

| 2022 | | Intermediate Camp | | | | | | | | |
|-------|----------------|-------------------|------------|--------------|-----------|--------------|---------------|-----------|---------------|----------|
| Day 1 | | Raiders | Phantoms | Fusion | Eagles | Wings | Belles | Jazz | Sparks | Jets |
| 1 | 9:55 to 10:25 | Drama | 9 Square | WC | Swim 2 | Swim 2 | Swim 3 | Swim 3 | Swim 4 | Swim 4 |
| 2 | 10:30 to 11:00 | 9 Square | Archery | Tennis | Net Games | DDR | Drama | Ropes | Music + Dance | A+C |
| 3 | 11:05 to 11:35 | Kickball | Tent Games | Swim 3 | DDR | Inter Sports | Tennis (jr) | | Basketball | Ceramics |
| 4 | 11:40 to 12:10 | Swim 3 | Swim 3 | Inter Sports | A+C | Lego | Music + Dance | Drama | Gaga (jr) | WC |
| 5 | 12:15 to 12:45 | LUNCH | | | | | 9 Square | Net Games | Archery | Soccer |
| 6 | 12:50 to 1:20 | Music + Dance | Gaga | Tent Games | Swim 4 | Swim 4 | LUNCH | | | |
| 7 | 1:25 to 1:55 | Archery | Soccer | A+C | Ceramics | Gaga | Swim 3 | Swim 3 | Inter Sports | DDR |
| 8 | 2:00 to 2:30 | Nature | DDR | Swim 4 | Soccer | A+C | WC | Lego | Swim 3 | Swim 3 |
| 9 | 2:35 to 3:05 | Swim 3 | Swim 3 | Gaga | Lego | WC | Soccer | DDR | CC | Kickball |

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| Day 2 | | Raiders | Phantoms | Fusion | Eagles | Wings | Belles | Jazz | Sparks | Jets |
| 1 | 9:55 to 10:25 | Ropes | Ropes | Basketball | Swim 2 | Swim 2 | Swim 3 | Swim 3 | Swim 4 | Swim 4 |
| 2 | 10:30 to 11:00 | | | A+C | 9 Square | Tent Games | A+C | Basketball | Bunk Challenge Kickball | |
| 3 | 11:05 to 11:35 | Basketball | A+C | Swim 3 | Gaga (jr) | Soccer | Drama | Tennis | Tent Games | Ropes |
| 4 | 11:40 to 12:10 | Swim 3 | Swim 3 | Soccer | DDR | Lego | Kickball | Gaga | A+C | |
| 5 | 12:15 to 12:45 | LUNCH | | | | | Nature | LUNCH | Tennis | LUNCH |
| 6 | 12:50 to 1:20 | Gaga (jr) | Ceramics | Ropes | Swim 2 | Swim 2 | LUNCH | Nature | LUNCH | Music + Dance |
| 7 | 1:25 to 1:55 | A+C | Nature | | WC | Basketball | Swim 2 | Swim 2 | Drama | DDR |
| 8 | 2:00 to 2:30 | Net Games | Lego | Swim 2 | Kickball | Ropes | Ropes | Ceramics | Swim 2 | Swim 2 |
| 9 | 2:35 to 3:05 | Swim 2 | Swim 2 | Lego | Nature | | | Music + Dance | WC | Drama |

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| Day 3 | | Raiders | Phantoms | Fusion | Eagles | Wings | Belles | Jazz | Sparks | Jets |
| 1 | 9:55 to 10:25 | Nature | WC | DDR | Swim 2 | Swim 2 | Swim 3 | Swim 3 | Swim 4 | Swim 4 |
| 2 | 10:30 to 11:00 | Kickball | Lego | Drama | Tent Games | Nature | Inter Sports | A+C | 9 Square | Gaga (jr) |
| 3 | 11:05 to 11:35 | Tent Games | Basketball (jr) | Swim 3 | Tennis | Archery | Gaga (jr) | Soccer | Lego | 9 Square |
| 4 | 11:40 to 12:10 | Swim 3 | Swim 3 | Lego | Archery | Kickball | DDR | Drama | Soccer | Basketball |
| 5 | 12:15 to 12:45 | LUNCH | | | | | Basketball | 9 Square | Golf | Tennis |
| 6 | 12:50 to 1:20 | Inter Sports | Music + Dance | Nature | Swim 4 | Swim 4 | LUNCH | | | |
| 7 | 1:25 to 1:55 | Lego | Kickball | 9 Square | Hockey | A+C | Swim 3 | Swim 3 | Nature | A+C |
| 8 | 2:00 to 2:30 | 9 Square | Nature | Swim 4 | A+C | Music + Dance | Archery | WC | Swim 3 | Swim 3 |
| 9 | 2:35 to 3:05 | Swim 3 | Swim 3 | Kickball | Basketball | Hockey | Ceramics | Nature | Net Games | Lego |

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|-------|----------------|-------------------|--------------|---------------|--------------|-----------|---------------|--------------|---------------|--------------|
| Day 4 | | Raiders | Phantoms | Fusion | Eagles | Wings | Belles | Jazz | Sparks | Jets |
| 1 | 9:55 to 10:25 | WC | Tennis | Net Games | Swim 2 | Swim 2 | Swim 3 | Swim 3 | Swim 4 | Swim 4 |
| 2 | 10:30 to 11:00 | Tennis | A+C | Archery | Kickball | Gaga (jr) | A+C | Tent Games | Music + Dance | Drama |
| 3 | 11:05 to 11:35 | A+C | Net Games | Swim 3 | Drama | Tennis | Tent Games | Inter Sports | Ropes | Nature |
| 4 | 11:40 to 12:10 | Swim 3 | Swim 3 | Kickball (jr) | Golf | Kickball | Net Games | Gaga | | Inter Sports |
| 5 | 12:15 to 12:45 | LUNCH | | | | | Nature | Kickball | LUNCH | Tent Games |
| 6 | 12:50 to 1:20 | Ceramics | Golf | Music + Dance | Swim 2 | Swim 2 | LUNCH | | DDR | LUNCH |
| 7 | 1:25 to 1:55 | Gaga | Inter Sports | Nature | Lego | Net Games | Swim 2 | Swim 2 | A+C | Archery |
| 8 | 2:00 to 2:30 | Soccer | Kickball | Swim 2 | Inter Sports | Drama | Lego | Golf | Swim 2 | Swim 2 |
| 9 | 2:35 to 3:05 | Swim 2 | Swim 2 | Ceramics | Gaga (sr) | 9 Square | Music + Dance | Archery | Kickball (sr) | Net Games |