



## Campers' Daily Activity Schedule

### 营员作息时间表

7:30 a.m.	WAKE UP/起床
8:00 a.m.	BREAKFAST/早餐
8:30 a.m.	<i>Free Time/自由活动</i>
9:00 a.m.	Camp Aerobics/有氧体操
10:00 a.m.	*Chinese Martial Arts/中国武术
11:00 a.m.	*Dance Class/舞蹈课
12:00 p.m.	*Swimming/游泳
1:00 p.m.	LUNCH/午餐
1:30 p.m.	<i>Free Time/自由活动</i>
2:30 p.m.	*Self Improvement Class/自修
3:30 p.m.	*Exercise Science Class/科学练习课
4:30 p.m.	*Short Drama Rehearsal/短剧排练
5:30 p.m.	<i>Free Time 自由活动</i>
6:00 p.m.	DINNER/晚餐
7:00 p.m.	*Short Drama Performance/短剧演出
9:00 p.m.	<i>Free Time (dorm room)/自由活动 (宿舍)</i>
10:00 p.m.	LIGHTS OUT/熄灯

(\* Activities and classes change daily/课程内容仅供参考)