

# Eastern 4-H Center Outdoor Education

## Typical Day



### Typical Day at the Eastern 4-H Center

7:00	Rise & shine
8:00	Breakfast
9:00 - 10:15	1 <sup>st</sup> activity Period
10:30 - 11:45	2 <sup>nd</sup> Activity Period
12:00 - 12:45	Lunch
1:00 - 2:30	3 <sup>rd</sup> Activity Period
2:45 - 4:15	4 <sup>th</sup> Activity Period
4:30 - 5:45	Free time in cabins or lawn before dinner
6:00 - 6:45	Dinner
7:30	Evening Program (this time is somewhat flexible)
9:00	Snack (usually in dining hall)
10:00	Lights out

Our quiet hours are from 10:00PM to 7:00AM

### Typical 3 Day Schedule

#### Day One

11:00	Arrive, move in
11:30	Orientations
12:00	Lunch
1:00	1 <sup>st</sup> Activity
2:45	2 <sup>nd</sup> Activity
4:30	Free Time
6:00	Dinner
7:30	Evening Program
9:00	Snack
10:00	Lights out

#### Day Two

8:00	Breakfast
9:00	3 <sup>rd</sup> Activity
10:30	4 <sup>th</sup> Activity
12:00	Lunch
1:00	5 <sup>th</sup> Activity
2:45	6 <sup>th</sup> Activity
4:30	Free Time
6:00	Dinner
7:30	Evening Program
9:00	Snack
10:00	Lights out

#### Day Three

8:00	Breakfast
9:00	7 <sup>th</sup> Class
10:30	8 <sup>th</sup> Class
12:00	Lunch
1:00	Depart for Home



**NC STATE**  
EXTENSION