

**Thurs
10/5/23**

The 34th Annual Delmarva Paddlers Retreat



6:30

7:00

8:00

7:30—8:30 Breakfast and announcements

9:00

**QajaqUSA Board
Meeting
8:00 - 12:00**

**Paddling with your
Peers**

10:00

11:00

NOON

12:00—12:45 Lunch

1:00

**Mentor
Training
1:00-3:00 pm**

**Paddling with your
Peers**

2:00

3:00

**Mentor
Meeting
3:00-5:00 pm**

4:00

5:00

6:00

6:00-7:00 Dinner

7:00

8:00

Socializing at the Dining Hall / bonfire

9:00

Friday
10/6/23

The 34th Annual Delmarva Paddlers Retreat



6:30

7:00

6:45-7:30 AM Yoga @ Quail's Nest

8:00

7:30 - 8:15 Breakfast
8:15 safety briefing and announcements

9:00

10:00

9:15-11:30
classes

11:00

9:15-4:00

Paddle
Making

NOON

12:00-12:45 Lunch/announcements

1:00

@ the
Craft
Shop

2:00

1:15-3:30
classes

with Don
Beale

3:00

4:00

4:00 20 minute yoga with Dubsidie

5:00

4:00 - 6:00 Ropes

6:00

6:00-7:00 Dinner

7:00

8:00

Keynote speaker: Paninnguaq Korneliusen
Peter's Shorts

9:00

Saturday
10/7/23

The 34th Annual **Delmarva**
Paddlers Retreat



6:30

7:00

7:00—7:25 Functional Training @ Quail's Nest

8:00

7:30 - 8:15 Breakfast
8:15 announcements

9:00

10:00

9:15-11:30
classes

11:00

NOON

12:00-12:45 Lunch/announcements

1:00

2:00

1:15-3:30
classes

3:00

4:00

4:00 20 minute yoga with Dubside

5:00

4:00 - 6:00 Ropes

6:00

6:00-7:00 Dinner

7:00

8:00

Live and Silent Auctions
at the Dining Hall
Peter's Shorts

9:00

Sunday
10/8/23

The 34th Annual **Delmarva**
Paddlers Retreat



6:30

7:00

7:00-7:25 AM Functional Training @ Quail's Nest

8:00

7:30 - 8:30 Breakfast and announcements

9:00

10:00

9:15-11:00
classes

9:15-11:00
Personal
challenge

11:00

11:00 Paolo's Wedding

NOON

12:00-12:45 Lunch/acknowledgements

1:00

Raffle

2:00

3:00

4:00

Cleanup and Good Byes

5:00

6:00

7:00

5:30- Dinner off-site for those staying
Sunday night

8:00

9:00