

## ***Retreat Schedule (Sample)***

### ***Sunnyside-Up Community Church***

#### **Friday:**

7:00 – 7:30	Arrive, room assignments, get settled
7:30 – 8:00	Introductions, go over camp guidelines, schedule, etc.
8:00 – 8:15	Snack in camp dining hall
8:15 – 9:00	Icebreaker games in meeting room
9:00 – 11:00	Organized gym time – basketball and/or volley ball games
11:15	Lights out

#### **Saturday:**

8:00 – 8:45	Breakfast
9:00 – 10:30	Group session – Singing, worship, speaker, etc.
10:30 – 11:45	Scavenger hunt
12:00 – 1:00	Lunch
1:00 – 3:00	Open gym time, miniature golf, hiking, boating, practice skits
3:00 – 5:15	Group activity (zip line or climbing wall)
5:30 – 6:30	Supper
6:45 – 8:30	Group session - Skits
8:30 – 9:00	Wagon ride
9:00 – 10:30	Campfire, snack at fire
10:30 – 11:00	Cabin devotions
11:15	Lights out

#### **Sunday:**

8:00 – 8:45	Breakfast
8:45 – 9:15	Clean up cabins, pack
9:30 – 11:00	Worship service
11:00 – 11:45	Group activity or individual quiet time outside
12:00 – 1:00	Lunch
1:00	Load up and depart

*Of course there are any number of variables to this schedule. This is simply a sample to get you started. This schedule was prepared with youth in mind. An adult retreat schedule would probably look different from this schedule.*

*See the camp's literature for recreation options.*

*Revised – 10/2014*