

# Residential Schedule

# Cascade Canyon

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00	<b>Wake-up + Shower</b> 06:00 - 07:00						
07:00	<b>Breakfast</b> 07:00 - 08:00						
08:00	<b>Family Calls</b> 08:00 - 10:00	<b>Clinical Group</b> 08:00 - 10:00	<b>Clinical Group</b> 08:00 - 10:00	<b>Clinical Group</b> 08:00 - 10:00	<b>Clinical Group</b> 08:00 - 10:00	<b>Clinical Group</b> 08:00 - 10:00	<b>Clinical Group</b> 08:00 - 10:00
09:00							
10:00	<b>Fitness: Hiking</b> 10:00 - 12:00	<b>Academic</b> 10:00 - 12:00	<b>Academic</b> 10:00 - 12:00	<b>Academic</b> 10:00 - 12:00	<b>Academic</b> 10:00 - 12:00	<b>Life Skills + Academic</b> 10:00 - 12:00	<b>Domestic Activities</b>
11:00							<b>Staff-led Group</b>
12:00	<b>Lunch</b> 12:00 - 01:00						
01:00	<b>Domestic Activities</b>	<b>Fitness: Pool/Gym</b>	<b>Fitness: CrossFit</b>	<b>Fitness: Pool/Gym</b>	<b>Fitness: Yoga</b>	<b>Fitness: On-site Rec</b>	<b>Experiential Clinical Group</b> 01:00 - 05:00
02:00							
03:00	<b>Clinical Group</b> 02:00 - 05:00	<b>Clinical Group</b> 02:00 - 05:00	<b>Clinical Group</b> 02:00 - 05:00	<b>Clinical Group</b> 02:00 - 05:00	<b>Clinical Group</b> 02:00 - 05:00	<b>Clinical Group</b> 02:00 - 05:00	
04:00							
05:00	<b>Dinner</b> 05:00 - 06:00						
06:00	<b>Homework Hour</b> 06:00 - 07:00						
07:00	<b>Clinical Group</b> 07:00 - 09:00	<b>Staff-led Group</b>	<b>Staff-led Group</b>	<b>Staff-led Group</b>	<b>Staff-led Group</b>	<b>Staff-led Group</b>	<b>Staff-led Group</b>
08:00		<b>Personal Time</b>	<b>Personal Time</b>	<b>Personal Time</b>	<b>Personal Time</b>	<b>Personal Time</b>	<b>Personal Time</b>
09:00	<b>Wind Down + Lights Out</b> 09:00 - 10:00						
10:00							