



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A DAY OF ADVENTURE

The Typical Day at YMCA Camp Cullen

7 am	Rise and Shine
8:00-8:30 am	Breakfast
8:30 am	Morning Meeting & Flag Raising
9 am-12 pm	Land Activities (Ages 12-17) Aquatics Activities (Ages 7-11) Equestrian Activities
12:30 pm	Lunch
1:15-2:25 pm	Siesta
2:30-5:30 pm	Land Activities (Ages 7-11) Aquatic Activities (Ages 12-17) Equestrian Activities
6 pm	Dinner
6:45 pm	Cabin Activities
7:30 pm	Evening Program
9 pm	Embers*
10 pm	Lights Out

* Embers is a nondenominational reflection on the days lessons of the five core values (respect, responsibility, honesty, caring and faith).

YMCA CAMP CULLEN
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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.