

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Wake up /Hygiene Morning PT</b> 6:45am-7:45am	<b>Wake up /Hygiene Morning PT</b> 6:45am-7:45am	<b>Wake up /Hygiene Morning PT</b> 6:45am-7:45am	<b>Wake up /Hygiene Morning PT</b> 6:45am-7:45am	<b>Wake up /Hygiene Morning PT</b> 6:45am-7:45am
<b>Breakfast</b> 7:45am-8:15am	<b>Breakfast</b> 7:45am-8:15am	<b>Breakfast</b> 7:45am-8:15am	<b>Breakfast</b> 7:45am-8:15am	<b>Breakfast</b> 7:45am-8:15am
<b>Drill and Ceremony</b> 8:15am-9:00am	<b>Drill and Ceremony</b> 8:15am-9:00am	<b>Drill and Ceremony</b> 8:15am-9:00am	<b>Drill and Ceremony</b> 8:15am-9:00am	<b>Drill and Ceremony</b> 8:15am-9:00am
<b>Table Tennis Training (Morning Session)</b> 9:00am-12:00pm	<b>Table Tennis Training (Morning Session)</b> 9:00am-12:00pm	<b>Table Tennis Training (Morning Session)</b> 9:00am-12:00pm	<b>Table Tennis Training (Morning Session)</b> 9:00am-12:00pm	<b>Table Tennis Training (Morning Session)</b> 9:00am-12:00pm
<b>Lunch</b> 12:00pm-12:45pm	<b>Lunch</b> 12:00pm-12:45pm	<b>Lunch</b> 12:00pm-12:45pm	<b>Lunch</b> 12:00pm-12:45pm	<b>Lunch</b> 12:00pm-12:45pm
<b>Leadership Courses</b> 1:00pm-3:00pm	<b>Leadership Courses</b> 1:00pm-3:00pm	<b>Leadership Courses</b> 1:00pm-3:00pm	<b>Leadership Courses</b> 1:00pm-3:00pm	<b>Leadership Courses</b> 1:00pm-3:00pm
<b>Table Tennis Training (Afternoon Session)</b> 3:00am-5:30pm	<b>Table Tennis Training (Afternoon Session)</b> 3:00am-5:30pm	<b>Table Tennis Training (Afternoon Session)</b> 3:00am-5:30pm	<b>Table Tennis Training (Afternoon Session)</b> 3:00am-5:30pm	<b>Table Tennis Training (Afternoon Session)</b> 3:00am-5:30pm
<b>Shower/Hygeine</b> 5:30pm-6:15pm	<b>Shower/Hygeine</b> 5:30pm-6:15pm	<b>Shower/Hygeine</b> 5:30pm-6:15pm	<b>Shower/Hygeine</b> 5:30pm-6:15pm	<b>Shower/Hygeine</b> 5:30pm-6:15pm
<b>Dinner</b> 6:15pm-7:00pm	<b>Dinner</b> 6:15pm-7:00pm	<b>Dinner</b> 6:15pm-7:00pm	<b>Dinner</b> 6:15pm-7:00pm	<b>Dinner</b> 6:15pm-7:00pm
<b>Evening Activity</b> 7:00pm-9:00pm	<b>Evening Activity</b> 7:00pm-9:00pm	<b>Evening Activity</b> 7:00pm-9:00pm	<b>Evening Activity</b> 7:00pm-9:00pm	<b>Closing and Award Ceremony</b> 7:00pm-9:00pm
<b>Free Time</b> 9:00pm-10:00pm	<b>Free Time</b> 9:00pm-10:00pm	<b>Free Time</b> 9:00pm-10:00pm	<b>Free Time</b> 9:00pm-10:00pm	<b>Packing</b> 9:00pm-10:00pm
<b>Lights Out</b> 10:00pm	<b>Lights Out</b> 10:00pm	<b>Lights Out</b> 10:00pm	<b>Lights Out</b> 10:00pm	<b>Lights Out</b> 10:00pm

\*Leadership Courses include: Leadership lectures and presentations, Kayaking on Hudson River, Rifle Shooting, Survival Skill and Obstacle Course for team building

\*Evening Activities Include: Trivia Game, Bowling, Karaoke Night, Movie Night, BoardGame Night, Open Gym, Swimming