



| SAMPLE KITCHEN SINK SCHEDULE | | | | | | |
|------------------------------|--------------|-------------|-------------|---------------|---------------|----------------|
| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 9:00 am | Meet | Tennis | Ropes | Low Ropes | Ropes | Leisure Sports |
| 10:00 am | Inline | Mtn Biking | Waterskiing | Mtn Biking | Golf | Canoe/Kayak |
| 11:00 am | Boardsailing | Waterskiing | Hike | Climbing Wall | Tuck | Skateboarding |
| 12:00 pm | Lunch | | | | | |
| 2:00 pm | Sailing | Gymnastics | Golf | Canoe/Kayak | Arts & Crafts | Archery |
| 3:00 pm | Free Swim | Free Swim | Trampoline | Free Swim | Free Swim | Trampoline |
| 4:00 pm | Volleyball | Field Games | Tuck | Basketball | Soccer | Wrap-up |