



Teen Retreat Sample Schedule

Saturday

Time	Session
10:00 AM	Arrival and Orientation
10:30 AM	Group Initiatives
11:30 AM	Introduce Group Activity
12:00 PM	Group Photo
12:30 PM	Lunch
1:15 PM	<p>Next Step Sessions</p> <p>We will cover topics that our teens are facing or will be facing in the near future. We will be discussing some of their next options and what expect. Teens will also get a chance to share their experiences and ask questions.</p>
2:00 PM	Snack @ Camp Store
2:15 PM	<p>Job Skill Sessions</p> <p>These will give teens useful tips to help find, apply for, and maintain a job. Older teens will have a chance to build a resume or interview. Younger teens will talk about short term goal setting or their personal leadership style.</p>
3:00 PM	<p>Camp Activities</p> <p>This will be an opportunity to participate in traditional camp activities. Teens will have a chance to try multiple activities with a free flowing atmosphere.</p>
4:00 PM	<p>Roundtable Discussions</p> <p>Discussions will be a chance to learn about Camp Cosby's and the YMCA of Greater Birmingham's volunteer and employment opportunities. There will be program representatives present during this time.</p>
4:45 PM	<p>Learn a Life Skill</p> <p>Teens will learn an important skill that applies to their stage in life. Some of the topics include basic care maintenance, healthy eating and cooking, introduction to fiscal management, and carpentry with tool education.</p>
5:30 PM	Dinner

Time	Session
6:15 PM	Group Activity Time
7:30 PM	Fall Themed Evening Programs We will be offering a few options of fun, traditional Halloween and fall activities. Pumpkin carving, costume themed dance, and even a haunted trail will available to those interested.

Sunday

Time	Session
7:45 AM	Morning Watch A chance for everyone to gather before breakfast and start the day off right!
8:00 AM	Breakfast
8:45 AM	Pack and Move Luggage
9:30 AM	High Ropes
11:00 AM	Service Project We will be making no sew fleece blankets for Project Linus. This organization provides handmade blankets for children in need.
12:30 PM	Lunch
1:15 PM	Group Activity Competition Each group will have had time to collaborate to create their project. This will be their opportunity to demonstrate why their team should win!
2:00 PM	Closing
3:00 PM	Departure