

THE ULTIMATE DAY CAMP

AT DEDHAM HEALTH

Fun-filled, summer adventure camp
camp for kids 7-14 years of age.

(781) 326-2900 | kids.dedhamhealth.com

SAMPLE DAILY SCHEDULE

TIME	LOWER CAMP (ages 7-8)	MIDDLE CAMP (ages 9-10)	UPPER CAMP (ages 11-14)
7:30am-9:00am	Extended Day*	Extended Day*	Extended Day*
9:00am	Check-In/Group Time Morning Meeting	Check-In/Group Time Morning Meeting	Check-In/Group Time Morning Meeting
9:30am	Sport Activity	Sport/Activity	Ropes Course
10:00am	Swim Lesson	Sport/Activity	Swim Lesson
10:30am	Summer Club Waterpark	Tennis	Sport/Activity
11:00am	Ropes Course	Swim Lesson	Sport/Activity
11:30am	Ropes Course	Summer Club Waterpark	Swim Lesson
12:00pm	Lunch	Arts & Crafts	Summer Club Waterpark
12:30pm	Arts & Crafts	Lunch	Change
1:00pm	Sports/Activity	Ropes Course	Lunch
1:30pm	Sports/Activity	Ropes Course	Tennis
2:00pm	Snack	Snack	Snack
2:30pm	5-DAY SPECIALTY OR RECREATIONAL SPORT	5-DAY SPECIALTY OR RECREATIONAL SPORT	5-DAY SPECIALTY OR RECREATIONAL SPORT
4:00pm	Check Out	Check Out	Check Out
4:15pm-6:00pm	Extended Day*	Extended Day*	Extended Day*

*This schedule is a sample schedule & is subject to change. *Extended day options must be reserved in advance and incurs an additional fee.