

A Typical Day at Frost Valley

7:00am	Rise and Shine
7:45	Send one table waiter per table to the Dining Hall for set-up
8:00	Breakfast
9:30	Morning Class Period begins
11:30	Morning Class Period ends
11:45	Table waiters to the Dining Hall
12:00pm	Lunch
1:15	First Afternoon Class begins
3:00	First Afternoon Class ends, bathroom break
3:15	Second Afternoon Class begins
5:00	Second Afternoon Class ends
5:15	Table waiters to the Dining Hall
5:30	Dinner
6:30	Field Time, or back to lodges
7:30	Evening Program
8:45	Snack
10:00	Lights Out: Quiet hours are from 10:00pm until 7:00am