

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.