

Camp No Limits Maryland - Program Schedule!

(subject to change)						
Time	Friday	Saturday	Sunday	Monday	Info	
8:00	Welcome to Camp No Limits: Maryland Edition!	BREAKFAST	BREAKFAST	BREAKFAST	During breakfast: Sign up for afternoon Running & Biking Clinics! You must wear a helmet while biking :)	
8:30		Engerizers, Exercise & Announcements	Engerizers, Exercise & Announcements	Pack up!		
9:00				Group Wrap up & Goodbyes		
9:30		OT/PT Life skills sessions Sibling Group	OT/PT Life skills sessions Sibling Group	Safe travels! See you next time!	Don't forget to wear your CNL t-shirt for Camp Photo!	
10:00		LUNCH	LUNCH	LUNCH	LUNCH	There will be a volunteer meeting on the first night once everyone has gone to bed. It'll be in the dining hall after campfire.
10:30						
11:00		Peer Support Groups	Peer Support Groups	Peer Support Groups	Peer Support Groups	
11:30		Volunteer Check-In	Adventure Afternoon! Giant Swing, Swimming, Zipline, High Ropes Course! Arts-n-Crafts Running & Biking Music	Adventure Afternoon! Giant Swing, Swimming, Zipline, High Ropes Course! Arts-n-Crafts Running & Biking Music	Adventure Afternoon! Giant Swing, Swimming, Zipline, High Ropes Course! Arts-n-Crafts Running & Biking Music	Adventure Afternoon! Giant Swing, Swimming, Zipline, High Ropes Course! Arts-n-Crafts Running & Biking Music
NOON						
12:30		Registration: Check-in, Cabin Assignments, Camp Store, & name tags station!	Adventure Afternoon! Giant Swing, Swimming, Zipline, High Ropes Course! Arts-n-Crafts Running & Biking Music	Adventure Afternoon! Giant Swing, Swimming, Zipline, High Ropes Course! Arts-n-Crafts Running & Biking Music	Adventure Afternoon! Giant Swing, Swimming, Zipline, High Ropes Course! Arts-n-Crafts Running & Biking Music	Adventure Afternoon! Giant Swing, Swimming, Zipline, High Ropes Course! Arts-n-Crafts Running & Biking Music
1:00						
1:30	Family Art Project	Get changed & have a rest!	Get changed & have a rest!	Get changed & have a rest!	Get changed & have a rest!	
2:00						
2:30	DINNER	DINNER	DINNER	DINNER	DINNER	
3:00						
3:30	Welcome, Introductions, House Rules & Icebreakers! In Dining Hall	Talent show set up!	Talent Show & Raffle!	Get ready for dance!	Slideshow & DANCE!	
4:00						
4:30	Campfire & S'mores!	Talent Show & Raffle!	Talent Show & Raffle!	Get ready for dance!	Slideshow & DANCE!	
5:00						
5:30	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	
6:00						
6:30	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	
7:00						
7:30	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	
8:00						
8:30	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	
9:00						
9:30	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	Bedtime & Lights Out	
10:00						



Some wiggle room has been built into the schedule around programs that sometimes need more time depending on the group. If you're not still in a program, please feel free to relax, socialize or explore until your next scheduled activity!