

Time	M-W-F Grades K -1	M-W-F Grades 2-3	M-W-F Grades 4 -6
8:30 – 9:15	Free Play at In-Class Centers	Music, Juggling	Diversity of Life Study
9:30 - 10:10	Rhythm, Patterns, Balls	Diversity of Life Study	Free Playground as well as Outdoor Games
10:10 – 10:30	Snack	Snack	Snack
10:45 – 11:30	Swimming	Swimming	Music, Juggling
11:40 – 12:15	Lunch / Quiet In-Class Activity	Quiet In-Class Activity/Art	Lunch - Recess
12:20 – 1:10	Dragon Chi Gong	Lunch-Recess	Swimming
1:15 – 1:45	Diversity of Life	Free Playground as well as Outdoor Games	Dragon Chi Gong
1:45 – 2:00	Snack	Snack	Snack
2:10 – 2:55	Free Playground	Dragon Chi Gong	Tennis
3:00 – 3:30	Classroom Clean-Up	Classroom Clean-Up	Classroom Clean-Up

Time	T – Th. Grades K -1	T – Th. Grades 2-3	T – Th. Grades 4 -6
8:30 – 9:15	Free Play	Music, Juggling	Diversity of Life
9:30 - 10:10	Rhythm, Patterns, Balls	Diversity of Life Study	Music, Juggling
10:15 – 10:30	Snack	Snack	Snack
10:45 – 11:30	Swimming	Swimming	Creating Nature Trail to Botanical Gardens
11:30 – 12:15	Physical Best	Physical Best	Physical Best
12:20 – 1:10	Lunch - Recess	Lunch-Recess	Swimming
1:00 – 1:45	Diversity of Life	Free Playground as well as Outdoor Games	Lunch
1:45 – 2:00	Snack	Snack	Snack
2:00 – 2:45	Quiet Activity/Art/Reading	Tennis	Free Playground as well as Outdoor Games
3:00 – 3:30	Classroom Clean-Up	Classroom Clean-Up	Classroom Clean-Up

Preschool - OCS maintains a year-round preschool program. There will be some openings during the summertime and temporary (June 1 – August 1) preschool registrations are welcome to fill those slots on a first come-first serve basis, with special consideration given to siblings of those attending the camp.

Although weekly camp schedules will evolve to attend to the maturation of campers' skill levels, the above represents a fairly typical day at OCS. The days do look full of activity, but time will be taken for rest and quiet activity when indicated. Please know

that the various activities, while time/energy consuming and experientially rich, will always be laced with fun!

Dragon Chi Chong - Jean-Pierre Soudan taught Akido and Chi Gong to adults and children for several years in Belgium. His style of interaction is careful and gentle. Dragon Chi Qong emphasizes five moves that are related to five colors and to vitalizing five major organs.

Rhythm, Patterns, and Balls, Music and Juggling, as well as other age appropriate music appreciation courses will be taught by Katherine Potter, a local composer, oboist, teacher of piano. She has worked extensively with children in the Asheville area for several years.

Diversity of Life Studies is a fun and vitalizing component of our 5.8 acre campus. Our playground has over 100 trees. We have two acres of woodland that the Reed Creek flows through. We have a high quality, internal temperature controlled, greenhouse. We are walking distance from the UNC-A Botanical Gardens. Our campers will be involved with plant identification, plant propagation (including grafting), gardening, and the construction of a nature trail. Additionally, our older campers will be collaborating with our neighbor, The Health Adventure, on a Reed Creek water quality study.

Physical Best, a program developed by The National Association for Sport and Physical Education (NASPE), supports Odyssey's intention of creating a high quality, comprehensive, wellness program for our students and their families. We will be using the Kindergarten – Elementary module with special emphasis on fun, aerobic fitness, muscular strength, flexibility, body composition, self-management and goal-setting skills, as well as a simple orientation to nutrition.

All Camp Grade Levels will be staffed by Odyssey Community School staff.