

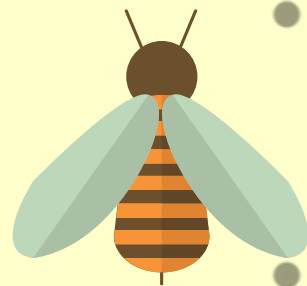
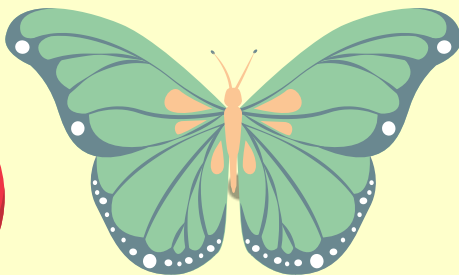
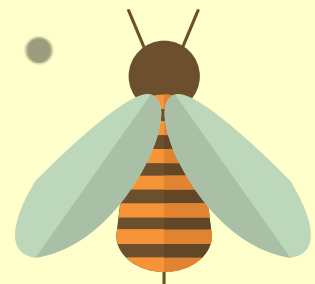


SHEKINAH SCHOOLS

# *SPRING PROGRAM*

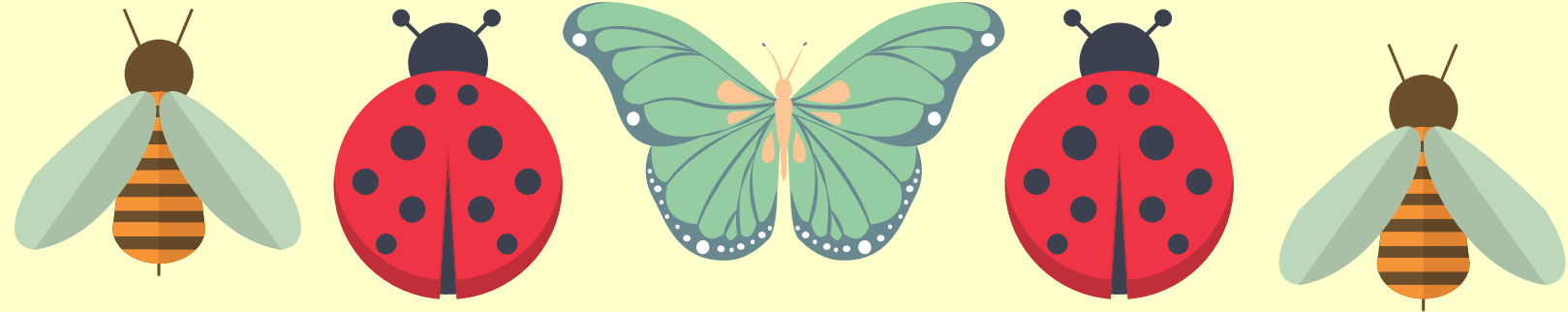
May-June

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# 2020 RATES

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## Shekinah School Program

**Regular Day** (9am-4:30pm) \$20/student

Deposit \$125

**2 Days/1 Overnight** \$42/student

Deposit \$250

**3 Days/2 Overnight** \$52/student

Deposit \$375

**Hot Dog Lunch** \$5/ student and adult

**\*Minimum charge of 15 students**

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Deposits are payable at the time of booking and are fully non-refundable. If, however, a trip must be cancelled, the deposit can be transferred to another date.

### Payment Options:

Visa/Mastercard:

<https://www.shekinahretreatcentre.org/index.php/about-shekinah/deposit-payment>

E-transfer: [director@shekinahretreatcentre.org](mailto:director@shekinahretreatcentre.org)

Cheque mailed to Box 490, Waldheim SK S0K 4R0

# PLANNING YOUR CLASS TRIP

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**1.** Pick-A Trip. Pick the experience you would like your students to have and how many days you will be at Shekinah.

**2.** After confirming date availability, please submit a Facility Rental Application form (online).

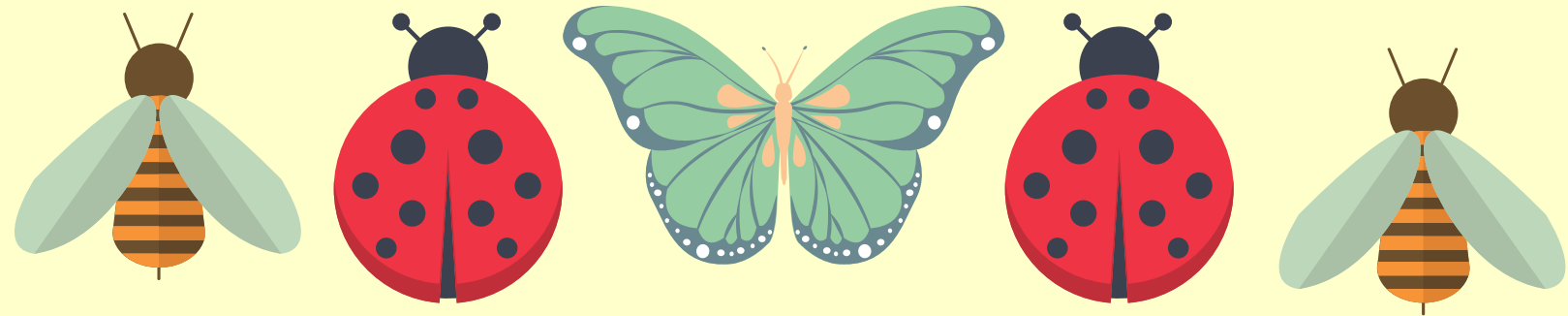
**3.** Make a deposit. This is required to secure your booking.

**4.** Shekinah's Program Director will contact you to confirm your booking.

**5.** Stay in touch. School groups are asked to email the Program Director two weeks ahead of their booking to confirm arrival and departure times, numbers, and schedule.

**6.** Good weather is not a guarantee. Please check ahead of time and make sure students are prepared well, as this significantly impacts how much they enjoy their trip.

\*If weather gets in the way of outdoor activities Shekinah staff will lead your students in indoor activities.



# PICK-A-TRIP

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## Adventure Trip

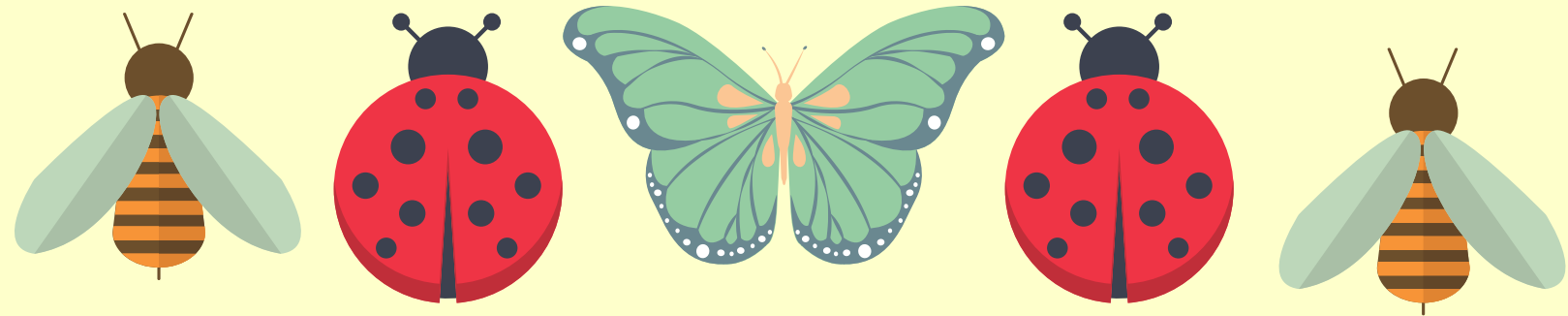
(Recommended for Spring)

Shekinah's Adventure outdoor experience is a great way to end off the year as it is less of an educational experience and more of a treat. We start our day with a group hike on Ravine Trail, Shekinah's most scenic route. This brings us out to the features of this trip, Zip-line and Climbing Wall. From this point on whether you are here for 2 days, 3 days, or just 1 we take care of all the activities. We just ask you to provide supervision for meals, down time, and at night.

**Maximum 60 students.**

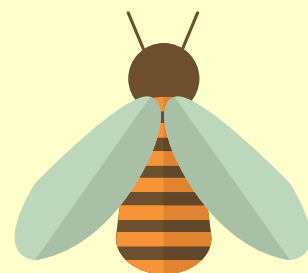
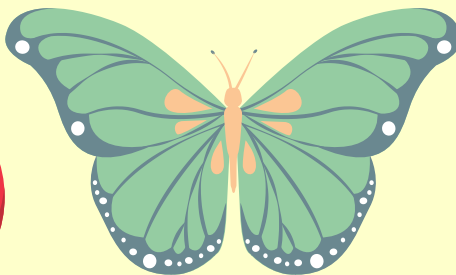
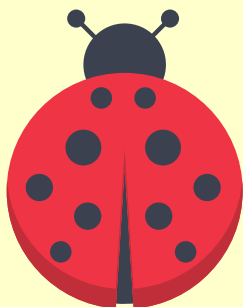
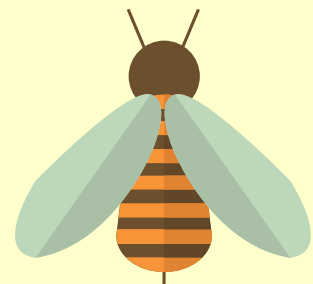
**To start your schools booking visit:**

<https://www.shekinahretreatcentre.org/index.php/rentals/facility-rental-application>



# ADVENTURE TRIP SCHEDULES

1 Day		2 Day		3 Day	
Time	Activities	Day 1	Day 2	Day 1	Day 2
9:00 AM	Arrive	10:00 AM	Arrive	10:00 AM	Arrive
9:10 AM	Shekinah Orientation	10:10 AM	Shekinah Orientation	10:10 AM	Shekinah Orientation
9:30 AM	Hike	11:00 AM	Hike	11:00 AM	Hike
10:15 AM	Zip-line	12:00 PM	Lunch	12:00 PM	Lunch
11:15	Climbing Wall	1:00 PM	Zip-line/Climbing Wall	1:00 PM	Zip-line/Climbing Wall
12:30 PM	Lunch	3:30 PM	Head back	3:30 PM	Head back
1:00 PM	Sc-Orienteering/Campfire Skills	3:45 PM	Free Time	3:45 PM	Free Time
3:15 PM	Head back	5:00 PM	Supper	5:00 PM	Supper
3:30 PM	Free Time	6:30 PM	Evening Game	6:30 PM	Evening Game
4:00 PM	Depart	9:00 PM	Snack	9:00 PM	Snack
		10:00 PM	Mission Impossible	10:00 PM	Mission Impossible
		11:30 PM	Lights Out!	11:30 PM	Lights Out!
		8:00 AM	Breakfast	8:00 AM	Breakfast
		9:30 AM	Survival Orientation	9:30 AM	Survival Orientation
		10:00 AM	Shekinah Survival Game	10:00 AM	Shekinah Survival Game
		11:30 AM	Debrief	11:30 AM	Debrief
		12:00 PM	Lunch	12:00 PM	Lunch
		1:00 PM	Cleanup/Pack	1:00 PM	Free Time
		2:00 PM	Depart	2:00 PM	Introduction to Initiative Tasks
				2:10 PM	Starter Tasks
				2:40 PM	Initiative Tasks
				5:00 PM	Lunch
				6:30 PM	Evening Game
				8:30 PM	Snack
				10:00 PM	Night Hike
				11:30 PM	Lights Out!
				8:00 AM	Breakfast
				9:30 AM	Fire Building Skill/Sc-Orienteering
				11:30 AM	Pack
				12:00 PM	Lunch
				1:00 PM	Cleanup
				2:00 PM	Depart



# PICK-A-TRIP

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## Custom Made

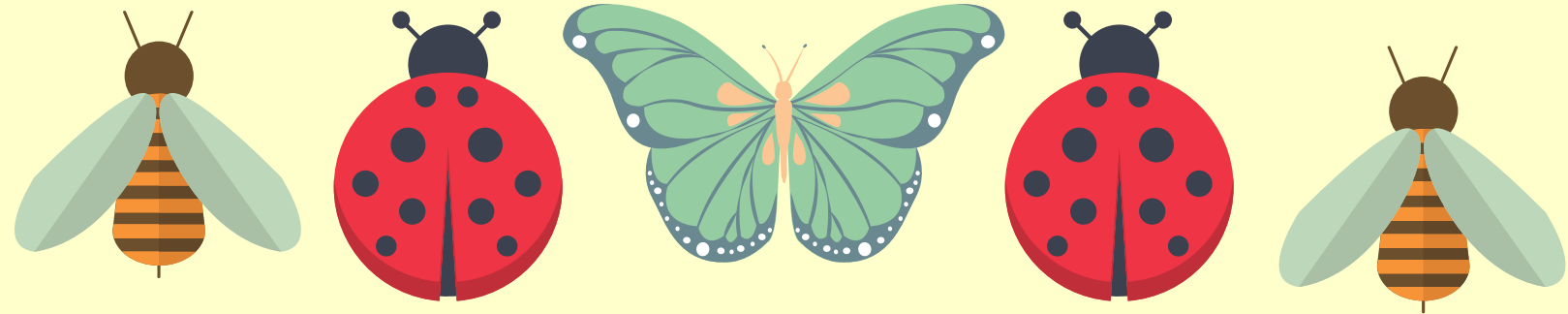
Build-Your-Own adventure. This option accomodates schools that have been coming to Shekinah for years and already have a schedule that works for them. If you are a new school or teacher we reccomend the top two options.

# ACTIVITIES LIST

Guided Hike  
Flying Fox (zip-line)  
Climbing wall  
Initiative Tasks  
Sc-orienteeing  
Fire Building Skills  
Survival Game  
Mission Impossible (night game)  
Night Hike  
Movie Night  
Wiener Roasting Fire

**To start your schools booking visit:**

<https://www.shekinahretreatcentre.org/index.php/rentals/facility-rental-application>



# ACCOMMODATIONS<sup>8</sup> AND RULES

## ACCOMMODATIONS

Day groups: Home base is the shelter in the field. Chalet washrooms open. Chalet hall available for rainy days.

Overnight groups:

Chalet- sleeps 40 with a curtain to divide the building in half.

Cabins- sleep 40+

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## Food and Water

Full kitchen available. Please make arrangements in advance to use the kitchen.

Shekinah's water is safe to drink, and we want you to enjoy it.

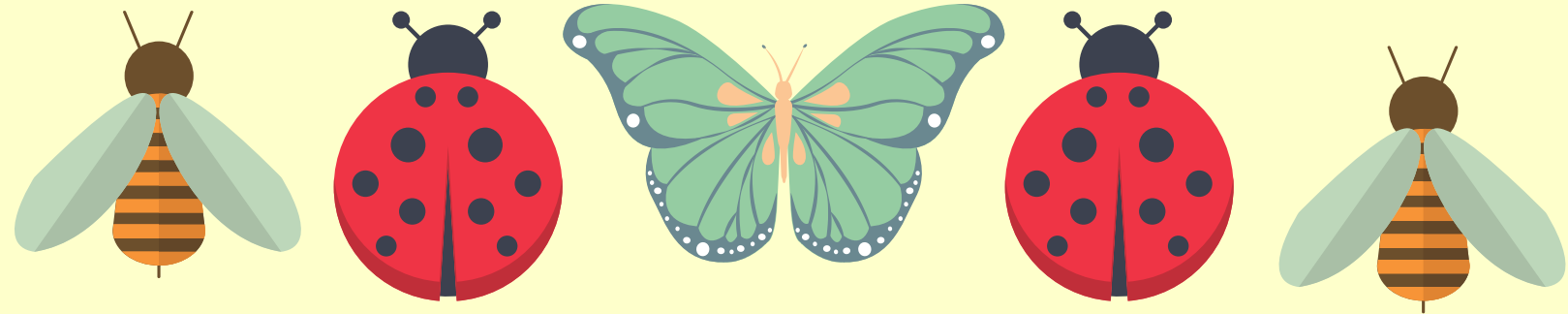
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## SITE RULES AND REGULATIONS

No pets allowed. We are a natural and safe space for wildlife, and for those with pet allergies!

Smoking is only permitted outside and in designated areas.

Please ask Shekinah staff where these places are.





## SUPERVISION

We recommend a ratio of 1 supervisor for every 10 students. We expect this level of supervision of the students even when a Shekinah staff member is leading an activity. Your adults are responsible for supervising students during transitions and at night. Shekinah staff are available to work with your school between 9am - 5pm. We are available to give suggestions for possible evening activities at camp and then you will be responsible for leading these activities.

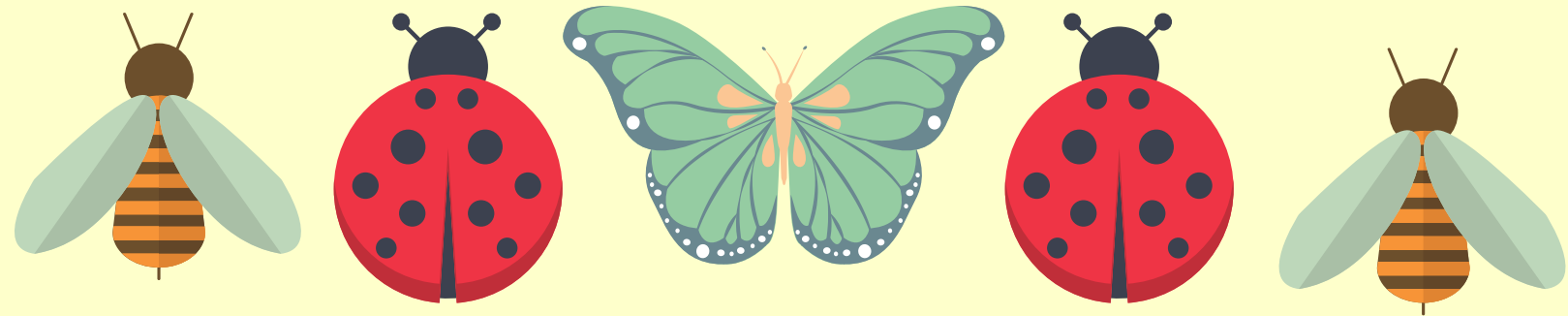
Please remember to bring your own FIRST AID KIT!!!! This is important in the case of injury or an emergency!

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## ADDITIONAL NOTES

Your group is responsible for any damages incurred over and above regular wear and tear on Shekinah property. Food services, medical drug supervision, and food preparation are required by the adults accompanying the group for the duration of the stay.

Community schools may apply for additional subsidy by contacting Shekinah's office for an application form



# CONTACT INFORMATION

Program Director Craig Friesen: [craig@shekinahretreatcentre.org](mailto:craig@shekinahretreatcentre.org)

Office: 306-945-4929

Chalet: 306-945-4941

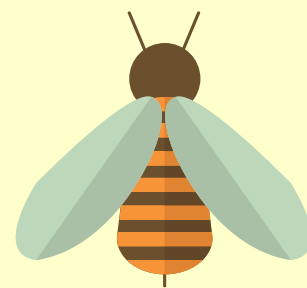
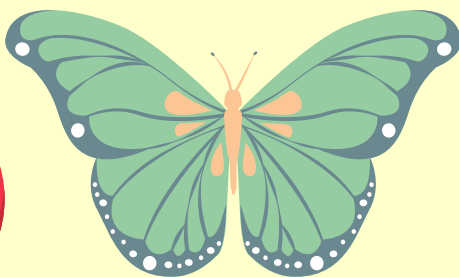
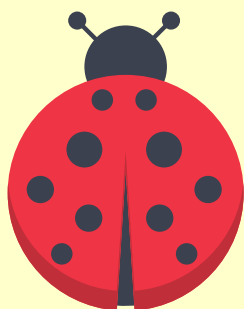
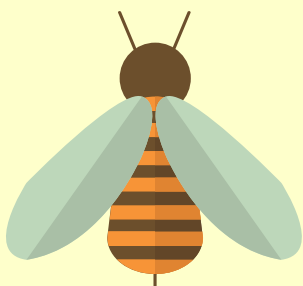
Shekinah Website: [shekinahretreatcentre.org](http://shekinahretreatcentre.org)

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Shekinah is a special place for me. I was first introduced to Shekinah as a summer camper. Since then I have volunteered and worked for Shekinah in various capacities. I am thrilled to be serving you as Shekinah Retreat Centre's Program

Director.

-Craig



# PACKING LIST

## Day Trips:

- weather appropriate clothing
- rain jacket
- close toed shoes
- hat
- backpack
- water bottle
- medications
- bug spray
- sun screen

## Overnight Trips:

- weather appropriate clothing
- rain jacket
- close toed shoes
- sweater
- pants
- hat
- backpack
- Towel
- water bottle
- medications
- bug spray
- sun screen
- Sleeping bag
- Pillow
- Flash light
- Toiletries

