

Moms on the Mountain 2022 Campout

SCHEDULE OF EVENTS:

FRIDAY The Paddle Pad will be open if you arrive Friday afternoon for Canoeing.

7:00pm Dinner at the Dining Hall

8:15pm S'mores at the Campfire Circle

SATURDAY

8:00am Coffee and Light Breakfast at the Dining Hall

9:00-11:30 **Activity Rotations:**

> Kids Moms

Yoqa, A&C Climbing, A&C, Archery/BB's, Games, Scavenger Hunt

 \bullet 9-10:15 • 9-9:40

• 10:30-11:45 \bullet 9:45-10:25

• 11:45-Free Time • 10:30-11:10

• 11:15-11:55

• 12:00-12:40



12:45pm Lunch at the Dining Hall 1:30-2:30 Rest Hour/Free Time

2:30-5:30 Activities Open: Waterfront (Swimming, Rope Swing, Water Toys, Canoeing,

Kayaking, SUPS, Waterslide, Banana Boat 3-5)

6:00pm Dinner at the Dining Hall

7:00 Camp Store Open

7:30-8:30pm Campfire

SUNDAY

8:00am Breakfast & Morning Thought at the Dining Hall

9:00 Camp Store Open

9:15-10:45 Activities Open: Climbing, Archery, BB's,

Sling Shot, Arts & Crafts

11:00am Clean up cabins and head home

WHAT TO BRING:

- Sleeping Bag
- Pillow
- Clothing-Athletic
- Jacket/Rain Jacket
- Hiking Shoes/Sandals
- Yoga Mat (If possible)
- **Toiletries**
- Swim Suit
- Towel(s)
- Sunscreen
- Bug spray
- Flashlight
- Water bottle

WHAT TO LEAVE AT HOME:

- Alcoholic beverages
- Tobacco products
- Open Food in Cabins
- Knives, guns, or other weapons
- Technology
- PETS!

Ouestions?

Contact: Chelsea Sandidge 423-338-5588 | csandidge@ymcachattanooga.org