

## **HOPE ON THE RISE SAMPLE RETREAT AGENDA**

### **FRIDAY**

3:00 pm	Arrival and registration
4:30 pm	Introductions/Program overview
5:30 pm	Dinner
7:00 pm	Icebreaker (optional)

### **SATURDAY**

7:30 am	Breakfast
8:30 – 9:15 am	Fly fishing overview of equipment
9:15 – 9:35 am	Essential knots
9:35 – 10:45 am	Entomology and fly selection
11 – 11:45 am	Casting demos and practice
12:00 – 1:00 pm	Lunch
1:15 – 1:45 pm	Stream etiquette
1:45 – 3:15 pm	On-water instruction and catch and release fishing
3:15 – 5:30 pm	Free Time (Our staff is available for those who wish to continue fishing)
5:30 pm	Dinner
6:45 pm	“Reflections on Fly Fishing” and Fireside Chat

### **SUNDAY**

6:45 am	Morning gathering
7:15 am	Breakfast/Check-out
8:45 am	Depart for river
9 am – 12:00 pm	Catch and release fishing (River Helpers invited for the day)
12:15pm	Depart for Lodge
1:00 pm	Lunch
2:00 pm	Closing Ceremony
3:00 pm	Departure