

## CYE CAMP 2025 “THE STANDARD” ITINERARY

### FRIDAY

[ 12 PM PICKUP ]

**1 PM:** DRIVERS SHOULD HAVE LEFT THEIR /PICK UP SPOTS

[ **3 PM** ARRIVAL AT SPRUCE LAKE RETREAT CENTER ]

**3 PM:** MEET IN GYM UPON ARRIVAL ( BAGS STILL IN CAR )

[ CHECK IN TABLE: shirt, QR code for schedule, room assignment, volunteer? ]

**5:30 PM:** WELCOME SESSION

**6 PM:** DRIVE TO HOUSES

- Everyone get settled in rooms then make your way to Hearthstone for dinner

**6:45 PM:** DINNER

**7:45 PM:** DRIVE BACK TO SERVICE ROOM

**8 PM:** NIGHT SERVICE

**10 PM:** NIGHT REFLECTION

- Houses take inventory and share/discuss what they’ve learned for the day

**10:30 PM:** BEDTIME - HOUSES QUIET

### SATURDAY

**6 AM:** *RISE AND SHINE* - WAKE EVERYONE UP

- Brush teeth, shower, etc

**7 AM:** MORNING DEVOTION

**7:30-7:45 AM:** GET READY FOR THE DAY

[ EVERYONE MUST BE APPROPRIATELY DRESSED FOR THE DAY AND IN VANS TO MEETING ROOM NO LATER THAN **8:30 AM** ]

**8:30 AM:** PRAYER SERVICE

**10 AM:** 15 MIN BREAK

**10:15 AM:** GROUP SESSION 1

**10:45 AM:** 5 MINUTE BREAK *if needed*

**11:20 AM:** 10 MINUTE BREAK

**11:30 AM:** GROUP SESSION 2

**12 PM:** 5 MINUTE BREAK *if needed*

**12:30 PM:** *ALONE WITH GOD* - NAP or PERSONAL REFLECTION/MEDITATION

- Everyone heads back to rooms for personal time - can take a nap, reflect on notes and discussions from the day etc.
- Houses should be quiet at this time

[ WHILE AT HOUSES, EVERYONE CAN CHANGE AND GRAB WHAT THEY NEED FOR FREE TIME BEFORE GOING TO LUNCH ]

**1:30 PM:** LUNCH

**2:30 PM:** FREE ACTIVITY TIME

- Activities at main retreat center facility (pool, tennis court, basketball/volleyball court - outdoor and indoor, mini-golf, game room)

[ AT **4:15 PM** START HEADING BACK TO HOUSES ]

**4:30 PM:** SHOWER / SNACK

**5:15 PM:** RETURN TO MAIN MEETING ROOM FOR EVENING SERVICE

**5:30 PM:** NIGHT SERVICE

**7 PM:** DEBATE NIGHT *or similar activity*

**8 PM:** DINNER

**9 PM:** FREE TIME / MAKE ALL THE CONNECTIONS YOU POSSIBLY CAN

- Decompress and develop connections with peers

**10 PM: NIGHT REFLECTION**

- Houses take inventory and share/discuss what they've learned for the day

**10:30 PM: BEDTIME - HOUSES QUIET**

**SUNDAY**

**6 AM: HOUSE LEADERS BEGIN TO WAKE EVERYONE UP**

- Brush teeth, shower, etc

**7 AM: MORNING DEVOTION**

**7:30-7:45 AM: GET READY FOR THE DAY**

[ EVERYONE MUST BE APPROPRIATELY DRESSED FOR THE DAY AND IN VANS TO HEARTHSTONE NO LATER THAN **8:30 AM** ]

**8:30 AM: BREAKFAST**

**9:30 AM: MORNING SERVICE**

**11 AM: 15 MIN BREAK**

**11:15 AM: GROUP SESSION 1**

**11:45 AM: 5 MINUTE BREAK *if needed***

**12:20 PM: 10 MINUTE BREAK**

**12:30 PM: GROUP SESSION 2**

**1 PM: 5 MINUTE BREAK *if needed***

**1:30 PM: *ALONE WITH GOD* - NAP or PERSONAL REFLECTION/MEDITATION**

- Everyone heads back to rooms for personal time - can take a nap, reflect on notes and discussions from the day etc.
- Houses should be quiet at this time

[ WHILE AT HOUSES, EVERYONE CAN CHANGE AND GRAB WHAT THEY NEED FOR FIELD DAY BEFORE GOING TO LUNCH ]

**2:30 PM: LUNCH**

- Cook out style

**3:30 PM: FIELD DAY**

- Team activities at Hearthstone yard area

[ AT **5:15 PM** START HEADING BACK TO HOUSES ]

**5:30 PM: SHOWER / SNACK**

**6:15 PM: RETURN TO MAIN MEETING ROOM FOR EVENING SERVICE**

**6:30 PM: NIGHT SERVICE**

**7:40 PM: MAIN ROOM CLEANUP**

- Breakdown, pack up equipment, put up chairs and do last sweep of room

**8 PM: DINNER**

**9 PM: BONFIRE to GAME NIGHT**

[ ROUND UP BACK TO HOUSES AT **10:45 PM** ]

**11 PM: NIGHT REFLECTION**

- Houses take inventory and share/discuss what they've learned for the day
- After that you can continue to mingle in your house if you so please

**12 AM: BEDTIME - HOUSES QUIET**

**MONDAY**

**7 AM: HOUSE LEADERS BEGIN TO WAKE EVERYONE UP**

[ PACK UP AND DO YOUR MORNING ROUTINE ]

**8:30 AM: BREAKFAST**

**9:30 AM: CLEAN UP and FINAL REMARKS**

[ ROOMS EMPTY AND KEYS AT FRONT DESK BY **10 AM** ]