

## **Born to Fly Summer Retreat Activities**

Please note: All retreat activities are completely optional. If you need to take time for yourself or rest instead of attend an activity, please feel free to do so.

### **Monday Night -- Meet & Greet Social at The Leach's House in Castle Rock.**

Address will be provided after registration is complete. (Hint: It's about 5 miles from the studio.) Arrive between 4pm-7pm. Food will be provided. You are more than welcome to bring food as well, especially if you have any special dietary restrictions.

### **Tuesday Afternoon -- Hike the Rock of Castle Rock.**

It's a must-do if you're coming to Castle Rock!

*Hike Time & Place:* Meet around 2:10pm for the hike at the base of the Rock, which is off of Front Street. This easy hike is about 20 minutes to the top. Make sure to bring sunscreen, wear a hat, etc. It will be HOT and SUNNY during the summer time, so please pack accordingly. Sometimes it also can be windy at the top of the rock, so a windbreaker might be nice if you have one.

### **Wednesday Afternoon-- Photoshoot Day!**

Get your picture snapped on our famous white background. Come in your favorite costume and make-up. All pictures will be on the apparatus of the week by default; if you have any special color requests, they must be made in advance. This photoshoot is highly valued and included in your retreat cost! You will receive 3-5 digital prints to use however you'd like.

*Photoshoot Times:*

Track A Photoshoot 2PM - 3PM

Track B Photoshoot 3PM - 4PM (if you are in both tracks, we'll place you in the hour with the least amount of people. you will not be in both hours.)

### **Thursday Afternoon -- Your Choice**

Grab your new aerial buddy or spend some quality time taking care of yourself.

Ideas:

- Head up to Denver or down to Colorado Springs (idea: Garden of the Gods) and see the sights!
- Take a walk on the nearby bluffs or at other local parks
- Rent a bike and ride around Castle Rock Bike Trails.
- Go get a massage.
- Shop for your loved ones at the nearby Outlet Mall.
- Go check out Phillip S. Miller Park. Check out their website for information.

### **Friday Afternoon -- Phillip S. Miller Park Outing.**

You can simply hike around (free) OR you can participate in:

EPIC Sky Trek -- \$49/person. EPIC Sky Trek is a ropes course with 3 full levels, featuring over 110 challenging elements. This is Colorado's best challenge and aerial trekking course and one of the best in the United States. In order to secure booking, you must pay for this when you register or at the latest, by May 1.

*Sky Trek Meeting Time:* Meet at 2pm for 2 hrs of fun! (If everyone does this, we will delay the start of the evening choreography session if we need extra time to grab dinner or rest before evening classes. We will also have pizza at the slumber party, so don't eat too much before the evening classes.)

### **Friday Night -- Slumber Party at the studio.**

It's open gym all night long. Don't worry about booking your hotel that night. We are going to do aerial jammin' till we drop (not literally please!).

**Saturday Morning** -- Check out by 9AM. Say good-bye to all your new-found aerial friends. Make plans to keep in touch and do it all again next year. :)

*Our recommendation is to book your flight out mid-day Saturday.*