

SLMC Couples Retreat Schedule (tentative)

Friday

7:30-8:00pm	Arrival and Check-in
8:30-9:15	Welcome and Session 1 in the Dining Hall
9:15	Snack and free time

Saturday

8:15-9:00am	Breakfast
10:00-12:00	Session 2
12:15	Lunch
1-3:30	Free time (snowshoeing, cross-country skiing, broom ball, reading/relaxing by the fire, napping, off-site skiing available)
3:30	Snack
4:00-5:30	Session 3
5:45	Dinner
7:30	Planned Event - to be announced
9:00	Free time

Sunday

8:15-9:00am	Breakfast
10:00-11:30	Session 4
	Thank you and wrap up
11:30-12:30	Free time
12:30	Lunch

** Cross-country skis and snowshoes are available in the nature centre all weekend. Please use and return! The nature centre is across from the large metal building behind the Meadows. Enjoy!

** If you want to go off-site skiing, there are a couple different trails. Please have cash on hand for entrance fee. SLMC staff can provide locations and directions.