

ESCAPE Camp 2026 Schedule



Time	Day 1	Day 2	Day 3	Day 4	Day 5
7:00 a.m. - 7:30 a.m.		Stretching Run/Walk	Tai Chi Run/Walk	Stretching Run/Walk	Tai Chi Run/Walk
7:30 a.m. - 8:30 a.m.		Breakfast	Breakfast	Breakfast	Breakfast
8:45 a.m. - 10:15 a.m.	Arrival to CSW & Dorm Check in with Pamela Lawn Games	Fitness Testing Pickleball Indoor Track	Off Campus Tennis/Pickleball Weight Room Croquet/Cornhole	Weight Room Pickleball Cat Rock Hike	Cat Rock Hike Off Campus Tennis
10:15 a.m. - 10:45 a.m.		Break	Break	Break	Break
10:45 a.m. - 12:00 p.m.	Orientation & Tour with Pamela	Pilates Croquet/Cornhole Morning Swim	Cat Rock Hike Volleyball	Nutrition Talk Lawn Games	Off Campus Valley Pond Off Campus Climbing Wall
12:00 p.m. - 1:00 p.m.	Lunch	Lunch	Lunch	Lunch	Lunch (Feedback/Survey)
1:00 p.m. - 2:45 p.m.	Weight Room Orientation and Fitness Testing	Off Campus Kayak / Canoeing	Circuit Training Indoor Track	Off Campus Kayak / Canoeing	Goodbyes at John's
2:45 p.m. - 3:00 p.m.			Break		
3:00 p.m. - 4:00 p.m.	Badminton Indoor Track	Off Campus Golf	Off Campus Valley Pond	Museum Trips	
4:00 p.m. - 4:45 p.m.	Water Aerobics Kickboxing	Water Volleyball Weight Room	Water Aerobics Kickboxing	Water Volleyball Pilates	
5:00 p.m. - 6:00 p.m.	Yoga	Yoga	Yoga	Yoga	
7:00 p.m. - 8:00 p.m.	Dinner	Dinner	Dinner	Dinner	
8:00 p.m. - 9:00 p.m.	Trivia Night	Lawn Games	Games Night	Slide Show	

This schedule is tentative and subject to change prior to the summer.