

Sample SOAR Montreal Schedule

	Orientation					Assignment							Debrief			
	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	
7:00AM		Wake Up				Wake Up										
8:00 AM		Breakfast & Leader's Meeting				Breakfast & Leader's Meeting										
9:00 AM		Worship & Prayer			Join Church Services	Worship & Devotion							Join Church services	Worship & Prayer		Departures
10:00 AM		Teaching				Solo Time, Team Time & Prep								Teaching		
11:00 AM		Teaching	Solo-Time		Lunch							Team & Individual Debrief				
11:30 AM																
12:00 PM		Solo Time & Fast	Lunch & Free Time		Lunch (Bag/BBQ)	Assignment							Lunch (Bag/BBQ)	Lunch		
12:30 PM																
1:00 PM				Free Time in the City	Bag Supper							Free Time	Debrief Activity	Free Time		
2:00 PM																
3:30 PM	Check-in CND Tour	Team Time	The Amazing Race	Urban Plunge Prayer (Supper in the City)	Return to CND							Banquet		Supper		
4:30 PM		Visit Oretoire St. Joseph														
5:00 PM	Mixers & Leader Mtg.			Worship & Teaching							Open House/Debrief Session		Worship & Teaching			
6:00 PM	Supper	Supper in the Park														
7:00 PM	Worship & Teaching		Mt. Royal Prayer		Worship & Prayer							Team Time				
8:00 PM																
9:00 PM	Team Time				Team Time & Snack							Snack				
10:00 PM	Snack															
11:00 PM	In Dorms				Lights Out											
11:30PM	Lights Out															