spaces and not present a significant danger to themselves, camp staff, or the public. We understand that people with ASD or similar conditions may experience challenging behavior and health conditions at times. Ascendigo will attempt to mitigate these challenges with our experienced staff, however, we reserve the right to suspend or deny services if Ascendigo deems the camper's behavior or condition too dangerous to manage.

- Should your camper require extra support in order to maintain a safe and successful environment at camp, Ascendigo reserves the right to assign an extra support staff to the camper at the family's expense OR request that the family provides a personal support staff to join the camper throughout their camp week.
- Ascendigo can accept individuals with certain physical disabilities, but we may not be the best fit for your camper if they need high levels of physical support. For example, wheelchair users are always welcome to join, however, our staff will need to do manual transfers in and out of vehicles, and we may lack certain adaptive equipment and training that other programs have. If your camper has significant physical support needs, please contact us to discuss if we are a good fit to make your camper's experience a success.
- Ascendigo will always attempt to accommodate people of all abilities, however, our expertise has its limits. We have a camp RN, but do not have an on-site doctor, psychologist, or psychiatrist. We may turn away individuals with significant mental health concerns that express as suicidal, self-harming, or homicidal tendencies. Likewise, we may not possess the necessary medical support to accommodate those living with severe illnesses such as cancer. If you are unsure if your camper is a good fit, please contact us to discuss!

### Summer Camp Check In/Check Out

We host our summer camp program at Colorado Mountain College – Spring Valley campus.

Address: 3000 Co Rd 114, Glenwood Springs, CO 81601

Upon arrival on your first day, you will check in to the blue Ascendigo tent to meet our leadership team, your participant's 1:1 staff member(s), fill out final paperwork, and meet with our camp nurse to discuss your camper's medication needs. During this time, you'll have a chance to inform Ascendigo's staff of any other essential information that will help to make your camper's stay with us a success.

**-IMPORTANT:** Families must bring all camper medications in original packaging for our nurse to legally administer them. We cannot make exceptions to this policy.

-If you are checking medications in to the camp nurse, please plan to arrive 15 minutes early on Monday morning as the medication intake process can be timely.

#### Day Camp:

Monday: check in at 8:00 AM – pick up at 4:15 PM

*\*We have an earlier check-in on Monday morning so campers and parents can get to know the camp staff. This is a time to drop off medications with our nurse, fill out missing forms, and discuss important information with your coach to ensure your camper has a successful week.*

Tuesday-Thursday: check in at 8:45 AM – pick up at 4:15 PM

Friday River Add-On: check in at 8:15 AM – pick up at 2:30 PM

Friday Pool Day: check in at 8:45 AM - pick up at 2:30 PM

*\*We will have a closing ceremony on Friday afternoon from 1:30 – 2:30 PM. Parents are invited to join but are not required to attend.*

### Residential Camp:

Monday: check in at 7:30 AM

*\*At this time, you will meet your camper's two coaches – an evening coach and a day coach. They will show your camper to their room and help unpack. This is a time to drop off medications with our nurse, discuss the camper's daily/evening routines, and understand camper goals.*

**Please arrive promptly at 7:30 am if you are checking in several medications, this will provide ample time for our nurse to check in those medications.**

Friday: pick up at 2:30 PM

*\*We will have a closing ceremony on Friday afternoon from 1:30 – 2:30 PM. Parents are invited to join but are not required to attend.*

### Youth Day Camp

Campers ages 7-17 are eligible for Day Camp programming. Campers are paired 1:1 with a camp coach while in a camp group setting with up to 9 other 1:1 camper/coach youth duos. **Ascendigo does not provide food for day campers.** Please pack a to-go lunch and plenty of snacks daily.

### Adult Day Camp

Campers ages 18+ are eligible for Day Camp programming. Campers are paired 1:1 with a camp coach while in a camp group setting with up to 9 other 1:1 camper/coach adult duos. **Ascendigo does not provide food for day campers.** Please pack a to-go lunch and plenty of snacks daily.

### Adult Residential Camp

#### Lodging:

Each residential camper will have their own dorm room and bathroom. The room includes an extra long twin bed, a desk, and a chair. The attached bathroom includes a standing shower, sink, and toilet. Toilet paper is provided. Campers should pack all bathroom toiletries, towels, bedding, pillow, etc. If a support staff is joining the camper residentially, they will reside in the same room as the camper. There will be an Overnight Supervisor that stays up during the evening hours (10 PM – 6 AM) to support campers as needed throughout the night if they exit their rooms or are making noise that is audible through the door. Due to facility design and privacy concerns, campers are NOT visually observed while they are in their room alone after bedtime. All camper rooms are equipped with a security system – should the camper open their door or window throughout the night, the Overnight Supervisor will be alerted.

#### Meals:

For residential campers, breakfast, lunch, and dinner will be provided daily at the Colorado Mountain College dining hall. Please fill out supplemental forms in detail to advise camp staff of dietary restrictions or allergies as well as preferred foods and typical eating habits. Ascendigo will attempt to accommodate dietary needs, however, we are locked into an exclusive contract with CMC and Sodexo. If Sodexo is unable to accommodate your requests, the family will need to arrange alternative food accommodations and get prior approval from Ascendigo. Coaches assist campers in packing a to-go lunch each day and a hot dinner is served on campus from 5-6 PM daily. Hot breakfast served 8-8:30 AM daily.

### **Evening Activities:**

Evening activities change weekly and include a variety of options depending on camper interests. Activities include but are not limited to arts and crafts, movie nights, ball sports, and community outings in the Roaring Fork Valley. Our evening staff will keep you updated on your campers' specific experiences throughout their stay with us!

### **Summer Programming and Activities**

Each day, residential campers, day campers and staff meet at CMC Spring Valley campus for check in. From there, campers are transported to sports sites located throughout the Roaring Fork Valley. Each sport is led by a team of experienced certified sport specialists who are also experienced with adaptive techniques to support athletes that have ASD or other differences.

#### **Lake Program:**

On lake days, campers spend half the day on speed boats engaging in wake sports and the other half of the day on shore engaging in flat water sports. Ascendigo offers adaptive instruction and progression for a variety of wake sports – tubing, knee boarding, and wake surfing behind a speed boat. Adaptive instruction and progression is also provided for flat water sports – inflatable kayaks and stand up paddle boards. Campers spend two full days a week at the lake.

#### **Ranch Program:**

The therapeutic benefits of interacting with horses is well-known – specifically for individuals with autism. Ascendigo's Ranch program includes therapeutic riding, skill-progression, and animal-care. Our ranch team works with coaches and campers to help reach individual goals and promote independence. Campers spend two half-days a week at the ranch.

#### **Alpine Program:**

Campers will experience rock climbing on outdoor natural rock walls, a high-ropes course, and indoor rock walls. The terrain is chosen to match the individual camper's skills and varies from beginner to expert level challenge. All climbing is supervised by certified climbing specialists that are skilled in creating adaptive climbing progressions and helping all athletes find success.

#### **River Program:**

Campers now have the opportunity to participate in River Rafting as an additional add-on in place of going to the swimming pool on Friday mornings. Campers will be accompanied by their Camp Coach as they embark on a mellow stretch of the Colorado River via a 16-foot raft. Each raft holds up to 10 people and is guided by a trained River Guide through Defiance outfitters. Life jackets and closed-toe shoes are required to be worn for this activity. This add-on is an additional cost of \$175.00.

*\*If your camper struggles to be in close vicinity to others, this add-on may not be a suitable activity for them.*

### **Contingency Days:**

In the event of severe weather or closures (rain, lightning, road closures, wildfire smoke, extreme heat, etc.) Ascendigo may pursue alternative activities. Examples of such activities include games in an indoor gymnasium, indoor swimming, bowling, indoor climbing, or other engaging activities that facilitate camper growth in a safe environment. Ascendigo does not offer discounts or refunds for weather or circumstance related changes to the schedule.

### Registration and Preparing for Camp

#### Registration:

To access registration – go to the Summer Adventures page on our website – [www.ascendigo.org](http://www.ascendigo.org). On the Summer Adventures page, you will find a button titled “Register Here”. This button will bring you to a website called ACTIVE Works. Here you can register and pay for summer camp weeks. Registration opens mid-February, and you can find specific dates and times on the Summer Adventures webpage.

Registration consists of four steps:

1. Select which week your camper will be attending (*1-week limit for new campers, 2-week limit for returning campers*)
2. Provide camper and parent information by completing supplemental forms – forms are REQUIRED and must be updated annually.
3. Provide a minimum of a 35% down payment for the chosen week(s)
4. Sign all required waivers and forms to prepare our staff for your camper’s arrival

These steps must be completed to secure your camp spot. All forms and waivers must be completed at least three weeks prior to the first day of camp. Per Colorado State law, we cannot accept participants without completion of all forms.

#### Preparing for Camp:

Many campers and parents/guardians alike are nervous for their first time at camp. This is normal and we often see a behavior or anxiety spike during the initial drop off process. In most cases, the camper’s anxiety level diminishes greatly after the parent has gone and they settle into camp. To mitigate this, our advice to parents is the same as for most overnight camps:

- Talk with your camper periodically before camp, and to the extent you are able, discuss any fear or concerns your camper has.
- Visit our website with your camper and show them photos, videos, and social stories to help them prepare.
- We strongly discourage parent visits during residential camp. We have found that campers push themselves to achieve goals when independence is promoted.
- We strongly discourage additional or unnecessary changes to camper routines while at camp. For example, if your camper utilizes an iPad for car rides at home, it’s best continue that routine while at camp.

#### Camper Pack List

##### Day Camp:

- Day pack: backpack to carry water, beach towel, change of clothes, lunch, snacks, sunscreen
- 1-liter water bottle
- Lunch box – lunch and snacks
- Baseball cap or full brim hat
- Sunglasses
- Sunscreen – your camper will need this multiple times daily
- Rain jacket \*REQUIRED\*



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- Long sleeve fleece sweatshirt
- Bathing suit
- Rash guard top
- Beach towel
- Extra clothes
- 1 pair of sneakers/hiking shoes
- 1 pair of water shoes – must have a heel strap (no flip flops)

### **Residential Camp:**

#### Toiletries:

- Twin size bed linens
- Pillow
- Blankets
- Bath towel
- Shampoo, conditioner, body wash, hairbrush
- Toothbrush and toothpaste
- Personal hygiene products

#### Clothing:

- Rain jacket and rain pants
- Long sleeve fleece sweatshirt
- 2 pairs of long pants (activewear)
- 2 pairs of shorts
- 3-5 short sleeve shirts/active tops
- Pajamas
- Underwear (multiple pairs per day)
- Socks
- 2 bathing suits
- Rash guard top
- 1 pair of sneakers/hiking shoes
- 1 pair of water shoes – must have heel straps (no flip flops)

#### Gear:

- Day pack: backpack to carry water, beach towel, change of clothes, lunch, snacks, sunscreen
- Baseball cap or full brim hat
- Sunglasses
- 1-liter water bottle
- Beach towel (in addition to a bath towel)
- Sunscreen – your camper will need this multiple times daily
- Vitamins (must be on med form and signed by physician)

#### Prohibited Items:

- Firearms, knives, or other objects that can be considered a weapon.
- Lighters, fire starters, or open flames
- Supplements (even vitamins) or medication in camper rooms (must be given to camp nurse)
- Alcohol, marijuana, or illicit substances

### Policies, Procedures, and Expectations

Please do not suddenly take away, or expect Ascendigo to take away a preferred activity, food, or routine while your camper is with us. This will often lead to a less successful experience for your camper.

#### Parent Check-In & Check-Out:

Your child's safety and security are our highest priority. Only those adults listed on the Parent Authorization Form for Camper Pick Up will be allowed to drop off, pick up, or sign out a camper.

Parents or legally authorized guardians are expected to drop off and pick up at the Colorado Mountain College – Spring Valley campus at the beginning and end of each camp day for daytime campers.

Please refer to the Summer Camp Check-In/Check-Out section of the Parent Handbook for exact times according to the day of the camp week.

Ascendigo will NOT assume care for any camper:

- After 5:00 PM (day program)
- Who has not provided a current medical form signed by a physician
- For whom all required forms and waivers have not been completed
- For whom we have not received payment

#### Drop-off at CMC:

- Please make sure your camper arrives on time each day – please refer to the Summer Camp Check-In/Check-Out section of the Parent Handbook for exact drop-off times according to the day of the camp week.
- Please provide a packed lunch/snacks for each day (day programming).
- Most of our activities involve travel from CMC to the location of the activity. If you arrive more than 30 minutes late, we regret to inform you that we may not be able to accommodate the camper that day. We cannot offer a refund for the day when this occurs.
- Please communicate with Ascendigo if you will be late for drop-off.

#### Pick-up at CMC:

- Please pick up your camper on time – please refer to the Summer Camp Check-In/Check-Out section of the Parent Handbook for exact pick-up times according to the day of the camp week.
- Please call us if you will be late. We understand that delays occur due to traffic, accidents, weather, etc. and Ascendigo will allow a 15-minute grace period for such delays *as long as you call to let us know*.
- After 30 minutes, we may move the camper to a different location to wait.
- After 60 minutes, we will call other emergency contacts listed. As a last resort, we will call the local child or adult protection services to report the situation.
- Ascendigo will not release a camper to a parent or caregiver who we have reason to believe to be impaired (under the influence of alcohol or drugs), until the Adventures Director personally determines that such a release does not put the camper at risk.

#### Parent Communications During Camp:

*Before Arrival:*

All supplemental forms and paperwork need to be completed 3 weeks prior to your camper's first day at Ascendigo. Please fill out paperwork thoroughly and honestly to best prepare our staff to support your camper. If you have concerns about Ascendigo's ability to manage your camper's behavioral, physical, medical, emotional, or mental needs, please contact us prior to attending camp so that we can develop a plan prior to your arrival.

### *With Staff:*

We strongly encourage parents to take the time to communicate with the camper's coach at check-in and at check-out/the end of the camper's stay. You will learn a lot about your camper's experience and progress if you take advantage of this opportunity before leaving. Your camper may have several coaches during the week acting as a team. While we try to have the same staff member meeting you at the beginning and end of each session, sometimes work scheduling or other matters prevent it. If you wish to contact your camper's coach, the preferred method is text. Our staff is instructed not to answer calls during activities and to respond to texts only when it is safe to do so and in a way that will not distract from the camper's experience.

### *With Campers:*

Parent contact with campers can increase homesickness and behaviors. It can distract attention from the camp activity and learning. Although exceptions can be made, we typically discourage excessive phone calls, emails, or texts during the session. Ascendigo's staff are expected to update you each day via text message and photographs. There is limited to no cell phone service at most of our sport sites. We understand your concern, but no news is good news at camp!

### **Electronics at Camp:**

Ascendigo is both an adaptive and outdoor based summer camp. Because of that, we encourage minimal use of electronic devices when possible, however, we also recognize that electronics are often part of everyday life and can be a soothing or important part of camper routines.

Ascendigo is a "Made for Me" program and our staff will work with you and your camper to navigate the use of electronics at camp. Please be aware that our campus does have Wi-Fi, however, many of our sport locations are remote and without internet, phone, or Wi-Fi services.

Below are the Ascendigo camp practices regarding electronics:

- Communication assistive devices are always welcome and should be in water-resistant cases if needed while participating in a water sport.
- Our goal is to minimize screen time to only what is necessary for each camper's needs.
- To set up your camper and our staff for success, we strongly encourage you to begin reducing your camper's screentime at home, prior to camp.
- We do have scheduled free time where campers may access wi-fi.
- Phones can pose a distraction in our immersive outdoor activities and learning environment. Many of these environments put phones at high risk for damage or loss, so we encourage them to stay at home unless they are an integral part of your camper's life.

### Risk Management:

Ascendigo puts immense effort into providing a safe, fun, and engaging environment in our programs. However, outdoor recreation, extreme sports, community-based events, and life in the mountains all create risk within our programs. We have a spectacular safety record; however, **we cannot guarantee safety**. By signing up for our programs, you knowingly and willingly accepting that injury, illness, ailment, or death are unlikely but possible outcomes.

### Emergency Policy:

Ascendigo maintains and continuously upgrades our emergency protocols. A link to our current emergency procedures and protocols can be found on the Summer Adventures page of the Ascendigo website. Typically, the Ascendigo Leadership team is directed to:

- Intervene between the person or people at risk and the source of the risk.
- Those who require immediate first aid will receive rapid and appropriate transport to emergency care.
- Contact the Adventures Director as soon as it is practicable.
- Assure that all other campers continue to have adequate supervision and care.
- For minor illness or injury, the Ascendigo nurse will be contacted and will treat/assess for further medical treatment.
- The Adventures Director or Manager will contact the designated camper emergency contact as soon as possible, while personally seeing the care of the injured/ill person.

### Behavior Challenges:

Ascendigo reserves the right to turn away a camper if our leadership team doesn't believe we can safely handle the challenges. That said, it is extremely rare that we turn someone away due to their ASD-related challenges. Campers with a known history of aggressive behaviors may be separated from other campers during activities where participants are physically close to one another.

Ascendigo seeks to accommodate everyone on the autism spectrum, provided they are sufficiently medically stable and capable of participating in our program. We will always attempt, with the support of our BCBA's and other experienced staff, to come up with approaches to mitigate each camper's behaviors, including identifying antecedents and triggers, using redirection, and changing communication protocols. However, Ascendigo reserves the right to immediately withdraw any camper from summer camp if the camper acts out uncontrollably against other campers, campus property, vendors, public bystanders, public property, or employees.

Ascendigo's leadership staff are trained in QBS Safety care, a crisis prevention and intervention training. We do not use holds or restraints unless it is deemed emergent for campers, staff, or public safety. We will always attempt to de-escalate a situation without physical intervention first, but we do reserve the right to physically intervene if necessary. In general, our practice is to help campers identify and meet their needs, provide them ample space and time to de-escalate, and remove them from any source or trigger that is causing behavioral escalation. Physical intervention is a last resort and has been seldom used in our 20+ year history.

### Property Destruction:

On occasion, behavioral outbursts may result in damage to property despite our staff's best efforts to avoid it. **If a camper engages in property destruction or property is broken due to a camper's actions, Ascendigo reserves the right to charge the family for the damages.**

### **Car Seat Policy:**

Ascendigo Summer Adventures Camp operates under the Colorado Department of Early Childhood. Per our childcare license, all children under the age of 10, and at least 40 pounds, are required to sit in a booster seat while in our vehicles. If your camper falls into this category, Ascendigo will provide a booster seat for your camper.

### **Staff:**

Our staff is dedicated to the well-being of the families and campers in our care. We consistently recruit amazing team members who align with our vision and who can contribute to and increase the scope and quality of services we provide. In addition to the ASD care, experience, training, and intuition, we also recruit staff who have special skills in physical and outdoor education, special education, and mountain sports. We train all our staff continuously to increase their effectiveness and professionalism. Trained and caring staff are both our greatest and most expensive resource. We have more than 1:1 staff to camper ratios throughout camp and our staff are the largest factor making your camper's experience great. Please treat them with respect.

### **Staff/ Camper Pairings:**

Families may request a certain staff member to work with their camper; however, we cannot guarantee their availability. Likewise, Ascendigo will attempt to accommodate requests for male or female staff to work with your camper, but we cannot guarantee that your request will be honored. Ascendigo is an equal opportunity employer and applicants are considered and hired for employment without attention to race, color, religion, sex, sexual orientation, gender identity, national origin, veteran, or disability status.

### **Client/Family and Staff:**

Staff are not permitted to independently provide any services to clients that are affiliated with Ascendigo during their employment. Exceptions require the written permission of the CEO. Parents agree not to attempt to hire Ascendigo staff either directly or indirectly for any autism or client-care related services.

Ascendigo spends a great deal of time and resources to recruit, develop, and retain the most capable staff possible. We understand that our staff members are attractive candidates to families who would like to hire staff directly, but allowing parents to hire people from our team during time of employment has proven to negatively affect our ability to provide services to all our clients.

**Cancellation Policy:**

Cancellation or week-transfer requests must be submitted via email to [malam@ascendigo.org](mailto:malam@ascendigo.org). You can find our detailed cancellation policy document under the Summer Adventures page on the Ascendigo website. See below for refund eligibility dates –

Summer Camp Cancellation Policy			
Date of Cancellation Request		Proximity to Camper Start Date	Refund Eligibility
Before March 31st		N/A	Yes, Full Refund
After March 31st	&	45 or more days before scheduled start date	Yes, full refund minus \$250 cancellation fee
After March 31st	&	Less than 45 days prior to scheduled start date	*No refund
<p><i>*Ascendigo will provide a credit for the amount paid in the case of documented medical health issue (such as Covid-19). To be eligible, the family must provide a written (non-family member) doctors note explaining the health issue to <a href="mailto:malam@ascendigo.org">malam@ascendigo.org</a>. All credits must be used within one year. After one year, the credit will be placed in Ascendigo's Scholarship Fund and can no longer be used by the family.</i></p>			



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### Ascendigo 2025 - ADULT Group Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 AM	Residential Check In				
8:00 AM	Day Camp Check In				
8:15 AM					River Camp Check In
8:45 AM	TRAVEL	Day Camp Check In	Day Camp Check In	Day Camp Check In	Pool Camp Check In
9:00 AM	Climbing	TRAVEL	TRAVEL	TRAVEL	TRAVEL
9:30 AM		Lake (Flatwater)	Ranch/ Therapeutic Riding	Lake (Speed Boats)	Pool or River
10:00 AM					
10:30 AM					
11:00 AM		Lunch/ Transition	Lunch/ Transition	Lunch/Transition	
11:30 AM					
12:00 PM	Ranch/ Therapeutic Riding	Lake (Speed Boats)	Alpine Climbing	Lake (Flatwater)	Transition
12:30 PM		TRAVEL	TRAVEL	TRAVEL	CLOSING CEREMONY
1:00 PM					Camper Check Out
1:30 PM					
2:00 PM		TRAVEL	TRAVEL	TRAVEL	
2:30 PM					
3:00 PM	TRAVEL	TRAVEL	TRAVEL		
3:30 PM	TRAVEL	TRAVEL	TRAVEL		
4:00 PM	TRAVEL	TRAVEL	TRAVEL		
4:15 PM	Day Camp Pick Up	Day Camp Pick Up	Day Camp Pick Up	Day Camp Pick Up	

### Ascendigo 2025 - YOUTH Group Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00 AM	Day Camp Check In					
8:15 AM					River Camp Check In	
8:45 AM	TRAVEL	Day Camp Check In	Day Camp Check In	Day Camp Check In	Pool Camp Check In	
9:00 AM	Ranch/ Therapeutic Riding	TRAVEL	TRAVEL	TRAVEL	TRAVEL	
9:30 AM			Alpine Climbing		Pool  or River	
10:00 AM		Lake (Speed Boats)				Lake (Flatwater)
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Lunch/ Transition	Lunch/Transition	Lunch/ Transition	Lunch/Transition		
12:30 PM					Transition	
1:00 PM	Climbing	Lake (Flatwater)	Ranch/ Therapeutic Riding	Lake (Speed Boats)	CLOSING CEREMONY	
1:30 PM						
2:00 PM						Camper Check Out
2:30 PM						
3:00 PM						
3:30 PM	TRAVEL	TRAVEL	TRAVEL	TRAVEL		
4:00 PM						
4:15 PM	Day Camp Pick Up	Day Camp Pick Up	Day Camp Pick Up	Day Camp Pick Up		