



Camp AK-O-MAK Non Profit

Adult Sports Camp 2019

Wednesday June 12th to Monday June 17th, 2019

Typical Daily Schedule

7:30 Wake up

7:45-8:45 Early Bird - choice of swim, swim/run, trail run or paddle

9:00 Hot Breakfast

10:30-12:45 Choice of activities: road bike, mountain bike, swim practice, video analysis, small boats (kayaks, c-boats, war canoe), archery, tennis, additional sports available.

1:00 Lunch

2:00-2:30 R'n'R: Tea/Coffee on porch, reading in hammocks

2:30-6:00 Choice of activities: biking, video analysis, sailing, yoga, diving, beach volleyball, badminton, Rockin' Body Workout, self defense, additional sports available.

6:30 Dock-Tails, Wine and Dine Dinner

7:30 Evening activity/Socializing

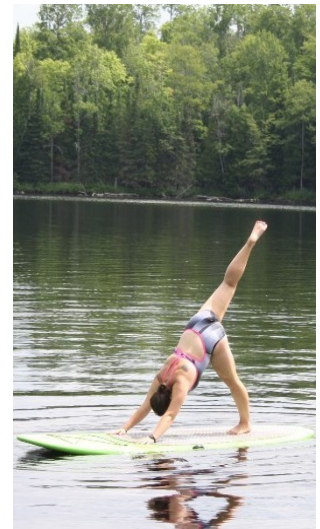
Inspirational videos

Inspirational talks, mindfulness, meditation, massage therapy, stretching, bonfire, happy hour (Dock-Tails)

**Lots to do...or
little...the choice is
yours.**

**Sleep in traditional
cabins with bunk
beds.**

**Enjoy a traditional
camp experience
again or for the first
time**



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