## 23rd Annual Camp Gian

## (Monday, Tuesday, Wednesday) **SCHEDULE**

6:30 AM - 6:45 AM         Yoga           6:45 AM - 7:35 AM         Nitnem           7:35 AM - 8:00 AM         Theme Shabad & Simran           8:00 AM - 8:30 AM         Ardaas, Hukamnana, Parsaad, Announcements, Reflections, Word of the Day           8:30 AM - 9:15 AM         Breakfast           9:15 AM - 9:45 AM         Play           9:45 AM - 10:45 AM         Class 1           10:45 AM - 10:55 AM         Change Classes           10:55 AM - 11:45 AM         Class 2           11:45 AM - 12:45 PM         Lunch           12:45 PM - 1:35 PM         Class 3           1:35 PM - 1:50 PM         Get ready for Recreation           1:50 PM - 2:20 PM         Transportation to Recreation           2:20 PM - 3:50 PM         Recreation           3:50 PM - 4:20 PM         Transportation from Recreation           4:20 PM - 4:30 PM         Change into Uniform           4:30 PM - 5:00 PM         Refreshments/Snacks           5:00 PM - 6:00 PM         Intensive Learning Class           6:30 PM - 6:40 PM         Reflections           6:40 PM - 7:00 PM         Theme Shabad & Simran           7:00 PM - 7:30 PM         Smapti           7:30 PM - 8:20 PM         Langar           8:20 PM - 9:20 PM         Evening Activity		
7:35 AM - 8:00 AM         Theme Shabad & Simran           8:00 AM - 8:30 AM         Ardaas, Hukamnana, Parsaad, Announcements, Reflections, Word of the Day           8:30 AM - 9:15 AM         Breakfast           9:15 AM - 9:45 AM         Play           9:45 AM - 10:45 AM         Class 1           10:45 AM - 10:55 AM         Change Classes           10:55 AM - 11:45 AM         Class 2           11:45 AM - 12:45 PM         Lunch           12:45 PM - 1:35 PM         Get ready for Recreation           1:50 PM - 2:20 PM         Transportation to Recreation           1:50 PM - 3:50 PM         Recreation           3:50 PM - 4:20 PM         Transportation from Recreation           4:20 PM - 4:30 PM         Change into Uniform           4:30 PM - 5:00 PM         Refreshments/Snacks           5:00 PM - 6:30 PM         Refreshments/Snacks           6:00 PM - 6:30 PM         Reflections           6:40 PM - 7:00 PM         Theme Shabad & Simran           7:00 PM - 7:30 PM         Smapti           7:30 PM - 8:20 PM         Langar           8:20 PM - 9:20 PM         Evening Activity	6:30 AM - 6:45 AM	Yoga
Ardaas, Hukamnana, Parsaad, Announcements, Reflections, Word of the Day  8:30 AM - 9:15 AM Breakfast  9:15 AM - 9:45 AM Play  9:45 AM - 10:45 AM Class 1  10:45 AM - 10:55 AM Change Classes  10:55 AM - 11:45 AM Class 2  11:45 AM - 12:45 PM Lunch  12:45 PM - 1:35 PM Get ready for Recreation  1:50 PM - 2:20 PM Transportation to Recreation  2:20 PM - 3:50 PM Recreation  3:50 PM - 4:20 PM Transportation from Recreation  4:20 PM - 4:30 PM Change into Uniform  4:30 PM - 5:00 PM Refreshments/Snacks  5:00 PM - 6:30 PM Reflections  6:40 PM - 7:00 PM Reflections  6:40 PM - 7:30 PM Smapti  7:30 PM - 8:20 PM Langar  8:20 PM - 9:20 PM Evening Activity  10:00 PM Eights Out (Curfew Imposed)	6:45 AM - 7:35 AM	Nitnem
8:00 AM - 8:30 AM       Reflections, Word of the Day         8:30 AM - 9:15 AM       Breakfast         9:15 AM - 9:45 AM       Play         9:45 AM - 10:45 AM       Class 1         10:45 AM - 10:55 AM       Change Classes         10:55 AM - 11:45 AM       Class 2         11:45 AM - 12:45 PM       Lunch         12:45 PM - 1:35 PM       Class 3         1:35 PM - 1:50 PM       Get ready for Recreation         1:50 PM - 2:20 PM       Transportation to Recreation         2:20 PM - 3:50 PM       Recreation         3:50 PM - 4:20 PM       Transportation from Recreation         4:20 PM - 4:30 PM       Change into Uniform         4:30 PM - 5:00 PM       Refreshments/Snacks         5:00 PM - 6:00 PM       Intensive Learning Class         6:00 PM - 6:30 PM       Reflections         6:40 PM - 7:00 PM       Reflections         6:40 PM - 7:30 PM       Smapti         7:30 PM - 8:20 PM       Evening Activity         10:00 PM       Lights Out (Curfew Imposed)	7:35 AM - 8:00 AM	Theme Shabad & Simran
8:30 AM - 9:15 AM       Breakfast         9:15 AM - 9:45 AM       Play         9:45 AM - 10:45 AM       Class 1         10:45 AM - 10:55 AM       Change Classes         10:55 AM - 11:45 AM       Class 2         11:45 AM - 12:45 PM       Lunch         12:45 PM - 1:35 PM       Class 3         1:35 PM - 1:50 PM       Get ready for Recreation         1:50 PM - 2:20 PM       Transportation to Recreation         2:20 PM - 3:50 PM       Recreation         3:50 PM - 4:20 PM       Transportation from Recreation         4:20 PM - 4:30 PM       Change into Uniform         4:30 PM - 5:00 PM       Refreshments/Snacks         5:00 PM - 6:00 PM       Intensive Learning Class         6:00 PM - 6:30 PM       Reflections         6:40 PM - 7:00 PM       Reflections         7:30 PM - 8:20 PM       Smapti         7:30 PM - 8:20 PM       Evening Activity         10:00 PM       Lights Out (Curfew Imposed)		Ardaas, Hukamnana, Parsaad, Announcements,
9:15 AM - 9:45 AM Play 9:45 AM - 10:45 AM Class 1  10:45 AM - 10:55 AM Change Classes 10:55 AM - 11:45 AM Class 2  11:45 AM - 12:45 PM Lunch 12:45 PM - 1:35 PM Class 3  1:35 PM - 1:50 PM Get ready for Recreation 1:50 PM - 2:20 PM Transportation to Recreation 2:20 PM - 3:50 PM Recreation 3:50 PM - 4:20 PM Transportation from Recreation 4:20 PM - 4:30 PM Change into Uniform 4:30 PM - 5:00 PM Refreshments/Snacks 5:00 PM - 6:00 PM Intensive Learning Class 6:00 PM - 6:30 PM Reflections 6:40 PM - 7:00 PM Reflections 6:40 PM - 7:00 PM Smapti 7:30 PM - 8:20 PM Smapti 7:30 PM - 8:20 PM Evening Activity  10:00 PM Lights Out (Curfew Imposed)	8:00 AM - 8:30 AM	Reflections, Word of the Day
9:45 AM - 10:45 AM	8:30 AM - 9:15 AM	Breakfast
10:45 AM - 10:55 AM       Change Classes         10:55 AM - 11:45 AM       Class 2         11:45 AM - 12:45 PM       Lunch         12:45 PM - 1:35 PM       Class 3         1:35 PM - 1:50 PM       Get ready for Recreation         1:50 PM - 2:20 PM       Transportation to Recreation         2:20 PM - 3:50 PM       Recreation         3:50 PM - 4:20 PM       Transportation from Recreation         4:20 PM - 4:30 PM       Change into Uniform         4:30 PM - 5:00 PM       Refreshments/Snacks         5:00 PM - 6:00 PM       Intensive Learning Class         6:00 PM - 6:30 PM       Reflections         6:30 PM - 6:40 PM       Reflections         6:40 PM - 7:00 PM       Theme Shabad & Simran         7:00 PM - 7:30 PM       Smapti         7:30 PM - 8:20 PM       Langar         8:20 PM - 9:20 PM       Evening Activity	9:15 AM - 9:45 AM	Play
10:55 AM - 11:45 AM       Class 2         11:45 AM - 12:45 PM       Lunch         12:45 PM - 1:35 PM       Class 3         1:35 PM - 1:50 PM       Get ready for Recreation         1:50 PM - 2:20 PM       Transportation to Recreation         2:20 PM - 3:50 PM       Recreation         3:50 PM - 4:20 PM       Transportation from Recreation         4:20 PM - 4:30 PM       Change into Uniform         4:30 PM - 5:00 PM       Refreshments/Snacks         5:00 PM - 6:00 PM       Intensive Learning Class         6:00 PM - 6:30 PM       Rehraas         6:30 PM - 6:40 PM       Reflections         6:40 PM - 7:00 PM       Theme Shabad & Simran         7:00 PM - 7:30 PM       Smapti         7:30 PM - 8:20 PM       Langar         8:20 PM - 9:20 PM       Evening Activity         10:00 PM       Lights Out (Curfew Imposed)	9:45 AM - 10:45 AM	Class 1
11:45 AM - 12:45 PM       Lunch         12:45 PM - 1:35 PM       Class 3         1:35 PM - 1:50 PM       Get ready for Recreation         1:50 PM - 2:20 PM       Transportation to Recreation         2:20 PM - 3:50 PM       Recreation         3:50 PM - 4:20 PM       Transportation from Recreation         4:20 PM - 4:30 PM       Change into Uniform         4:30 PM - 5:00 PM       Refreshments/Snacks         5:00 PM - 6:00 PM       Intensive Learning Class         6:00 PM - 6:30 PM       Rehraas         6:30 PM - 6:40 PM       Reflections         6:40 PM - 7:00 PM       Theme Shabad & Simran         7:00 PM - 7:30 PM       Smapti         7:30 PM - 8:20 PM       Langar         8:20 PM - 9:20 PM       Evening Activity         10:00 PM       Lights Out (Curfew Imposed)	10:45 AM - 10:55 AM	Change Classes
12:45 PM - 1:35 PM       Class 3         1:35 PM - 1:50 PM       Get ready for Recreation         1:50 PM - 2:20 PM       Transportation to Recreation         2:20 PM - 3:50 PM       Recreation         3:50 PM - 4:20 PM       Transportation from Recreation         4:20 PM - 4:30 PM       Change into Uniform         4:30 PM - 5:00 PM       Refreshments/Snacks         5:00 PM - 6:00 PM       Intensive Learning Class         6:00 PM - 6:30 PM       Reflections         6:30 PM - 6:40 PM       Reflections         6:40 PM - 7:00 PM       Theme Shabad & Simran         7:00 PM - 7:30 PM       Smapti         7:30 PM - 8:20 PM       Langar         8:20 PM - 9:20 PM       Evening Activity         10:00 PM       Lights Out (Curfew Imposed)	10:55 AM - 11:45 AM	Class 2
1:35 PM - 1:50 PM 1:50 PM - 2:20 PM Transportation to Recreation 2:20 PM - 3:50 PM Recreation 3:50 PM - 4:20 PM Transportation from Recreation 4:20 PM - 4:30 PM Change into Uniform 4:30 PM - 5:00 PM Refreshments/Snacks 5:00 PM - 6:00 PM Intensive Learning Class 6:00 PM - 6:30 PM Reflections 6:30 PM - 6:40 PM Reflections 6:40 PM - 7:00 PM Theme Shabad & Simran 7:00 PM - 7:30 PM Smapti 7:30 PM - 8:20 PM Reflections Evening Activity  10:00 PM Lights Out (Curfew Imposed)	11:45 AM - 12:45 PM	Lunch
1:50 PM - 2:20 PM  Transportation to Recreation  2:20 PM - 3:50 PM  Recreation  3:50 PM - 4:20 PM  Transportation from Recreation  4:20 PM - 4:30 PM  Change into Uniform  4:30 PM - 5:00 PM  Refreshments/Snacks  5:00 PM - 6:00 PM  Intensive Learning Class  6:00 PM - 6:30 PM  Reflections  6:30 PM - 6:40 PM  Reflections  6:40 PM - 7:00 PM  Theme Shabad & Simran  7:00 PM - 7:30 PM  Smapti  7:30 PM - 8:20 PM  Langar  8:20 PM - 9:20 PM  Lights Out (Curfew Imposed)	12:45 PM - 1:35 PM	Class 3
2:20 PM - 3:50 PM  3:50 PM - 4:20 PM  Transportation from Recreation  4:20 PM - 4:30 PM  Change into Uniform  4:30 PM - 5:00 PM  Refreshments/Snacks  5:00 PM - 6:00 PM  Intensive Learning Class  6:00 PM - 6:30 PM  Rehraas  6:30 PM - 6:40 PM  Reflections  6:40 PM - 7:00 PM  Theme Shabad & Simran  7:00 PM - 7:30 PM  Smapti  7:30 PM - 8:20 PM  Langar  8:20 PM - 9:20 PM  Lights Out (Curfew Imposed)	1:35 PM - 1:50 PM	Get ready for Recreation
3:50 PM - 4:20 PM  4:20 PM - 4:30 PM  Change into Uniform  4:30 PM - 5:00 PM  Refreshments/Snacks  5:00 PM - 6:00 PM  Intensive Learning Class  6:00 PM - 6:30 PM  Reflections  6:30 PM - 6:40 PM  Reflections  6:40 PM - 7:00 PM  Theme Shabad & Simran  7:00 PM - 7:30 PM  Smapti  7:30 PM - 8:20 PM  Langar  8:20 PM - 9:20 PM  Lights Out (Curfew Imposed)	1:50 PM - 2:20 PM	Transportation to Recreation
4:20 PM - 4:30 PM       Change into Uniform         4:30 PM - 5:00 PM       Refreshments/Snacks         5:00 PM - 6:00 PM       Intensive Learning Class         6:00 PM - 6:30 PM       Rehraas         6:30 PM - 6:40 PM       Reflections         6:40 PM - 7:00 PM       Theme Shabad & Simran         7:00 PM - 7:30 PM       Smapti         7:30 PM - 8:20 PM       Langar         8:20 PM - 9:20 PM       Evening Activity         Lights Out (Curfew Imposed)	2:20 PM - 3:50 PM	Recreation
4:30 PM - 5:00 PM       Refreshments/Snacks         5:00 PM - 6:00 PM       Intensive Learning Class         6:00 PM - 6:30 PM       Rehraas         6:30 PM - 6:40 PM       Reflections         6:40 PM - 7:00 PM       Theme Shabad & Simran         7:00 PM - 7:30 PM       Smapti         7:30 PM - 8:20 PM       Langar         8:20 PM - 9:20 PM       Evening Activity         Lights Out (Curfew Imposed)	3:50 PM - 4:20 PM	Transportation from Recreation
5:00 PM - 6:00 PM       Intensive Learning Class         6:00 PM - 6:30 PM       Rehraas         6:30 PM - 6:40 PM       Reflections         6:40 PM - 7:00 PM       Theme Shabad & Simran         7:00 PM - 7:30 PM       Smapti         7:30 PM - 8:20 PM       Langar         8:20 PM - 9:20 PM       Evening Activity         10:00 PM       Lights Out (Curfew Imposed)	4:20 PM - 4:30 PM	Change into Uniform
6:00 PM - 6:30 PM Rehraas 6:30 PM - 6:40 PM Reflections 6:40 PM - 7:00 PM Theme Shabad & Simran 7:00 PM - 7:30 PM Smapti 7:30 PM - 8:20 PM Langar 8:20 PM - 9:20 PM Evening Activity  10:00 PM Lights Out (Curfew Imposed)	4:30 PM - 5:00 PM	Refreshments/Snacks
6:30 PM - 6:40 PM       Reflections         6:40 PM - 7:00 PM       Theme Shabad & Simran         7:00 PM - 7:30 PM       Smapti         7:30 PM - 8:20 PM       Langar         8:20 PM - 9:20 PM       Evening Activity         10:00 PM       Lights Out (Curfew Imposed)	5:00 PM - 6:00 PM	Intensive Learning Class
6:40 PM - 7:00 PM       Theme Shabad & Simran         7:00 PM - 7:30 PM       Smapti         7:30 PM - 8:20 PM       Langar         8:20 PM - 9:20 PM       Evening Activity         10:00 PM       Lights Out (Curfew Imposed)	6:00 PM - 6:30 PM	Rehraas
7:00 PM - 7:30 PM Smapti 7:30 PM - 8:20 PM Langar 8:20 PM - 9:20 PM Evening Activity  10:00 PM Lights Out (Curfew Imposed)	6:30 PM - 6:40 PM	Reflections
7:30 PM - 8:20 PM Langar 8:20 PM - 9:20 PM Evening Activity  10:00 PM Lights Out (Curfew Imposed)	6:40 PM - 7:00 PM	Theme Shabad & Simran
8:20 PM - 9:20 PM Evening Activity  10:00 PM Lights Out (Curfew Imposed)	7:00 PM - 7:30 PM	Smapti
10:00 PM Lights Out (Curfew Imposed)	7:30 PM - 8:20 PM	Langar
	8:20 PM - 9:20 PM	Evening Activity
10:00 PM - 11:00 PM Junior Counselor Meeting	10:00 PM	Lights Out (Curfew Imposed)
	10:00 PM - 11:00 PM	Junior Counselor Meeting