

EDGE

PATHWAYS TO COLLEGE

SUMMER PROGRAM 2020

SAMPLE SCHEDULE

GMT-05	SUN 31	MON 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
5 AM							
6 AM	Individual Morning Routine 6 – 8am	Individual Morning Routine 6 – 8am	Individual Morning Routine 6 – 8am	Individual Morning Routine 6 – 8am	Individual Morning Routine 6 – 8am	Individual Morning Routine 6 – 8am	Individual Morning Routine 6 – 8am
7 AM							
8 AM	Breakfast, 8am	Breakfast, 8am	Breakfast, 8am	Breakfast, 8am	Breakfast, 8am	Breakfast, 8am	Breakfast, 8am
9 AM	Group Walk 8:30 – 10am	Morning Check-In, 8:30am College Success Seminar 9 – 10am	College Success Seminar 8:30 – 10am	College Success Seminar 8:30 – 10am	Morning Check-In, 8:30am College Success Seminar 9 – 10am	College Success Seminar 8:30 – 10am	
10 AM		Group Fitness 10 – 11am	College Class 10 – 11am	College Class 10 – 11am	College Class 10 – 11am	Friday Fitness 10 – 11am	Group Activity 10am – 4pm
11 AM						Nutrition Workshop 11am – 12pm	
12 PM		Lunch on your Own 12 – 1pm	Lunch on your Own 12 – 1pm	Lunch on your Own 12 – 1pm	Lunch on your Own 12 – 1pm	Community Lunch 12 – 1pm	
1 PM		Supervised Study 1 – 2pm	Supervised Study 1 – 2pm	Supervised Study 1 – 2pm	Supervised Study 1 – 2pm	Supervised Study 1 – 2pm	
2 PM			Learning Lab 2 – 3pm	Learning Lab 2 – 3pm	IMPROV Group 2 – 3pm		
3 PM		Group Life Coaching 3 – 4pm				Group Life Coaching 3 – 4pm	
4 PM		Food Lab 4 – 5pm	Art Studio 4 – 5pm	Group Journaling 4 – 5pm	Group Journaling 4 – 5pm		
5 PM		Community Dinner 5 – 6pm	Dinner on your Own 5 – 6pm	Dinner on your Own 5 – 6pm	Dinner on your Own 5 – 6pm	Dinner on your Own 5 – 6pm	Dinner on your Own 5 – 6pm
6 PM				Community Meeting 6 – 8pm			Community Connection Activity 6 – 8pm
7 PM							
8 PM							
9 PM							