

**JR Lab Schedule**  
**July 9, 2013**  
**Saltwater Pavilion, Rockport Beach**  
**Rockport, TX**

9:30-10:00 Registration

10:00 – 10:30 Orientation

10:30-11 Session 1

Team Building

Safety

Seining

Kayaking

Free Swim

11-11:30 Session 2

Team Building

Safety

Seining

Kayaking

Free Swim

11:30 – 12:15 Lunch

12:30 – 1 Session 3

Team Building

Safety

Seining

Kayaking

Free Swim

1-1:30 Session 4

Team Building

Safety

Seining

Kayaking

Free Swim

1:30 – 2 pm Session 5

Team Building

Safety

Seining

Kayaking

Free Swim

2:00- 2:15 Snack

2:30 – 3:30 All Participant Relay

3:30 – 4: 00 Wrap up and Evaluation