

C.O.P.S. FIANCÉS & SIGNIFICANT OTHERS WEEKEND

SAMPLE AGENDA



F R I D A Y

- 5:30 P.M.** All flying and driving attendees have arrived at the YMCA Trout Lodge. Get checked into your room and meet your roommate.
- 5:45 P.M.** Dinner in Dining Hall
- 7:30 P.M.** **OPENING SESSION**
This will give everyone a chance to get acquainted and sign up for weekend activities. We will also talk about expectations for the weekend and the purpose of the weekend.
- 9:00 P.M.** **FREE TIME**

S A T U R D A Y

- 7:30 A.M.** Breakfast in Dining Hall
- 9:00 - 11:45 A.M.** **SUPPORT SESSIONS**
An assigned session of similar peers discussing their officers
- 12:00 P.M.** Lunch in Dining Hall
- 1:00 - 2:30 P.M.** **AFTERNOON ACTIVITIES**
Examples: Alpine Tower, Ceramics, Horseback Riding, Pontoon Boat Fishing, etc.
- 2:30 - 5:00 P.M.** **GROUP ACTIVITY**
Examples: Ceramics, Games, Water Activities, etc.
- 5:30 P.M.** Dinner in Dining Hall
- 6:30 - 9:30 P.M.** **SPECIAL GROUP ACTIVITY**
Examples: Team Building, Painting, Trivia, etc.

S U N D A Y

- | | |
|-------------------------------|--|
| 7:30 A.M. | Breakfast in Dining Hall |
| 9:00 - 10:30 A.M. | 1ST GROUP ACTIVITY <i>Examples: Archery, Choose Your Own Craft, Nature Hike, Zipline, etc.</i> |
| 10:35 - 11:45 A.M. | 2ND GROUP ACTIVITY <i>Examples: Group Session, Water Activities, etc.</i> |
| 12:00 P.M. | Lunch in Dining Hall |
| 1:15 - 2:45 P.M. | 1ST GROUP OF BREAKOUT SESSIONS You will have the opportunity to choose from different breakout sessions and attend the one that best fits your needs. We will plan the topics based off suggestions from previous programs. |
| 3:00 - 4:30 P.M. | 2ND GROUP OF BREAKOUT SESSIONS You will have the opportunity to choose from different breakout sessions and attend the one that best fits your needs. |
| 5:00 P.M. | CLOSING SESSION Closing Session will give everyone a chance to reflect on the weekend. We will talk about what you received from the program, give you the opportunity to thank those that made an impact, and discuss ideas on how to make the program better for future years. |
| 5:30 P.M. | Dinner in Dining Hall |
| 7:15 P.M. | SPECIAL GROUP ACTIVITY <i>Examples: Karaoke, Theme Night, Games, Campfire, etc.</i> |
| 8:30 P.M. | BONFIRE BY THE LAKE Relax, enjoy each other's company, and roast marshmallows. |

M O N D A Y

- | | |
|------------------|--|
| 7:30 A.M. | Breakfast in Dining Hall |
| 8:00 A.M. | Bus arrives at YMCA Trout Lodge for those that are flying. Baggage is loaded. |
| 8:30 A.M. | Bus leaves the YMCA Trout Lodge for Lambert International Airport and driving participants depart. |

THIS IS NOT A FINALIZED AGENDA.

THIS IS A SAMPLE AGENDA TO GIVE YOU A BETTER IDEA OF WHAT TO EXPECT.