

DAILY SCHEDULE - IN-TOWN TRIPS ONLY

7:15 - 8:45	A+ Check In
8:45 - 9:00	Preview of the day's activities
9:00 - 9:45	Martial arts/Self defense/Weapons practice • Similar to evening classes at MPK
10:00 - 10:15	Mat chat and clean up
10:15 - 10:30	Snack Time
10:30 - 12:00	In-house activities • Games
12:00 - 12:30	Lunch
12:30 1:00	Travelling to activities • When the afternoon activity is close enough, we will hike. For more distant activities, we will use the van or bus.
1:00 - 2:45	In - town activities • Most days we will be at a local park, DeForest library, or a nearby pool/splash pad
2:45 - 3:00	Return to MPK
3:00 3:15	Snack Time
3:15 4:15	Reading, Board Games, and/or Quiet Time
4:15 5:15	Clean up / Pick up Time