

Scrubs Camp 2009

Winona State University July 26-31

Personal Schedule of:

<p>(attach your name label here)</p>

	Sun. July 26	Monday - July 27	Tuesday - July 28	Wed. July 29	Thurs. July 30	Fri. July 31	
7:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
7:30							
8:00		Building Community	Building Community	Travel to LaCrosse	Travel to Whitewater Park	Dorm Checkout	
8:30							
9:00		Activity; Choose Self Defense, Yoga, or Tai Chi	Activity; Choose Self Defense, Yoga, or Tai Chi	Hospital Tour	Whitewater Park Trip choose classes on reverse side	Jungle Medicine Session	
9:30							
10:00		Monday Session 1 place your class choice here, either # 5, 6, or 7	Tuesday Session 1 place your class choice here, either # 5, 6, 7, or 8			Photo/Posters & Closing Ceremony	
10:30							
11:00					Bus leaves		
11:30		Lunch	Lunch	Picnic Lunch	Lunch	box lunch for bus, or cafeteria available	
12:00		free time	free time	Travel	Whitewater Park Trip		
12:30							
1:00	Registration and Dorm check-in	Monday Session 2 place your class choice here, either # 8, 9, 10, or 11	Tuesday Session 2 place your session choice here, either # 9, 10, 11, or 12	Hospital Tour	choose classes on reverse side		
1:30							
2:00							
2:30		Monday Session 3 place your class choice here, either # 12, 13, 14, or 15	Tuesday Session 3 place your class choice here, either # 13, 14, 15, or 16	Travel to Winona	Travel to Winona		
3:00	Orientation						
3:30	Create your Schedule						
4:00		Monday Session 4 place your class choice here, either # 16, 17, 18, or 19	Tuesday Session 4 place your class choice here, either # 17, 18, 19, or 20	free time	Small group Sharing Posters		
4:30	Team Building Exercises			Winona Health Presentation			
5:00							
5:30							
6:00	Dinner	Dinner	Dinner	Dinner	Dinner		
6:30							
7:00	Chall. Ropes Swimming Sports/games Movie	Your choice of: Challenging Ropes Swimming Sports/games Movie	Your choice of: Challenging Ropes Swimming Sports/games Movie	Entertainment Magician/ Hypnotist	Chall. Ropes Talent show		
7:30							
8:00							
9:00							
10:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out		