



# Sample 3-Day Retreat Schedule

Times	(Date of Retreat)
Visiting School	(School Name) ESP Retreat (School Location)
10:30	Welcome! Settle in to Retreat Center
10:40	Staff Introductions, Rules/Orientation, Large Circle Group Games
11:00	Split into small groups – get to know you games, FVC, what does ESP mean?
11:15	Make sack lunches and head out on your ESP hike! #1- #2- #3- (more or fewer groups as needed)
2:15	Eco-Rotation #1 – Eco-Warriors in small groups
3:30	Snack and bathroom break
3:45	Choice Time – 1. Arts and Crafts- 2. Canoeing- 3. Archery- 4. Capture the Flag- (other choice times include Fishing, Dodgeball, Mountain Biking, Games, etc.)
5:00	Afternoon Program –
5:30	Kitchen Crew (5:30-7:15)- Recreation Time – Basketball Courts
6:00	Dinner – ORT intro
7:15	Campfire! Set up fires and lanterns- 1. 5. 2. 6. 3. 7. 4. 8.
8:30	Genesis Vespers-
9:00	Return to Retreat center to get some sleep!

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7:30	Kitchen Crew (7:30-9:15)-
8:00	Breakfast
8:45	Morning Praise and Prayer –
9:15	Eco-Rotation #2 #1 – #2 – #3 –
10:30	Transition Time
10:45	Eco-Rotation #3 #1 – #2 – #3 – (small groups rotate through eco-rotations)
12:00	Free time on basketball courts Kitchen crew (12:00-1:13)-
12:30	Lunch
1:15	Eco-Rotation #4 #1 – #2 – #3 –
2:15	Transition Time
2:30	Eco-Rotation #5 #1 – #2 – #3 –
3:30	Snack and bathroom break
3:45	Choice Time – 1. Arts and Crafts- 2. Canoeing- 3. Archery- 4. Capture the Flag-
5:00	Afternoon Program-
5:30	Kitchen Crew (5:30-7:15)- Recreation Time – Basketball Courts
6:00	Dinner
7:15	Alpha Wolf and Night Hike
8:30	Vespers-
9:00	Return to Retreat center to get some sleep!

Times	(Date of Retreat)
Visiting School	(School Name) ESP Retreat (School Location)
7:30	Rise and Shine – Pack and Clean
7:30	Kitchen Crew (7:30-8:45)-
8:00	Breakfast
8:45	Solo Hike (ESP cards) *Keep a chaperone in the back and have them release kids every couple minutes and then pick up the cards 1. 2. 3.
9:40	Group Eco-Warriors! (Jumprope or another group teambuilding initiative)
10:40	Abraham's Pact
11:00	Finish packing and cleaning, free time on basketball courts Kitchen Crew (11:00-end)-
11:30	Lunch
12:30	Bye for now!