

ESCAPE Camp 2018 Activity Schedule

Time	Sunday 6/3	Monday 6/4	Tuesday 6/5	Wednesday 6/6	Thursday 6/7	Friday 6/8	Saturday 6/9
7:00 - 7:30		Tai Chi Rich-Dorm Run/walk	Stretch Run/walk	Tai Chi Rich-Dorm Run/walk	Stretch Run/walk	Tai Chi Rich-Dorm Run/walk	
7:30 - 8:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:45 - 10:10		Fitness Testing Judi Tennis Matt-Courts *Hike (Short) Judy (Mt. Warner)	Hike with Yoga Lynne (Fort River) Tennis Matt-Courts	Croquet Tennis Matt-Courts Spin Class- (45-60 min) Matt B. Friends Room	Bike (short) Matt B. Tennis Matt-Courts	Breathe, Stretch, Roll- Judy-Conway Tennis Matt-Courts	Departure
10:30 - 11:45		Fitness Testing Judi Swim Lesson Kim-Pool Fitness Orientation/New Training Ideas- Judy-Fitness Center	Aquarobics Craig-Pool Bike (Short) Matt B.	Swim Lesson Kim-Pool Intro Qi Gong- Lynne-Conway Outdoor/Indoor Strength/Circuit Training Lou Ann- Alumni Gym	Fitness Results Croquet Water Volleyball Craig-Pool	Swim Lesson Kim-Pool Croquet Deep Restorative Yoga Judy-Conway	
11:00 - 1:00	*Asterisk indicates off-campus car-pooling required	Lunch	Lunch *12:45 pm to 2:15 pm Open Boathouse (Paradise Pond) *Archery 2:30pm to 3:30 pm Lynn O	Lunch	Lunch *12:45 pm to 2:15 pm Open Boathouse (Paradise Pond)	Lunch	
1:30 - 2:45		Fitness Testing Judi Croquet Tennis Matt-Courts	*Climbing Wall Central Rock Tennis Matt-Courts	*Hike-2 (Rigorous in Length only) Judy-Quabbin Pickle Ball Robin-Middleton Gym Tennis Matt-Courts	Squash Jackie-Alumni Gym Squash Courts Tennis Matt-Courts	Nutrition Talk Chris-Dorm 1:15 pm to 2:30 pm *Climbing Wall- Central Rock Tennis Matt-Courts	
3:00 - 4:15	Arrivals ----	Yoga Lisa-Conway Pickle Ball Robin-Middleton Gym Outdoor/Indoor Strength/Circuit Training Lou Ann- Alumni Gym	Yoga Lisa-Conway Croquet Squash Jackie- Alumni Gym Squash Courts	Hike 2nd Period Yoga Lisa-Conway Museum Visit- Mead or Beneski	Yoga Lisa-Conway	Badminton Eddy- Middleton Gym Yoga Lynne-Conway	
4:45 - 5:45	Social Hour	Social Hour	Social Hour	Social Hour	Social Hour	5:30-6:30 Social Hour in Lewis-Sebring	
5:45 - 7:00	Dinner	Dinner	Dinner	Dinner	Bar-b-que- Dorm	6:30--? Banquet	
7:15 - 8:30	Orientation/Tour	*Bowling Northampton Bowl	Games Night Karen- Middleton Gym	Salsa Dancing Anin-Conway	Badminton Eddy- Middleton Gym Improv-Theater Games Betsy-Dorm	Week in Review	