

## Sample Schedule: RAMAH WISCONSIN FAMILY CAMP

- 6:30 Early Morning Group Workout/Bike Ride - Beginners are Welcome!
- 7:30 Nature Walk
- 8:15 Breakfast
- 8:45 Children leave breakfast with counselors and stay with their groups until lunch
- 9-9:45 Tefillot (Morning Service) for Adults (or Learner's Minyan)
- 10-10:45 Adult Limud (Study) please choose one of the following:
- 11:00-12:15 Adult Chugim (Activities)
1. High Ropes Course - please wear pants and close toed shoes
  2. Zumba
  3. Basketball at the basketball courts
  4. Yoga
  5. Group Bike ride (for those who have brought bikes)
- 12:30 Lunch and singing in the Chadar Ochel (Dining Hall)
- 1:00 Kids are taken with Counselors for Free Play/Rest time  
\*There is coverage for nappers
- 1:30 Adult Chugim (Activities)
1. Swimming and Boating
  2. Everyday Hebrew made easy in the Sifria (Library)
  3. Art project
  4. Fitness Walk around the garbage trail
  5. Rikud (Israeli dancing)
- 2:30 Snack and relaxation time/ Optional Gaa Gaa tournament at the Gaa Gaa Pit
- 3:30 - 5:30 Family Time - Enjoy all that Ramah Wisconsin has to offer with your family:
- Arts & Crafts, Drama, Dancing, Swimming and Boating, Hebrew games, Tennis, Basketball, Volleyball, Gaa Gaa, the Blob and more!
- 5:30 Israeli dancing/hang out on the Kikar
- 6:00 Dinner
- 7:00 Family Activity - Capture the Flag
- 8:00 Bedtime Snack
- 8:15 Put Children to Bed
- 9:20 Counselors arrive at cabins/rooms
- 9:30-11:25 Adult Activity - Iron Chef Cooking Competition
- 11:30 Babysitting ends