

# 2023 POLARIS SCHEDULE

## WEEK ONE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
7:30 am	<b>ARRIVALS</b>	Run/ Swim	Swim/ Mindful Morning	Run/ Mindful Morning	Run/ Swim	Swim/ Mindful Morning	Run/ Mindful Morning						
8:00 am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast						
8:45 am		Morning Watch	Lice Check (8:30 am)	Morning Watch	Morning Watch	Morning Watch	Morning Watch						
9:45 am		Tie Dye Bonanza (Driftwood, Veranda, Studio)	Swim Climb Kayak	Swim Climb Kayak	Swim Climb Kayak	Food Packing (Lodge)	Swim Climb Kayak	Swim Climb Kayak					
11:00 am		Bronze	WWK	Portaging (Sawside Canoeing)	Mini-Golf		Fire Building/ Cooking (Camp Craft)	Archery	Tennis/Beach Volleyball	Kayaking	Ultimate Frisbee (Lower Deck)		
12:15 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch						
1:15 pm	Swim Checks HC Visit Icebreakers (Tetherory)  3:30 pm Community Meeting (Leaderchip)	Canoeing	Sailing	Sailing	Canoeing	Canoeing	Sailing	Navigation Station (Driftwood)	Canoeing	Canoeing	Sailing	T r i p	Canoeing
2:45 pm		Climbing	Bronze	Beach Party	Theme Program	Canoeing (Sawside)	Suncatchers (Driftwood)	Equipment Packing/What's in my Equipment Bag (Nat Amp)	Vibing @ North Point	Archery			
4:00 pm		Rest Hour	Rest Hour	Rest Hour	Rest Hour	Rest Hour	Rest Hour/ personal packing	Rest Hour					
5:30 pm		Dinner	Dinner	Theme Dinner	Dinner	Dinner	Dinner	Dinner					
6:45 pm		Full Value Contract (Leaderchip)	WWK	Climbing	Personal Goals (Leaderchip)	Getting Buff and Tying Stuff (Sawside Canoeing)	Paddle-bo arding	TEDxGonq (West Point)	Gaga Ball	Cardio Pictionary (Barb's Place)	Paddle boarding		
8:15 pm	Leadership Opening Campfire (North Point)	Leadership Campfire (North Point)	Polaris Clothing Meeting	Casino Night (Leaderchip)	PIT	ETB	Outdoor Movie Night (Leaderchip)						

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## WEEK TWO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
7:30 am	Trip	Trip	Run/Swim	Run/Swim	Sunrise Paddle	Trip	Run/ Mindful Morning			
8:00 am			Breakfast	Breakfast	Fried Granola (West Point)		Breakfast	Breakfast		
8:45 am			Sleep in Sunday!	Morning Watch	Morning Watch		Morning Watch	Morning Watch	Morning Watch	
9:45 am			9:00 am Cereal	Swim Climb Kayak	Swim Climb Kayak		Swim Climb Kayak	Swim Climb Kayak	Visitors Day	
11:00 am			11:00 am Brunch	Silk Screening Part 1 (Driftwood)	Silk Screening Part 2 (Driftwood)		Portaging (Sawside Canoeing)	Fire Building/ Cooking (Camp Craft)		Tennis/ Beach Volleyball
12:15 pm			12:30 pm Sailing	Lunch	Lunch		Lunch	Lunch		Lunch
1:15 pm			2:30 pm Stones	Canoeing	Sailing		Sailing	Canoeing		ORCKA EXAM
2:45 pm			3:45 Coach's Corner	Slip n' Slide (Grassy Knoll)						
4:00 pm			Dinner (5:00 pm)	Rest Hour	Rest Hour		Rest Hour	Rest Hour	Rest Hour	
5:30 pm				Swim Climb Kayak	Dinner		Theme Dinner	Dinner	Dinner	Dinner
6:45 pm			Coffee Pot	Gaga Ball	Tennis/Beach Volleyball		Camouflage (West Point)	Getting Buff and Tying Stuff (Sawside Canoeing)	Something Special (Leaderchip)	Program
8:15 pm				Shark Tank (Barb's Place)	Battleship		ETB	Charades (Leaderchip)		Program

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## WEEK THREE

	SUNDAY		MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
7:30 am	Sleep-in		Run/Swim		Run/Swim	Sunrise Paddle	Run/Swim	Run/Swim	Run/Swim					
8:00 am	Breakfast		Breakfast		Breakfast	Fried Granola (West Point)	Breakfast	Breakfast	Breakfast					
8:45 am	Morning Watch		Morning Watch	Trip	Morning Watch	Morning Watch	Morning Watch	Morning Watch	Morning Watch					
9:15 am	Swim Climb Kayak	Food Packing	Swim Climb Kayak		Swim Climb Kayak	Swim Climb Kayak	Swim Climb Kayak	Swim Climb Kayak	Swim Climb Kayak	ORCKA EXAM				
11:00 am	Archery		Tennis/ Beach Volleyball		Archery	Rest Hour	Silk Screening Part 1 (Driftwood)	Silk Screening Part 2 (Driftwood)	Trip					
12:15 pm	Lunch		Lunch		Lunch	Lunch	Lunch	Lunch			Lunch			
1:15 pm	Canoeing	CYA Exam	Sailing		Canoeing	Trip	Sailing	Sailing			Canoeing	Trip	TBD	
2:45 pm	Beach Party		Suncatchers (Driftwood)		Slip n' Slide (Beach)		Rest Hour	Rest Hour			Rest Hour			Rest Hour
4:00 pm	Rest Hour		Rest Hour		Dinner		Dinner	Dinner			Dinner			Dinner
5:30 pm	Dinner		Dinner		Charades (Leaderchip)		Battleship (North Side)	Tennis/ Beach Volleyball			Gaga Ball			Paddle-boarding
6:45 pm	Paddle-bo arding	Personal Packing	Cardio Pictionary (Barb's Place)		Outdoor Movie Night (Leaderchip)		ETB	Shark Tank (Barb's Place)			Board Games (Leaderchip)			Nacho Party (West Point)
8:15 pm	ETB		Coffee Pot (West Point)											

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## WEEK FOUR

	SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
7:30 am	Sleep in Sunday!	Trip	Trips Breakfast (7:00 am)					Departure Day			
8:00 am			Bronze Breakfast (8:00 am)		Breakfast	Breakfast	Breakfast		Breakfast		
8:45 am			Morning Watch		Morning Watch	Morning Watch	Morning Watch		Morning Watch		
9:45 am			9:00 am Cereal		Swim Exam Prep/ WWK Trip/ Climbing Trip	Paint Wars (Lower Deck)	Wenonah Games		Wenonah Games	Wenonah Games	
11:00 am						11:00 am Brunch					Dock Jam
12:15 pm			12:30 pm Ultimate Frisbee (Lower Deck)		Lunch	Lunch	Lunch		Lunch	Lunch	
1:20 pm			CYA Sailing Exam 1:15pm		Swim Exam (5:00pm) WWK Trip/ Climbing Trip	Afternoon Watch	Afternoon Watch		Afternoon Watch	Afternoon Watch	
1:15 pm						Rest Hour			Rest Hour	Rest Hour	Rest Hour
2:45 pm						3:45 pm Coach's Corner			House Meetings	Wenonah Games	Wenonah Games
4:00 pm			Trip Clean up		Dodgeball (Tennis Courts)						
5:30 pm	Dinner (5:00 pm)		Dinner	Dinner	Dinner	Dinner	Banquet Dinner				
6:45 pm	Wenonah Games Sign-Ups (Leaderchip)		Mystery Program	Personal Trip Debrief	Lodge Games	Wenonah Games	Wenonah Games	Polaris Closing Program (Leaderchip)			
8:15 pm	Night Golf	Trip Group Debrief	Something Special	Wenonah Games Opening Ceremonies	Wenonah games		Polaris Reflection, Closing Campfire & Candlelight				