



Adult Retreat 2025 Itinerary

DAY 1: Tue, June 3

- 3:00 – 5:00 PM **Check-In**
- 5:30 – 6:15 PM **Cook & Connect**
- 6:15 – 6:30 PM **Intros / Ice Breaker / Goals for Retreat**
- 6:30 – 7:30 PM **Dinner**
- 7:30 – 8:30 PM **Break**
- 8:30 – 11:00 PM **Fire Pit / S'mores and/or Sports Center**

DAY 2: Wed, June 4

- 7:30 – 8:30 AM **Cook & Connect**
- 8:30 – 9:30 AM **Breakfast**
- 9:30 – 11:30 AM **Canyons Cars, Big Swing**
- 11:30 – 12:30 PM **Cook & Connect**
- 12:30 – 1:30 PM **Lunch**
- 1:00 – 3:30 PM **Canyon Pool & Open Activities:
Sports Center, Frisbee Golf, Hike**

DAY 2: Wed, June 4 continued

- 4:00 – 5:00 PM **flok App Demo & Feedback Session**
- 5:30 – 6:30 PM **Cook & Connect**
- 6:30 – 7:30 PM **Dinner**
- 7:30 – 7:45 PM **Break**
- 7:45 – 11:00 PM **Movie Night / Fire Pit / Chat Time**

DAY 3: Thu, June 5

- 8:00 – 9:00 AM **Cook & Connect**
- 9:00 – 9:30 AM **Breakfast**
- 9:30 – 10:45 AM **Pack Up / Open Activities:
Sports Center, Frisbee Golf, Hike**
- 10:45 – 11:30 PM **Lodge Clean Up / Meal Prep**
- 11:30 – 12:00 PM **Lunch-to-Go / Check-Out**
- 12:00 – 2:00 PM **Transition to Creekside
(Camp Attendees)**
- 2:00 – 5:00 PM **Family Camp Volunteering (Optional)**

