

## **Retreat Sample Weekend Schedule**

### **Friday**

7:00 p.m. Arrival and move in  
9:00 Camp Welcome -MLC Staff  
9:15 Group led Icebreakers and team building activities  
10:00 Lights out in Cabins

### **Saturday**

8:30 a.m. Breakfast  
9:15 All Group Game  
9:45 Group A – Low Ropes Challenge Course  
Group B – Wilderness Survival  
11:00 (Switch)  
12:00 Break  
12:30 p.m. Lunch  
1:30 Open Choice-  
Arts and crafts  
Nature Center  
Athletic field activities  
3:00 Group A – Bog Hike/Wagon Ride  
Group B – Archery  
4:15 Switch  
5:30 Break  
6:00 Dinner  
7:15 Dutch Auction  
8:00 Campfire and s'mores  
8:30 The Legend of Bruno  
10:00 Lights out in Cabins

### **Sunday**

8:30 a.m. Breakfast/Pack up  
9:00 Open Choice  
10:00 Departure