

## FRESHWATER PROGRAM SCHEDULE A

rev:11/04/20freshwater/sched.doc

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 -10:00 Breakfast	7:45 - 8:30 Breakfast	7:45 - 8:30 Breakfast	7:45 - 8:30 Breakfast	7:45 - 8:30 Breakfast	7:45 - 8:30 Breakfast	8:00 – 10:00 Breakfast
	8:30 – 8:45 Goals Development	8:30 – 8:45 Goals Development	8:30 – 8:45 Goals Development	8:30 – 8:45 Goals Development	8:30 – 8:45 Goals Development	
10:00 - 10:30 Community/Goals Development	8:45 – 9:15 Community Meeting	8:45 – 9:15 Community Meeting	8:45 – 9:15 Community Meeting	8:45 – 9:15 Community Meeting	8:45 – 9:15 Community Meeting	10:00 - 10:30 Community/Goals Development
10:30 - 11:00 Room Cleaning Time/Bonus Time	9:15-9:30 Room Cleaning Time	9:15-9:30 Room Cleaning Time	9:15-9:30 Room Cleaning Time	9:15-9:30 Room Cleaning Time	9:15-9:30 Room Cleaning Time	10:30 - 11:00 Room Cleaning Time/Bonus Time
	10:00 – 10:30 Bonus Time	10:15-11:00 Addictive Behaviors and Recovery	10:15 - 11:00 Identity Development	10:15 - 11:00 Self Awareness	10:15-11:00 Self Compassion Group	
11:00 - 12:00 Comfort Box	10:30 - 12:00 Lifeskills	11:15 – 12:00 Coping Skills Training	11:30 – 12:00 Nutrition Education	11:15-12:00 Coping Skills Training	11:15-12:00 Expressive Arts	11:15 - 12:00 Coping Skills Training
12:00-12:15 Meal Prep Time	12:00-12:15 Meal Prep Time	12:00-12:15 Meal Prep Time	12:00-12:15 Meal Prep Time	12:00-12:15 Meal Prep Time	12:00-12:15 Meal Prep Time	12:00-12:15 Meal Prep Time
12:15 - 12:45 Lunch	12:15 - 12:45 Lunch	12:15 - 12:45 Lunch	12:15 - 12:45 Lunch	12:15 - 12:45 Lunch	12:15 - 12:45 Lunch	12:15 - 12:45 Lunch
12:45-1:00 Transition Time	12:45-1:00 Transition Time	12:45-1:00 Transition Time	12:45-1:00 Transition Time	12:45-1:00 Transition Time	12:45-1:00 Transition Time	12:45-1:00 Transition Time
1:00 - 3:00 Activities	1:00-3:00 School Program	1:00-3:00 School Program	1:00-3:00 School Program	1:00-3:00 School Program	1:00-3:00 School Program	1:00 - 3:00 Coping Skills Training/ Activities
3:00-3:30 Bonus Time	3:00-3:30 Skills Assignment Time	3:00-3:30 Skills Assignment Time	3:00-3:30 Skills Assignment Time	3:00-3:30 Skills Assignment Time	3:00-3:30 Skills Assignment Time	3:00-3:30 Bonus Time
	3:30-4:00 School Activity Time	3:30-4:00 School Activity Time	3:30-4:00 School Activity Time	3:30-4:00 School Activity Time	3:30-4:00 School Activity Time	
3:30-4:00 Transition Time	4:15 - 5:00 Rec. Activity	4:15 - 5:00 Rec. Activity	4:15 - 5:00 Rec. Activity	4:15 - 5:00 Rec. Activity	4:15 - 5:00 Rec. Activity	3:30-4:00 Transition Time
4:00 - 5:00 Recreation Activity	5:00-5:30 Bonus Time	5:00-5:30 Bonus Time	5:00-5:30 Bonus Time	5:00-5:30 Bonus Time	5:00-5:30 Bonus Time	4:00-5:00 Recreation Activity
5:00-5:30 Bonus Time/Ausable	5:30-5:45 Meal Prep Time	5:30-5:45 Meal Prep Time	5:30-5:45 Meal Prep Time	5:30-5:45 Meal Prep Time	5:30-5:45 Meal Prep Time	5:00-5:30 Bonus Time/Ausable
5:30 - 6:15 Dinner	5:45 - 6:15 Dinner	5:45 - 6:15 Dinner	5:45 - 6:15 Dinner	5:45 - 6:15 Dinner	5:45 - 6:15 Dinner	5:30 - 6:15 Dinner
6:15-7:00 Bonus Time	6:15-6:30 Transition Time	6:15-6:30 Transition Time	6:15-6:30 Transition Time	6:15-6:30 Transition Time	6:15-7:15 Bonus Time	6:15-7:00 Bonus Time
	6:30 - 7:15 CD education/Mindfulness	6:30 - 7:15 Coping Skills Training	6:30 - 7:15 Coping Skills Training	6:30 - 7:15 Coping Skills Training		
7:00-7:15 Diary Card/Wrap-Up	7:15 - 8:15 Bonus Time	7:15 - 8:15 Bonus Time	7:15 - 8:15 Bonus Time	7:15 - 8:15 Bonus Time	7:15-7:30 Diary Card/Wrap-Up	7:00-7:15 Diary Card/Wrap-Up
7:15-7:45 Skills Assignment Time					7:30-8:00 Skills Assignment Time	7:15-7:45 Skills Assignment Time
7:45 – 10:30 Unit Movie	8:15-8:30 Diary Card/Wrap-Up	8:15-8:30 Diary Card/Wrap-Up	8:15-8:30 Diary Card/Wrap-Up	8:15-8:30 Diary Card/Wrap-Up	8:00-10:30 Bingo	7:45 - 10:30 Unit Movie
	8:30-9:00 Skills Assignment Time	8:30-9:00 Skills Assignment Time	8:30-9:00 Skills Assignment Time	8:30-9:00 Skills Assignment Time		
	9:00 - 9:30 Snack/ Bonus Chores	9:00 - 9:30 Snack/ Bonus Chores	9:00 - 9:30 Snack/ Bonus Chores	9:00 - 9:30 Snack/ Bonus Chores		
	9:30 - 9:45 Mindfulness Skills	9:30 - 9:45 Mindfulness Skills	9:30 - 9:45 Mindfulness Skills	9:30 - 9:45 Mindfulness Skills		