

College Track Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06:30:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Sleep In	Sleep In
8:00AM - 8:45AM	Morning Reflections, AM students leave for school at 8:30	Morning Reflections, AM students leave for school at 8:30	Morning Reflections, AM students leave for school at 8:30	Morning Reflections, AM students leave for school at 8:30	Morning Reflections	Breakfast	Breakfast
9:00AM – 9:30AM	Read up on current events	Studying Techniques AND Life Skills	Life Skills	Read up on current events	Cognitive Behavioral Therapy 9:00 – 10:45	Multi-Family Group 9:30AM to 11:30PM	Pines Park 12 Step Meeting, OR attend church
9:30AM - 11:00AM	Homework, computer lab, tutoring for PM students	Homework, computer lab, tutoring for PM students	Homework, computer lab, tutoring for PM students	Homework, computer lab, tutoring for PM students	Break from 10:45 – 11:00		
11:00AM - 12:00PM	Gym for PM students, AM students arrive at center at 12:00	Gym for PM students, AM students arrive at center at 12:00	Gym for PM students, AM students arrive at center at 12:00	Gym for PM students, AM students arrive at center at 12:00	Review week's assignments, prepare for the next week	Lunch 12:00PM	Lunch 12:00PM
12:00PM - 1:00PM	Lunch , afternoon students leave for school at 12:30	Lunch , afternoon students leave for school at 12:30	Lunch , afternoon students leave for school at 12:30	Lunch , afternoon students leave for school at 12:30	Lunch (Back at house)	Visiting	Visiting
1:00PM – 1:30PM	Read up on current events	Studying Techniques AND Life Skills	Life Skills	Read up on current events	Beach (Weather Permitting) or outside activity		Study time of your choice
1:300PM - 3:00PM	Homework, computer lab, tutoring for AM students	Homework, computer lab, tutoring for AM students	Homework, computer lab, tutoring for AM students	Homework, computer lab, tutoring for AM students			Study time of your choice
3:00PM - 4:00PM	Gym for AM students, PM students arrive at center at 4:00	Gym for AM students, PM students arrive at center at 4:00	Gym for AM students, PM students arrive at center at 4:00	Gym for AM students, PM students arrive at center at 4:00		Study time of your choice	Study time of your choice
05:30:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Evening	12 Step Meeting	12 Step Meeting	Alumni 6:30-7:30	12 Step Meeting	12 Step Meeting	12 Step Meeting	House Meeting
Any evening hour of free time	Read your textbook	Read your textbook	Read your textbook	Read your textbook		Study time of your choice	Study time of your choice
Lights Out	10:00:00 PM	10:00:00 PM	10:00:00 PM	10:00:00 PM	11:00:00 PM	11:00:00 PM	10:00:00 PM