



YOUNG ADULT RETREAT

Arrival Friday 4-6 PM **Departure** Saturday at 7 PM | **Speaker:** Dwayne Morris

Event Cost: \$65: Includes all meals, lodging, facility usage, program activities, and sessions.

Activity: Disc Golf and Ice Cream @ 1:00 pm (Meet at Camp CoBeAc.)

Join us for some fun before the retreat starts! We will play 18 holes of golf, play softball and/or ultimate Frisbee, and go out for some ice cream. It is **\$5** if you bring your own disc and **\$10** if you do not bring your own disc. **RSVP** by adding this activity to your registration form. It is recommended to bring your own softball equipment if you plan to play softball.

Accommodations: Each cabin has several bunk beds that have comfortable twin mattresses and its own private bathroom and shower area. Don't forget your bedding!

Meals: Meals will be held in the dining hall. Our kitchen is equipped to provide well balanced meals for all our guests, and we do make accommodations for those with food allergies. Please indicate on your registration if you will need assistance with allergies, including gluten, dairy, lactose, nuts, etc. We *cannot* accommodate special requests if you do not have an allergy (such as Vegan/Vegetarian/Keto/Whole30). Campers with these lifestyle choices may bring a cooler with his/her name on it and coordinate with our Kitchen Supervisor.

On-Site Activities: Ugly Mug Coffee Shop and Gift Shop, indoor gym activities, outdoor activities (such as Climbing Wall and Zipline, putt putt weather permitted), delicious meals, and plenty of places to mingle, play board games, and have a great time.

Packing List:

Twin-sized bedding or sleeping bag	Pen
Bible	Notebook
Pillow	Toiletries
Warm clothes for recreational activities	Towels

Dress Guidelines

CoBeAc Atmosphere - We maintain a conservative emphasis on conduct and attire. This is a casual retreat, and there is no expectation for ladies to wear skirts or dresses to each session though they are still welcome to do so. General guideline for men and women: Neck to the knees and loose.

Sept. 30 - Oct. 1





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Tentative Schedule

Friday

- 1 PM (Optional TBA Activity)
- 4-6 PM Check in at Camp Office
- 6:30 PM Dinner
- 7:15 PM Session 1
- 8:45 PM Dessert in Dining Hall
- 9:15 PM Free Time

Saturday

- 8:30-9:45 AM Ugly Mug Coffee Shop Open
- 9-9:45 AM Breakfast
- 10-10:45 AM Session 2
- 10:45 AM Free Time
- 11:15 AM Split Session
- 12:15 PM Lunch
- 12:45 PM Free Time
- 4:15 PM Pack up
- 4:45 PM Session 3
- 6 PM Dinner
- 7 PM Departure

Sept. 30 - Oct. 1