



## Sample Parent and Child Weekend Schedule

### Friday

Time	Activity
3:00 - 5:00 pm	Registration – arrive, unpack, relax and unwind Customize your t-shirt station
5:00 – 6:15 pm	Welcome Gathering and Icebreakers
6:15 – 7:30 pm	<b>DINNER</b>
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	<b>BREAKFAST</b>
9:00 – 10:30 am Session Choice 1	Fitness activities: Example - Yoga, Break Dancing, Parkour
	Educational Activities: Example - Empowerment, Wellness, Bullying
	Crafting Activities: Example – Sling Shot Making, Sign Making,
	Outdoor Adventure – Example: Archery, High Ropes, Paddle Boarding
10:30 – 11:15	<b>MORNING SNACK</b>
11:15 – 12:30 pm Session Choice 2	Fitness activities: Example – Zumba, Voyageur Canoeing
	Educational Activities: Example – Social Media Safety, Cooking Class
	Crafting Activities: Example – Dream Catchers, Painted Mugs, Paint Party
	Outdoor Adventure – Example: Rock Climbing, Kayaking, Mountain Biking
12:30 – 1:30 pm	<b>LUNCH</b>
1:30 – 3:00 pm Session Choice 3	Fitness activities: Example – Self Defense, Hiking, Latin Dancing
	Educational Activities: Example – Beauty Workshop, Prepping for College
	Crafting Activities: Example – Glass Etching, Tiling, Wood Working
	Outdoor Adventure – Example: Low Ropes, Axe Throwing, Voyager Canoe
3:00 – 3:30 pm	<b>Snack</b>
3:30 – 5:30 pm Free Time	Open Waterfront – Kayaking, Canoeing, Paddle Boarding
	Group Friendship Photos
5:30 – 7:00 pm	<b>DINNER</b>
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	Kid Workshop Example – Dealing with Bullies - Empowerment Workshop
	Parent Workshop Example – How to talk about the birds and the bees
	Fitness Workshop – Bootcamp, Partner Workout, Man Hunt
	Outdoor Adventure – Disc Golf, Zip Line, Paintball
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 Parent and Child 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.**