YMCA CAMP COSBY Teen Retreat Sample Schedule

Friday

7:00 PM	Arrival and Move Into Cabins
8:00 PM	Orientation & Group Initiatives
8:30 PM	Team Building & Get To Know You Time
10:00 PM	Lights Out

Saturday

7:45 AM	Morning Watch A chance for everyone to gather before breakfast and start the day off right!
8:00 AM	Breakfast
9:00 AM	Group Photo
9:30 AM	Learn a Life Skill 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.
11:30 AM	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!
12:30 PM	Lunch
1:15 PM	Next Step Sessions 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 to expect. Teens will also get a chance to share their experiences and ask questions.
2:00 PM	Snack @ Camp Store

2:15 PM	Job Skill Sessions 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.
2:45 PM	Roundtable Discussions Discussions will be a chance to learn about Camp Cosby's as well as the YMCA of Greater Birmingham's volunteer and employment opportunities. There will be program representatives present during this time.
3:00 PM	Camp Activities 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.
6:00 PM	Dinner
7:00 PM	Themed Evening Programs We will be offering a few options to let our teens have some evening fun!
8:30 PM	Campfire

Sunday

7:45 AM	Morning Watch
8:00 AM	Breakfast
8:45 AM	Pack and Move Luggage
9:30 AM	Camp Activity
10:30 AM	Hands on CPR Training
11:00 AM	Service Project - TBD
12:15 PM	Lunch

1:00 PM	Closing and Departure