

## Activity Schedule

### ***Friday (Fort Davis Hike)***

6:00	<b>6:15 Adventure Run (HP)</b> (arrive by bus) Madera Canyon, one of the most beautiful places on Earth. Variable run distances. One small hill & one big hill (will the bus make it to the top this year?)			
6:30				
7:00				
7:30				
8:00	<b>8:00 Everything You Need to Know About Swimming on Your Own Clinic (SP)</b> Intervals, workouts, Q&A's	6:30 <b>Morning Tempo Walks</b> Meet at the Nurse's Station. Interval walks on ranch trails led by Jack Jennings.	<b>7:00-9:30 Breakfast</b>	
8:30				
9:00				
9:30				
10:00	<b>8:30 Historical Site Hike (Old Fort Davis)</b> Start at Davis Mountain State Park Interpretative Center and hike over the mountain to Historical Ft Davis. This has been a treat for many campers. Brink a snack. Approximately 3 hour hike.	<b>8:30 Observatory Bike Ride &amp; Back (HP)</b> 20 mile ride. Need more hard riding? Ride to the Observatory Visitors Center and back.	<b>9:45 Observatory Bike Ride Challenge (Visitor Center)</b> Challenge yourself to a steep grade! Clock starts at Visitor Center and stops when you touch the dome.	8:00 <b>Boot Camp (HP)</b> Get ready for the day with this action packed session.
10:30				
11:00				
11:30				
12:00	<b>11:00 Cow Pasture Relays (PF)</b> A cowboy track meet/relays which was resurrected from the old favorite Alpine Games and Relays.			
12:30				
1:00				
1:30				
<b>1:00 Lunch at Ranch</b>				

***Friday***

2:00		<b>2:00 Strength Training (Gym)</b> One hour of training with weights and bands.	<b>On your own:</b> Relaxing, skit preparation, basketball, ....
2:30			
3:00		<b>3:00 Swim Training Sessions (SP)</b> Personalized Training!! 2-30 min slots; Sign up early	
3:30		<b>3:30 Pilates To Go: Pilates (GY)</b> Pilates to take out and take home!	
4:00		<b>4:00-4:30 Swimstroke VideoTape (SP)</b> Last chance for feedback!	
4:30		<b>4:30 Relaxation Yoga (GY)</b> Gentle yoga to release tension.	
5:00			
5:30			
6:00			
6:30	<b>6:00 Dinner</b>		
7:00			
7:30		<b>7:30 Camp Meeting and Skits (GY)</b> A short business meeting will proceed the light entertainment and skits born of your camp experiences. A very short Camper Awards Ceremony follows the business meeting, followed by skits.	
8:00			
8:30			
9:00		<b>9:00-12:00 Camp Dance (GY)</b> Shake your booty to DJ tunes starting with the 60's.	
9:30			
10:00			

## Friday

Places to meet for activities:

(CSL) Covered Slab, (DH) Dining Hall, (DHP) Dining Hall Porch, (GY) Gym, (HP) Hitching Post, (LLR) Lodge Living Rm, (LMR) Lodge Meeting Rm  
(NS) Nurses Station, (PF) Polo Field, (PL) Pool Lawn, (PRE) Prude Ranch Entrance, (SP) Swimming Pool, (TC) Tennis Courts