



Tuesday, August 18th - כ"ח אב ערב ראש חודש -		
8:00 AM	Wake Up	Dorms
8:30 AM	Shacharis	Beis HaGRA
9:15 AM	Breakfast	Dining Room
9:45 AM	Shiur	Will be announced at breakfast
11:15 AM	Cleanup Get ready for the day	Dorms
11:45 AM	Vans to SPIRE	Parking Lot
12:00 PM	Game 1	Cours
1:00 PM	Lunch	Banquet Hall
1:30 PM	Cohort A - Drills Cohort B - Olympic Swimming	Courts Aquatics Center
2:30 PM	Game 2	Courts
3:30 PM	Cohort A - Strength Training Cohort B - Drills	SPIRE Fit Courts
4:30 PM	Snack	Banquet Hall
4:45 PM	Game 3	Courts
5:45 PM	Vans to GRA	Parking Lot
6:00 PM	Hachanah/Prep	Dorms
6:30 PM	Mincha/Ma'ariv	Beis HaGra
7:00 PM	Dinner	Dining Room
7:30 PM - 8:45 PM	Chaburos	Campus
9:00 PM	Depart to SPIRE	Parking Lot
9:15 - 10:30	Swim/BBQ	SPIRE I/A
10:30 PM	Vans to GRA	Parking Lot
11:00 PM	Wind down	Dorms
12:00 AM	Lights Out	Dorms