



Overnight Lock-in Recreation (12 hour program)

PURPOSE – *To provide high energy, fun event for the participants to interact and build relationships*

PROGRAM – Activities can include the following:

- High-energy, group activities (group competitions, fun games)
- High Ropes Course
- Climbing Wall
- Team Building Challenges
- Inflatables (wrecking ball, joust/boxing arena)
- Free time (basketball, and other sports)
- Movies
- Black light sports
- Bow tag
- Sleep – for those that need it!

TYPICAL SCHEDULE – *Facilitators will nearly always make adjustments to customize the program to the individual group's needs. This schedule is flexible.*

8:00 pm to 2:00 am

3 hours – Group games/ Team challenges

0.5 hours – Break for snacks, pizza

2.5 hours – High ropes challenge course/Rock Climbing

2:00 am to 8:00 am

Structured free time – Many options are offered for the participants. Each person can go to the activity that interests him or her most:

- Basketball and other sports
- Movies
- Inflatables
- Card games and board games
- Foosball, Ping Pong, Hockey, GaGa Ball and 9 Square in the Air
- Bow Tag
- Sleeping on beanbags (if desired)