## **RMBC SAMPLE WEEK SCHEDULE**

## SUNDAY

| 7:00-8:00 | Arrival & Check-In                 |
|-----------|------------------------------------|
| 8:30      | Welcome Meeting & RMBC Orientation |
| 8:45      | Pizza Snack                        |
| 9:30      | Session                            |
| 10:30     | Small Group Time                   |
| 11:00     | Late Night Activity                |
| 12:00     | To Lodging Areas                   |
| 10.00     |                                    |

12:30 Lights Out

## MONDAY-THURSDAY

| 8:00  | Breakfast                |
|-------|--------------------------|
| 9:00  | Session/Small Group Time |
| 11:00 | Organized Activity       |
| 12:30 | Lunch                    |

- 12:30Lunch1:30Free Time
  - Lake, Gym, Game Room, Hiking Trails, Disc Golf, etc.
  - Select 1-2 Facilitated activities from RMBC Activity
    Options
  - 1-1.5 hour snackshop time.

| 5:00  | Dinner           |
|-------|------------------|
| 7:00  | Session          |
| 9:00  | Evening Activity |
| 10:30 | To Cabins        |
| 11:00 | Lights Out       |

## SUNDAY

| 8:00  | Breakfast        |
|-------|------------------|
| 9:00  | Pack Up/Clean Up |
| 10:00 | Chapel           |
| 12:00 | Lunch            |
| 1:00  | Depart RMBC      |