



Sample Mama and Son Weekend Schedule

Friday

Time	Activity
3:00 - 5:00 pm	Registration – arrive, unpack, relax and unwind
5:00 – 6:15 pm	Welcome Gathering and Icebreakers
6:15 – 7:30 pm	DINNER
7:30 – 9:00 pm	Evening Entertainment – TBD (comedian, magician, etc)
9:00 – 10:30 pm	Campfire & S'mores

Saturday

Time	Activity
7:00 – 8:30 am	BREAKFAST
9:00 – 10:30 am Session Choice 1	Self Defense Workshop
	Lego Art
	DIY Bow and Arrows
	Fire Building and Outdoor Cooking
	Rock Climbing
10:30 – 11:15	MORNING SNACK
11:15 – 12:30 pm Session Choice 2	Brazilian Jiu Jitsu
	DIY Lava Lamps
	Cooking Class
	Outdoor Survival Skills
	Archery
12:30 – 1:30 pm	LUNCH
1:30 – 3:00 pm Session Choice 3	Bootcamp Workout
	Paint Night Party
	Building Recycled Cars
	Compass Scavenger Hunt
	Tree Top Trekking
3:00 – 3:30 pm	Snack
3:30 – 5:30 pm Free Time	Open Waterfront – Kayaking, Canoeing
	Group Photos
5:30 – 7:00 pm	DINNER

7:00 – 10:00 pm	Nightly entertainment
9:00 – 11:00pm	Campfire & Late Night Snack

Sunday

Time	Activity
7:30 – 9:00 am	BREAKFAST
9:00 – 9:45 am	Room Clean-up
10:00 – 11:30 am Session Choice 4	Dealing with Bullies - Empowerment Workshop
	Baking Class
	Paracord Bracelets
	Tree Top Trekking
	Voyager Canoeing
11:30 – 12:00 pm	Closing – Survey/Wrap Up/Group Photo
12:00 – 1:00 pm	LUNCH
1:00 – 2:00 pm	Departures

** Subject to change

This schedule is just a sample of the activities that could be offered at any given Mama and Son Retreat. Schedule is subject to change upon confirmation of instructors, but we can guarantee that the options available for each session block will be nothing short of amazing. There will be something for everyone!

Upon your confirmed registration, a schedule will be sent to you a few weeks prior to the Retreat. At that time, you will select the session you wish to sign up for in each session block.