

Summit Achievement – Sample Weekly Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00 AM							
06:15	Wake-up	Wake-up	Wake-up	Wake-up			
06:30							
06:45	Exercise/ Showers	Exercise/ Showers	Exercise/ Showers	Exercise/ Showers	Wake-up/ Prepare Breakfast	Wake-up/ Prepare Breakfast	Wake-up/ Prepare Breakfast
07:00							
07:15							
07:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
07:45							
08:00	Morning Chores	Morning Chores	Morning Chores	Morning Chores	Camp Chores/ Break Camp	Camp Chores/ Break Camp	Camp Chores/ Break Camp
08:15							
08:30	Morning Meeting	Morning Meeting	Morning Meeting	Group Chores (Pack for Expedition)			
08:45	Homeroom	Homeroom	Homeroom				
09:00	Morning Classes	Morning Classes	Morning Classes	Teams depart and travel to expedition site	Adventure Activity (Hiking, snowshoeing, canoeing, rock or ice climbing— activity varies based on nature of expedition)	Adventure Activity (Hiking, snowshoeing, canoeing, rock or ice climbing— activity varies based on nature of expedition)	Travel back to Lodge and begin Expedition clean-up (teams arrive at different times between 11:00 a.m. and 1:00 p.m.)
09:15							
09:30							
09:45							
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
12:00 PM		Level Review					
12:15							
12:30	Lunch	Lunch	Lunch				
12:45							
01:00	Afternoon Chores	Afternoon Chores	Afternoon Chores	Lunch	Lunch	Lunch	Lunch
01:15							
01:30	Afternoon Classes	Afternoon Classes	Afternoon Classes	Continue travel and/or start expedition activity (hiking, snowshoeing, canoeing, rock or ice climbing— activity varies based on nature of expedition); snack in mid-afternoon	Adventure Activity (Hiking, snowshoeing, canoeing, rock or ice climbing— activity varies based on nature of expedition); snack in mid-afternoon	Adventure Activity (Hiking, snowshoeing, canoeing, rock or ice climbing— activity varies based on nature of expedition); snack in mid-afternoon	Expedition Clean-up; snack in mid-afternoon
01:45							
02:00							
02:15							
02:30							
02:45							
03:00	Snack	Snack	Snack				
03:15	Group Therapy	Pack food for Expedition	Expedition Preparation Activities				Expedition Group Debrief
03:30							
03:45							
04:00							
04:15							
04:30	Physical Activities	Physical Activities					
04:45							
05:00	Free Time/ Leisure Activities	Free Time/ Leisure Activities	Free Time/ Leisure Activities	Make Camp	Make Camp	Make Camp	Free Time/ Leisure Activities
05:15							
05:30							
05:45							
06:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
06:15							
06:30	Evening Chores	Evening Chores	Evening Chores	Camp Chores	Camp Chores	Camp Chores	Evening Chores
06:45							
07:00	Study Hall	Study Hall	Study Hall	Group Session	Group Session	Group Session	Study Hall
07:15							
07:30							
07:45							
08:00	Group Session	Group Session	Group Session	Prepare for bed	Prepare for bed	Prepare for bed	Group Session
08:15							
08:30							
08:45							
09:00	Free Time/ Prepare for bed	Free Time/ Prepare for bed	Free Time/ Prepare for bed	Lights Out	Lights Out	Lights Out	Free Time/ Prepare for bed
09:15							
09:30							
09:45							
10:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

NOTE: This is a sample schedule only; the actual schedule may vary as necessitated by program operations and the needs of student population. Expedition schedules are influenced and dependent on the season and the nature of the planned activity. For example, wakeup and bedtime are usually dictated by the time of sunrise and sunset and the adventure activity is planned so that the group is able to reach the designated campsite area before dark. The motivation and level of cooperation among group members also impacts how long it takes the group to complete the adventure activity and reach the designated campsite. As the group must travel at the pace of its slowest member, the motivation of individual group members, the level of support within the group, and the ability of the group to meet and resolve challenges all contribute to how long it will take the group to reach the campsite. Therefore, this schedule is presented only to give parents a feel for the flow of activities during expedition; all times are approximate.