



Sample Retreat November 6-8, 2009

Friday- November 8

5:30.....Arrive at Camp Canaan
5:30-6:00.....Welcome & Orientation
6:30-7:30.....Dinner & Clean-up
7:30-9:00.....Group Time
9:00-10:30.....Campfire
11:00-.....Lights Out

Saturday- November 7

8:30-9:00.....Breakfast/ Cleanup
9:00-12:30Ropes Course
12:30-1:00.....Lunch
1:00-4:30.....Kayak Trip
4:30-6:30.....Free Time/ R & R
6:30-7:30.....Dinner/ Cleanup
7:30-9:00.....Group Time
9:00-10:30.....Campfire
11:00-.....Lights Out

Sunday- November 8

8:30-9:30.....Breakfast/ Cleanup
9:30-11:00.....Group Time
11:00-12:00.....Pack-up & Check-out