

Fall Fling is a growth-level youth retreat designed to give youth groups opportunities to grow and fellowship together. Camp Shamineau provides the programming, activities, and meals.



Frequently Asked Questions

What activities are included?

During free times campers may do any of the following (at no additional cost!):

- Horse Trail Rides
- High Ropes Course
- Low Ropes Course
- Indoor Climbing Wall
- Crate Stacking
- Laser Tag
- Riflery
- Archery
- Static Course
- Petting Zoo
- Campfire Donuts

Do I need any money?

Students should bring money for lunch on Sunday on the way home. There is also a coffee shop and gift shop at Camp Shamineau where students can purchase drinks, merchandise, or souvenirs, if they desire.

Contact Information

Pastor Tony Nord

Cell (Talk/Text): 715.205.5642

Email: tony@soulgarage.com

Address: 3340 South Main Street, Rice Lake

Office Phone: 715.234.8313

<https://thesoulgarage.com/fallfling/>





Photo Credit: © 2025 Camp Shamineau

Basic Information

Cost

\$180 per person

Early bird discount of \$10 off per person available if registration and \$25 deposit is submitted by July 31.

Price includes transportation, meals from Friday supper through Sunday breakfast, lodging, and most activities.

Students will need money for lunch on Sunday during the drive home (\$15-\$20).

Scholarship or Fundraising

See Pastor Tony for information on scholarships or fundraising options.

Registration

Register at thesoulgarage.com/fallfling/ and submit \$25 deposit by Wednesday, September 23, to secure your registration.

Final payment and forms are due Wednesday, September 30.

Departure/Return

Depart: Meet at the Soul Garage at 3:45pm on Friday, October 2.

Return: We plan to return by 5pm, Sunday, October 4.



Photo Credit: © 2025 Camp Shamineau

Packing List

- Warm clothes (check weather!)
- Athletic clothing and footwear
- Comfortable footwear
- Modest sleepwear
- Toiletries, soap, & bath towel
- Sleeping bag/sheets/blankets, pillow
- Flashlight
- Bible, pen & notebook
- Reusable water bottle

Typical Fall Fling Schedule

Friday

3:45pm Arrive at Soul Garage
 4:00pm Depart for Camp Shamineau
 7:00pm Check In at Camp Shamineau
 8:30pm Leaders' Meeting
 9:00pm Chapel
 10:30pm Friday Night Activity
 12:30am Curfew

Saturday

8:30am Breakfast
 9:00am Open Recreation
 11:00am Chapel
 12:00pm Lunch
 Free Time
 5:00pm Supper
 6:30pm Chapel
 9:00pm Evening Extravaganza
 12:00am Curfew

Sunday

8:30am Breakfast (open until 10:00)
 9:00am Open Recreation
 10:30am Chapel
 12:00pm Head for Home
 5:00pm Return to the Soul Garage

