

# 2011 CBCCOC Retreat

## Information Package

**Location:** California Baptist University  
8432 Magnolia Avenue  
Riverside, CA 92504

**Retreat Starts:** July 8, 2011 at 3:00 p.m. (Registration begins at 1:00 p.m.)

**Retreat Ends:** July 10, 2011 at 2:00 p.m.

### Table of Contents

1. **Driving Direction**
2. **Check-in Information**
3. **Packing Instructions**
4. **Campus Map**
5. **Program Schedule**

#### 1. **DRIVING DIRECTION TO CALIFORNIA BAPTIST UNIVERSITY**

**TRAVELING EAST FROM ORANGE COUNTY ON CA HIGHWAY 91:** Take 91 east to Adams Street. Exit at Adams Street and turn left. Proceed to Magnolia Avenue and turn left. Proceed to Campus Bridge Drive and turn left at the traffic light into the CBU campus. Park in the first available lot on your right and walk across Campus Bridge Drive to the Yeager Center entrance. Please follow the signs to the Check-in Desk at the Yeager Center.

#### 2. **CHECK-IN INFORMATION**

Check-in is available during the following hours **only**. If you arrive before the scheduled check-in times, please feel free to attend the program. You can pick up your room key and name badge at the next scheduled check-in time.

<i>Date</i>	<i>Time</i>	<i>Location</i>
Friday, July 8	1:00 p.m. to 3:00 p.m.	Cottage 7
Friday, July 8	5:00 p.m. to 5:55 p.m.	Dining Room Entrance
Friday, July 8	9:15 p.m. to 9:45 p.m.	Dining Room Entrance
Saturday, July 9	7:15 a.m. to 7:55 a.m.	Dining Room Entrance
Saturday, July 9	11:30 a.m. to 12:40 p.m.	Dining Room Entrance

### 3. Packing Instructions for CBCCOC Church Retreat 2010 Attendees

#### 1. Please bring the following:

- Bible and pen.
- Bed sheet, pillow (twin size), blanket and/or sleeping bag, towels & toiletries (Please note that these items will **not** be provided by CBU).
- Change of clothes for 2 days, sporting and walking shoes, sandals.
- Light jacket for mornings and evenings if desired, poncho / umbrella just in case.
- Swimsuit, sun block lotion, sun glasses, and hat (*Please refer to attached CBU Aquatic Center dress code rules*).
- Gym clothing (*Please refer to attached CBU Gymnasium dress code rules*).
- Alarm clock, watch, and flashlight.
- Prescribed medicine.
- Sporting equipment of your choice (football, basketball, tennis rackets and balls, soccer ball, table tennis balls and rackets), games, etc.
- Bottle water (All cottages and apartments have refrigerators). Drinks are provided during meal time.
- Small amount of money.
- Camera, insect (Mosquitoes) repellent, ear plugs (optional).

\* Parents pack separately for your children if they are not staying with you. Husband and wife should also pack separately if not staying together.

#### 2. Do not bring:

- TV, radio, or boom box.
- Valuable items such as jewelry.
- Electrical wiring in the rooms is not designed for heavy-duty usage.
- Hand held electronic games are not allowed during the retreat program.

**CALIFORNIA BAPTIST UNIVERSITY**

**AQUATIC CENTER POOL RULES AND GUIDELINES  
GROUPS AND CAMPS**

1. ONE COUNSELOR FOR EVERY EIGHT CAMPERS. NO COUNSELOR, NO ENTRY!
2. COUNSELORS MUST WATCH AND CONTROL CAMPERS AT ALL TIMES.
3. MUST HAVE 24 HR. NOTICE FOR GROUPS LARGER THAN 24. ALL MUST COME IN AS A GROUP AND LEAVE AS A GROUP.
4. GROUPS WILL ONLY BE ALLOWED IN DURING DESIGNATED TIMES DETERMINED ONLY BY THE ***AQUATICS DIRECTOR***.
5. ALWAYS CHECK IN WITH THE LIFEGUARD AT THE DESK BEFORE ENTERING THE POOL.
6. MUST OBEY ALL POOL RULES AND LIFEGUARDS. THOSE FAILING TO COMPLY WILL BE ASKED TO LEAVE.
7. AQUATIC CENTER SWIMWEAR POLICY FOR FEMALES IS A **ONE-PIECE BATHING SUIT** (***NO TWO-PIECES OR TANKINIS ALLOWED***). THE POLICY FOR MALES IS A “**BOXER**” STYLE SUIT (***NO SPEEDO’S ALLOWED***). **STREET CLOTHING AND/OR UNDER GARMENTS ARE NOT ACCEPTABLE SWIMWEAR AND ARE NOT PERMITTED IN THE POOL!** COUNSELORS MUST ACCOMPANY ALL CHILDREN TO USE THE RESTROOM/LOCKER ROOM AREA TO CHANGE. CHANGING OF CLOTHES IS PROHIBITED ON POOL DECK (REGARDLESS OF AGE).
8. CHILDREN ARE NOT ALLOWED TO USE FLOTATION DEVICES OF ANY KIND, (WATER WINGS, LIFE VESTS, FLOATABLE SWIM SUITS, RAFTS, INFLATABLE BOATS, OR KICK BOARDS ETC.) KICK BOARDS ARE FOR THE USE OF LAP SWIMMERS ONLY. **FLOTATION DEVICES PRESENT A FALSE SENSE OF SECURITY!**
9. MUST STAY IN DESIGNATED AREA. PLEASE NO HANGING ON LANE LINES.
10. NO RUNNING, DIVING IN SHALLOW END OR HORSEPLAY. DIVING BOARDS AND STARTING BLOCKS ARE CLOSED (**FOR USE BY THE DIVING AND SWIM TEAMS ONLY**).
11. NO PETS, BIKES, SKATE BOARDS/SCOOTERS, GLASS CONTAINERS, SMOKING OR EATING ALLOWED ON THE POOL DECK. CHEWING GUM IN THE POOL AREA IS STRICTLY PROHIBITED.
12. PLEASE REMEMBER PREVENTATIVE LIFESAVING, SAFETY AND LIABILITY!

# CALIFORNIA BAPTIST UNIVERSITY

## AQUATIC CENTER RULES AND GUIDELINES

### PARENTS AND CHILDREN

1. Children under 16 must be accompanied and supervised by a parent or guardian when using the pool facilities. Children must stay in the area designated by lifeguards. Children must obey all rules and lifeguards at all times.
2. Infants and toddlers must be in swimmer (“Swimmies” rubber pants with elastic at the waist and legs) diapers in addition to regular diapers. Infants and toddlers must be under adult supervision at all times (Parent must be in the water and in physical contact with any child that is not pool safe)!
3. **Children are not allowed to use flotation devices of any kind, (water wings, life vests, floatable swim suits, rafts, inflatable boats, or kick boards etc.) Kick boards are for the use of lap swimmers only. Flotation devices present a false sense of security!**
4. Aquatic Center swimwear policy for females is a ***one-piece bathing suit (no two-pieces or Tankinis allowed)*** and for males the policy is ***“boxer” style suits (no Speedo’s allowed)***. ***Street clothing and/or under garments are not acceptable swimwear and are NOT permitted in the pool!*** All patrons (regardless of age) must use the restroom/locker room area to change (changing of clothes is prohibited on pool deck).
5. No pets, bikes, skate board/scooters, glass containers, smoking, or eating allowed on pool deck.
6. **Pool Staff must be obeyed at all times. Boisterous or rough play is prohibited in the pool area. No hanging on the lane lines. Frisbee and ball games is also prohibited without supervisor’s approval.**
7. Chewing gum in the pool area is strictly prohibited.
8. No running on the deck or shallow end diving. Pool depth markers are located on gutters. Footwear is highly recommended. The Pool deck is very hot and slippery when wet. Please walk with care.
9. Diving boards and starting blocks are closed (for the use of swim team & dive team only).
10. ***Failure to abide by Aquatic Center Rules will result in loss of Aquatic Center Privileges.***

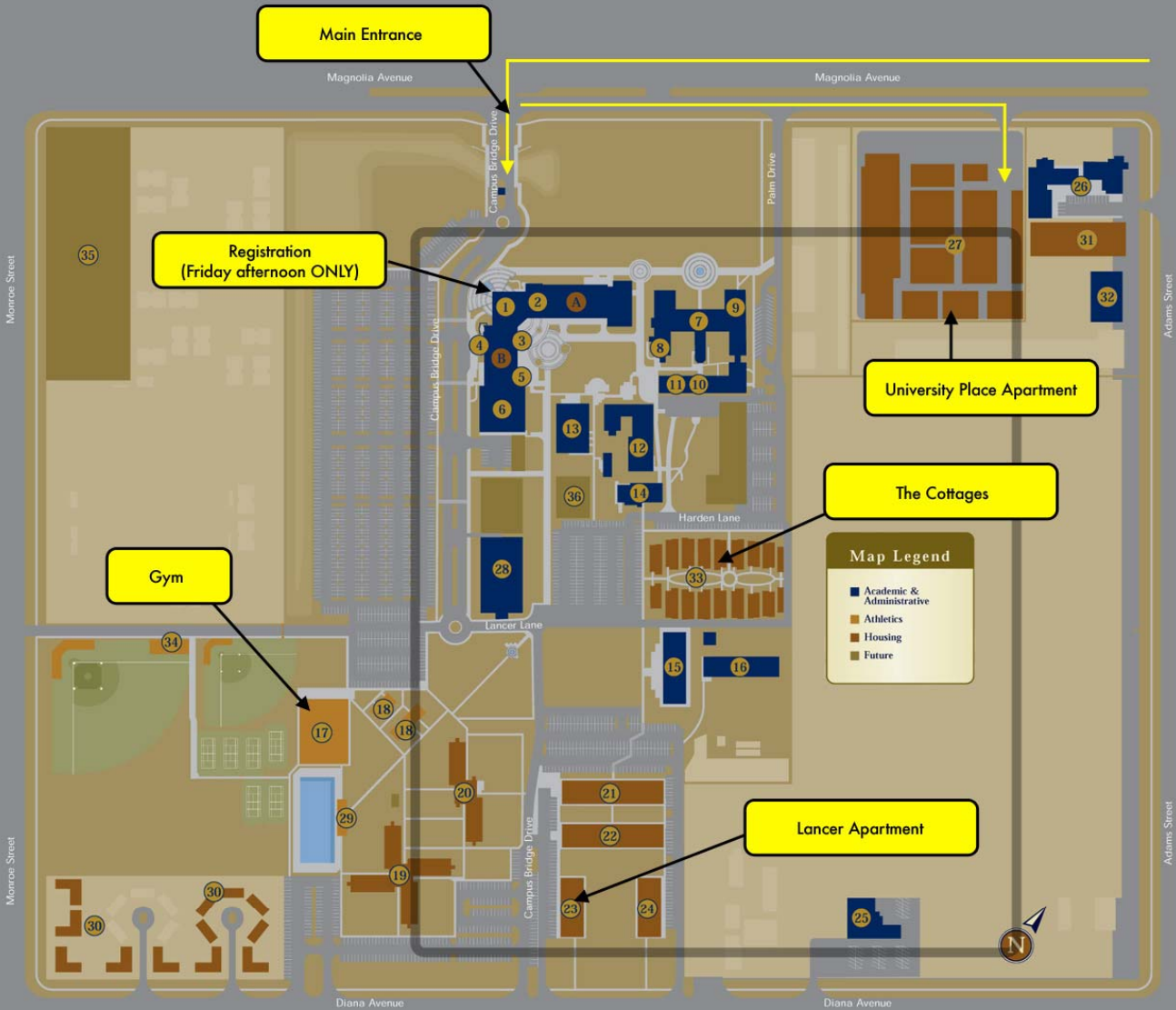
California Baptist University  
Gymnasium Rules

All gymnasium usage must be scheduled on the Conference Facility Worksheet. Usage outside of pre-arranged times is not permitted.

1. Guests must show appropriate identification (conference wrist band or name tag) to enter gymnasium.
2. Gymnasium is for sports activities only. All guests are expected to be courteous and respectful of others: no fighting or rough play, hanging on rims or nets, or inappropriate use of equipment and facilities.
3. Food and gum are not allowed in the gym. Beverages are permitted in closed containers.
4. Students and counselors are to obey all rules, staff and monitors at all times. Monitors may ask guests to leave at any time for inappropriate behavior.
5. Failure to abide by gymnasium rules will result in loss of gym privileges.

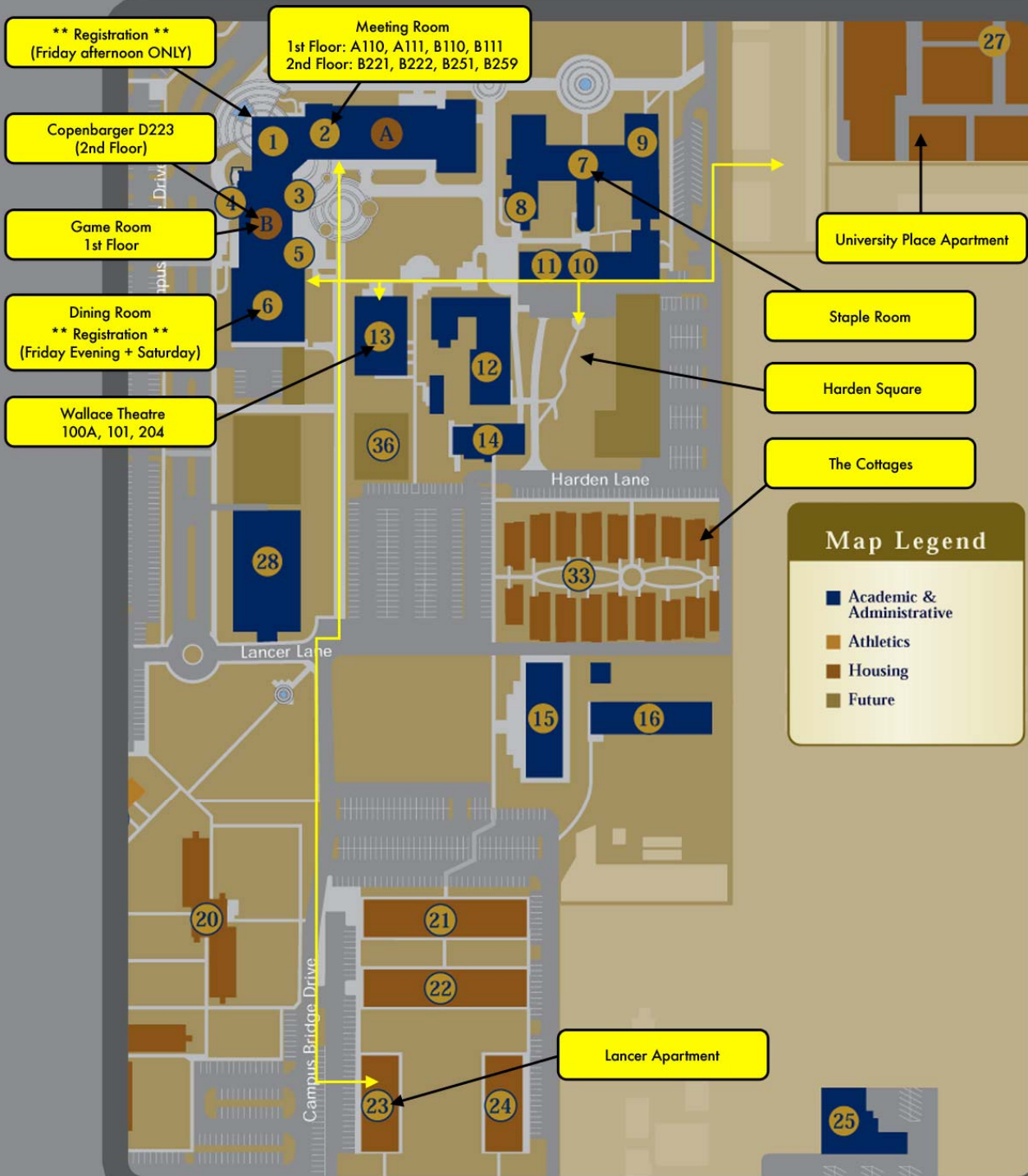
Dress code:

1. Shorts are at a length that will allow the wearer's finger tips to touch the garment when arms and hands are fully extended, while standing.
2. Shirts are required at all times.
3. All forms of clothing cover or rest on or above a wearer's hips.
4. Footwear must be appropriate for athletic activity with non-marking soles. Hard-soled shoes and high heels are not permitted on the court. No black sole tennis shoes are permitted.





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|----------------------------------------------------------------------------------------------------|---------------------------------------------|-----------------------------------------------|
| 1. Yeager Center<br>A. Dana B. and Melba E. Horn Academic Wing<br>B. Johnson Student Services Wing | 12. Annie Gabriel Library                   | 25. Diana Hall                                |
| 2. Admissions                                                                                      | 13. Wallace Theatre                         | 26. Lambeth Complex                           |
| 3. Wanda's                                                                                         | 14. Central Plant / Ceramics (East Side)    | 27. University Place Apts. 8350 Magnolia Ave. |
| 4. Administrative Offices                                                                          | 15. Mission Hall                            | 28. School of Music                           |
| 5. Bookstore                                                                                       | 16. Facilities Management & Physical Plant  | 29. Aquatic Center                            |
| 6. Alumni Dining Commons                                                                           | 17. Van Dyne Gym                            | 30. University Housing                        |
| 7. W. E. James Building (North) 2-Story                                                            | 18. Athletics Complex                       | 31. Adams Villa                               |
| 8. Public Safety                                                                                   | 19. Simmons Hall / Women's Residence        | 32. Future Administration                     |
| 9. Counseling Center                                                                               | 20. Smith Hall / Men's Residence            | 33. The Cottages                              |
| 10. W. E. James Building (South) 4-Story                                                           | 21. Lancer Arms North Apts. 8451 Diana Ave. | 34. Baseball & Softball Fields                |
| 11. Post Office                                                                                    | 22. Lancer Arms South Apts. 8449 Diana Ave. | 35. Future University Housing                 |
|                                                                                                    | 23. Lancer Arms West Apts. 8471 Diana Ave.  | 36. Nursing Learning Center                   |
|                                                                                                    | 24. Lancer Arms East Apts. 8447 Diana Ave.  |                                               |

# Campus Key Map - Detail View



## 2011 Church Retreat Kidz Program

	<p>Elementary</p> 	<p>PreK and Younger</p> 
<b>Friday</b>		
3:45-5:00pm Workshop 1	<p>Amazing Race: Session 1 “R”</p> <p>Kids will be escorted to Dinner</p> <p>K-2<sup>nd</sup> Graders will wait for their parents in the lobby.</p>	<p>Moses</p> <p>Parents pick up no later than 5:00pm.</p> <p>(Please be on time, we have only a half hour to eat and get set up for the next session)</p>
6:00-8:15pm Message 1	<p>Amazing Race: Session 1 Continued “R”</p> <p>Kids will be escorted to fun night.</p> <p>K-2<sup>nd</sup> graders will wait for their parents in the lobby.</p>	<p>Moses and the Burning Bush</p> <p>Parents pick up by 8:20pm</p>
<b>Saturday</b>		
8:00-11:30am Message 2 Workshop 2	<p>Amazing Race: Session 2 “A”</p> <p>Kids will be escorted to lunch.</p> <p>K-2<sup>nd</sup> graders will wait for their parents in the lobby.</p>	<p>Moses and Pharoah</p> <p>Parents pick up by 11:35am.</p>
6:00-7:15pm Message 3	<p>Amazing Race: Session 3 “C”</p> <p>Kids will be escorted to the magic show</p>	<p>Moses and the Red Sea</p> <p>Parents pick up by 7:20pm.</p>
<b>Sunday</b>		
9:30-11:15am Message 4	<p>Amazing Race: Session 4 “E”</p> <p>Kids will be escorted to Brunch.</p> <p>K-2<sup>nd</sup> Graders will wait for their parents in the lobby.</p>	<p>Moses and the Ten Commandments</p> <p>Parents pick up no later than 11:15am.</p> <p>Please be on time, we only have a half hour to eat and pack up our materials before the closing program at 12:30pm.</p>

## 2011 CBCCOC Church Retreat - Day one (Friday, 7/8/2011)

Time	Program	Location	Kidz Schedule
1:00 PM - 3:00 PM	Registration & Move in 註冊, 搬進宿舍	Main entrance of Yeager Center	
3:00 PM - 3:30 PM	Opening Ceremony 開會禮	Wallace theatre	Kids join Opening Ceremony with parents
3:30 PM - 3:45 PM	Break 小休片刻		
3:45 PM - 5:00 PM	Workshop 專題講座 1	See below	<b>Drop off at 3:40pm</b> 2 yrs & younger - Yeager#B221 Pre K - Yeager#B220 Elementary - Yeager #B218 <b>Pick up at 5:00 pm</b> 2 yrs & younger - Yeager#B221 Pre K - Yeager#B220 <b>Meet parents at 5:00pm</b> Elementary - Dining Hall
5:00 PM - 5:55 PM	Dinner 晚餐	Dining Hall	
6:00 PM - 7:15 PM	Message 1 信息 (一)  粵(國) - 潘國華牧師  English - Randy McWhorter	Wallace 100A  Yeager #A110	<b>Drop off at 5:55pm</b> 2 yrs & younger - Yeager#B221 Pre K - Yeager#B220 Elementary - Yeager #B218 <b>Pick up at 8:20 pm</b> 2 yrs & younger - Yeager#B221 Pre K - Yeager#B220 <b>Meet parents at 8:20pm</b> Elementary - Gymnasium
7:15 PM - 7:30 PM	Break 小休片刻		
7:30 PM - 8:15 PM	Small Group 小組時間		
8:15 PM - 8:30 PM	Break 小休片刻		
8:30 PM - 9:15 PM	Fun Night 歡樂晚會	Gymnasium 體育館	Kids join Fun Night with parents
9:15 PM - 10:30 PM	Late Snack 小食	Dining Hall	
9:45 PM - 11:00 PM	Ready For Bed / Light Out 熄燈入睡		

Workshop 專題講座 1	Speaker	Language	Location
屬靈智慧與分辨	潘國華牧師	廣東話	Yeager# B110
Using the Bible to make Decisions	Pastor Randy McWhorter	English	Yeager# B112
關懷他人的原則與技巧	王嵐	國語	Wallace# 204
Five Principles of Christian Behavior	Pastor Daryl Watts	English	Wallace Metcalf Gallery

## 2011 CBCCOC Church Retreat - Day two (Saturday, 7/9/2011)

Time	Program	Location	Kidz Schedule
6:30 AM - 6:45 AM	Rise and Shine 起床梳洗		
6:45 AM - 7:15 AM	Personal Devotion 每日靈修		
7:15 AM - 7:55 AM	Breakfast 早餐	Dining Hall	
8:00 AM - 9:45 AM	Prayer/Worship/ Message 2 早禱 / 崇拜 / 信息 (二)  國(粵)- 潘國華牧師  English-Randy McWhorter	Wallace theatre  Yeager# A110	<b>Drop off at 7:55am</b> 2 yrs & younger - Yeager#B221 PreK - Yeager#B220 Elementary - Yeager #B218 <b>Pick up at 11:35am</b> 2 yrs & younger - Yeager#B221 PreK - Yeager#B220 <b>Meet parents at 11:35am</b> Elementary - Dining Hall
9:45 AM - 10:00 AM	Break 小休片刻		
10:00 AM - 11:30 AM	Workshop 2 專題講座	See below	
11:30 AM - 12:40 PM	Lunch 午餐	Dining Hall	
12:45 PM - 1:15 PM	Group Picture 大合照	Lawn Area outside Wallace	
1:15 PM - 5:00 PM	Free Time/Activities/Swimming/ Optional Workshop 3 自由時間/康樂活動/游泳/ 自由參加專題講座 3	See below	
5:00 PM - 5:55 PM	Dinner 晚餐	Dining Hall	
6:00 PM - 7:15 PM	Message 3 信息 (三)  粵(國)- 潘國華牧師  English-Randy McWhorter	Wallace theatre  Yeager# A110	<b>Drop off at 5:55pm</b> 2 yrs & younger - Yeager#B221 PreK - Yeager#B220 Elementary - Yeager #B218 <b>Pick up at 7:20pm</b> 2 yrs & younger - Yeager#B221 PreK - Yeager#B220 <b>Meet parents at 7:20pm</b> Elementary - Wallace theatre
7:15 PM - 7:30 PM	Break 小休片刻		
7:30 PM - 8:15 PM	Magic Show 魔術表演	Wallace theatre	Kids join Magic Show with parents
8:15 PM - 8:30 PM	Break 小休片刻		
8:30 PM - 9:15 PM	Small Group 小組時間		Elementary activity Yeager B218. No program for preschool and younger
9:15 PM - 10:30 PM	Late Snack 小食	Dining Hall	Elementary kids will meet their parents at late snack in the dining hall
10:00 PM - 11:00 PM	Ready For Bed / Light Out 熄燈入睡		

## 2011 CBCCOC Church Retreat - Day two (Saturday, 7/9/2011)

Workshop 專題講座 2	Speaker	Language	Location
夫妻十誡	潘國華牧師/師母	廣東話	Wallace theatre
移民教會的橋和牆	俞明禮牧師	國語	Yeager#B111
What Would God do to get You Back	Pastor Randy McWhorter	English	Yeager#B112
Dating for the Youth	Pastor Daryl Watts	English	Wallace Metcalf Gallery
ABC of Parenting	Pastor Darryl Fong / Pastor Joni Lum	English	Wallace 204

Free Time/Activities/Swimming/Optional Workshop 3 自由時間/康樂活動 /游泳/自由參加專題講座 3						
1:15 PM	-	2:30 PM	Bridges & Walls in an Immigrant church	Pastor James Yu	English	Wallace theatre
1:15 PM	-	2:30 PM	關懷他人的原則與技巧	王嵐	國語	Wallace# 204
1:15 PM	-	3:00 PM	Recreation Room 康樂室			
3:00 PM	-	5:00 PM	電影 - 耶路撒冷		廣東話	Wallace theatre
3:00 PM	-	5:00 PM	Swimming Pool 游泳池			
3:00 PM	-	5:00 PM	Gymnasium 體育館			

## 2011 CBCCOC Church Retreat - Day three (Sunday, 7/10/2011)

Time			Program	Location	Kidz Schedule
6:30 AM	-	6:45 AM	Rise and Shine 起床梳洗		
6:45 AM	-	7:15 AM	Personal Devotion 每日靈修		
7:15 AM	-	7:55 AM	Breakfast 早餐	Dining Hall	
8:00 AM	-	9:00 AM	Packing & check out 收拾行裝 & 交鑰匙	Cottage 7 / Wallace theatre	
9:00 AM	-	9:30 AM	Sunday Worship 崇拜	Wallace theatre	Kids join Sunday Worship with parents
9:30 AM	-	10:30 AM	Message 4 信息 (四)  粵(國) - 潘國華牧師  English-Randy McWhorter	Wallace theatre  Yeager#A110	<b>Drop off at 9:30am</b> 2 yrs & younger - Yeager#B221 Pre K - Yeager#B220 Elementary - Yeager #B218 <b>Pick up at 11:15am</b> 2 yrs & younger - Yeager#B221 Pre K - Yeager#B220 <b>Meet parents at 11:15am</b> Elementary - Dinning Hall
10:30 AM	-	11:15 AM	Small Group 小組時間		
11:15 AM	-	12:25 PM	Brunch 特餐	Dining Hall	
12:30 PM	-	1:30 PM	Closing Ceremony 閉會禮	Wallace theatre	Kids will join parents
1:30 PM	-	2:00 PM	Leave Camp 離營		