



DAILY SCHEDULE

NITZANIM GIRLS

7:30	WAKE UP
7:55	SHACHARIT (GIRLS QUAD)
8:25	BREAKFAST
9:00 – 10:20	CLEAN UP / SHIUR
10:30 – 11:15	AQUATICS (POOL)
11:30 – 12:15	ADVENTURE
12:30 – 1:15	FITNESS
1:30 – 2:00	LUNCH
2:00 – 2:30	REST
2:30 – 3:15	AQUATICS (LAKE)
3:30 – 4:15	ATHLETICS
4:30 – 5:15	CREATIVE ARTS
5:30	HACHANA
6:30	DINNER
7:15	NIGHT ACTIVITY

FRIDAY SCHEDULE:

Day ends with Period 5 (Aquatics - Lake)

Erev Shabbat Clean Up at 3:30 pm -- Canteen Area, Patio & Grass Hill, Roads Down to Lake Road

SHIUR AND CLEAN UP

Girls Pavilion, Quads

9:00 – 9:40 am
G1, G3, G5: Shiur
G2, G4, G6: Clean Up

9:40 – 10:20 am
G1, G3, G5: Clean Up
G2, G4, G6: Shiur

FITNESS

FITNESS CENTER

Barre
Dance
Gymnastics
Spin
Sprint
Pilates
Yoga
Zumba

CREATIVE ARTS

ARTS VILLAGE

Bead It
Ceramics
Chessd
Crafts
Culinary Arts
Fab Lab
Street Art
Woodshop

ADVENTURE

AROUND CAMPUS

Adventure Course
Archery
Fishing
Horseback Riding
IsraelXP
Mountain Biking
Paintball
Rock Wall

PERFORMING ARTS

Daily Play Rehearsal @ 1:45 pm
Open Music Studio @ 3:30 pm

ATHLETICS AND AQUATICS

Respective Courts & Fields
Waterfronts & Pool



DAILY SCHEDULE

NITZANIM BOYS

7:20	WAKE UP
7:45	SHACHARIT (BOYS SHUL)
8:25	BREAKFAST
9:00 – 10:20	CLEAN UP / SHIUR
10:30 – 11:15	AQUATICS (LAKE)
11:30 – 12:15	BASKETBALL LEAGUES
12:30 – 1:15	ADVENTURE / ARTS
1:30 – 2:00	LUNCH
2:00 – 2:30	MINCHA (GIRLS PAVILION) WALK TO POOL
2:30 – 3:15	AQUATICS (POOL)
3:30 – 4:15	BUNK SPORTS
4:30 – 5:15	FIELD SPORTS / XP TRACK
5:30	HACHANA
6:30	DINNER
7:15	NIGHT ACTIVITY

FRIDAY SCHEDULE:

Day ends with Period 5 (Aquatics - Pool)
Erev Shabbat Clean Up at 3:30 pm -- Boys Gym & Tank

SHIUR AND CLEAN UP

Boys Gym & Gazebos 1, 2

9:00 – 9:40 am

B1, B3, B5: Shiur

B2, B4, B6: Clean Up

9:40 – 10:20 am

B1, B3, B5: Clean Up

B2, B4, B6: Shiur

CREATIVE ARTS

ARTS VILLAGE

Crafts, Ceramics

Culinary Arts

Lab, Build It

Street Art

Woodshop

PERFORMING ARTS

Daily Play Rehearsal @ 1:45 pm

Open Music Studio @ 3:30 pm

ADVENTURE

AROUND CAMPUS

Adventure Course

Archery

Fishing

Horseback Riding

IsraelXP

Mountain Biking

Paintball

Rock Wall

ARTS AND ADVENTURE ROTATION

A DAYS

B1, B2, B3: Creative Arts

B4, B5, B6: Adventure

B DAYS

B1, B2, B3: Adventure

B4, B5, B6: Creative Arts