



Sample Family Retreat 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	Fitness activities: Example – Kickboxing, Self Defense, Yoga, Bootcamp
	Educational Activities: Example - Empowerment Workshop, Outdoor Survival Skills, Baking Workshop
	Crafting Activities: Example – Paint Party, Sign Making, Bath Bombs, Lego Art, Lava Lamps
	Outdoor Adventure Activities – Example: Archery, High Ropes, Paddle Boarding
10:30 – 11:15	MORNING SNACK
11:15 – 12:30 pm Session Choice 2	Fitness activities: Example – Zumba, Voyageur Canoeing, Boxing
	Educational Activities: Example – Social Media Safety, Cooking Class, Bullying Workshop
	Crafting Activities: Example – Dream Catchers, Painted Mugs, Wood Burning, Recycled Cars
	Outdoor Adventure Activities – Example: Rock Climbing, Kayaking, Mountain Biking
12:30 – 1:30 pm	LUNCH
1:30 – 3:00 pm Session Choice 3	Fitness activities: Example – Self Defense, Hiking, Latin Dancing
	Educational Activities: Example – Compass Scavenger Hunt, Science Experiments, Prepping for College
	Crafting Activities: Example – Glass Etching, Mosaic Tiling, Wood Working, DIY Bow & Arrows
	Outdoor Adventure Activities – Example: Low Ropes, Axe Throwing, Voyager Canoe
3:00 – 3:30 pm	Snack
3:30 – 5:30 pm Free Time	Open Waterfront – Kayaking, Canoeing, Paddle Boarding
	Open Activities – High Ropes, Archery, Rock Climbing

5:30 – 7:00 pm	DINNER
7:00 – 10:00 pm	Nightly entertainment – Themed Dance Party
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	Fitness Activities: Example - Running, Karate, Bootcamp, Obstacle Course
	Educational Activities: Example – Meditation, Bike Repairs, Car Maintenance, Fire Building, Natural Beauty
	Crafting Activities: Example – Perler Beads, Wood Carving, String Art, Paracord Survival Bracelets, Leather Working
	Outdoor Adventure Activities: Example – Zip Line, Bungee Jump, Fishing,
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 Family 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.