



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **YMCA CAMP TOCKWOGH**

## **SCHOOL GROUP SAMPLE SCHEDULE**

### **ONE-DAY FIELD TRIP**

**9:00am** Group arrives and is met at the front gate  
Welcome from camp host

**9:30am** Teambuilding Initiatives & Low Ropes Challenge Course  
*After a few introductory games, students will work together as a group through increasing levels of team challenges that focus on group processing and communication. These challenges involve everything from field initiatives to the obstacle-course-like elements of our low ropes course.*

**12:30pm** Clean up and head to the Dining Hall for lunch

**12:30pm** **LUNCH**

**1:00pm** Giant Swing or Leap of Faith  
*For the rest of the day, students can choose between conquering the 40ft climb and jump on the Leap of Faith or taking an exciting ride on the Giant Swing. Both are "challenge-by-choice" activities meaning that while participants are encouraged to set goals and get out of their comfort zone, they can go as high (or as low) as they choose. \*The group can decide together which element they prefer!*

**2:30pm** Group Departs YMCA Camp Tockwogh

**\*\*\*Rain Plan-** Teambuilding initiatives & groups games inside or reschedule