

# CAMHU ACTIVITY SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:45 - 08:00am	Wake up						
08:00 - 08:30am	Breakfast						
08:30 - 09:30am	Personal care and morning routines (shower, dress, bed making, room tidying)	0900-0930 Gym	0900-0930 Gym	0900-0930 Gym	0900-0930 Gym	Personal care and morning routines (shower, dress, bed making, room tidying)	
09:30 - 11:30am	Healthy Lifestyle promotion & practice (crafts, games, music, yoga, exercise)	SCHOOL (In classroom)				Healthy lifestyle promotion & practice (crafts, games, music, yoga, exercise)	
11:30-12:15pm	Free Time						
1215 - 1245pm	Lunch						
1:00pm-2:00pm	Programming	Programming	Programming	Programming	Programming	Programming	
2:00pm-3:15pm	Free Time					2pm-3pm Gym	
3:15pm-3:45pm	Snack/Social						
3:45-4:30pm	Healthy lifestyle promotion & practice (crafts, games, music, yoga, exercise)	3pm-4pm Gym Health lifestyle promotion & practice	Healthy lifestyle promotion & practice (crafts, games, music, yoga, exercise)	Healthy lifestyle promotion & practice (crafts, games, music, yoga, exercise)	3pm-4pm Gym Health lifestyle promotion & practice	Healthy lifestyle promotion & practice (crafts, games, music, yoga, exercise)	
4:30 - 5:15	Free Time/Visiting hours						
5:15 - 6:00pm	Supper						
6:00 - 7:00pm	Programming	Programming	Programming (Gym)	Programming	Programming (Gym)	Visiting Hours	
7:00-8:00pm	Free Time/Visiting Hours						
8:00-8:30pm	Snack						
8:30-10:00pm	Healthy Sleep Preparation (Bed time routines, relaxation, and mindfulness)						
10:30pm	Lights out						

\*\*BEDTIME FOR 12 YEARS AND UNDER IS 9PM \*\*

\*\*VISITING HOURS ARE 11AM-1PM AND 4PM-8PM (OPEN DOOR FOR PARENTS /GUARDIAN ONLY)\*\*