



The  
CAMPAIGN  
for  
SILVER BAY

## LEARN MORE ABOUT THE CAMPAIGN FOR SILVER BAY

PRESERVING THE PAST,  
EMBRACING THE FUTURE..

FIND OUT HOW WE'RE  
STRENGTHENING SILVER BAY FOR  
FUTURE GENERATIONS

[www.campaignforsilverbay.org](http://www.campaignforsilverbay.org)

### IN THE LOCAL COMMUNITY

**FORT TICONDEROGA**  
AMERICA'S FORT

#### VISIT FORT TICONDEROGA

Fort Ticonderoga is open daily, 9:30 a.m. - 5 p.m.

**Discount Vouchers Available at the Front Desk.**

Adult \$14  
(Regularly \$17.50)

Senior (62+) \$12  
(Regularly \$14)

Child (5-12) \$7  
(Regularly \$8)

**Living History Event:**  
**The Soldiers of Independence**  
July 04, 2012

On this Independence Day, Fort Ticonderoga looks back to 1775, the year of the Revolutionary War before the Declaration of Independence. Come see the Connecticut state soldiers who garrisoned Fort Ticonderoga in 1775 long before a formal declaration of war, or of national independence for thirteen united colonies.

**Battle of Carillon Living History**  
July 07, 2012 to July 08, 2012

Come see the French Soldiers who garrisoned Fort Carillon, built and held the great log breastwork of General Montcalm in 1758. See the fort come alive with French soldiers drilling, training and living on the frontier between New France and New York. See how these soldiers lived on the eve of the epic Battle of Carillon on July 8, 1758.

### CORRECTIONS TO OUR PROGRAM GUIDE

#### WE'RE SORRY! PLEASE NOTE THE FOLLOWING CORRECTIONS:

FAMILY CONFERENCE - August 4-18

LEADERSHIP FORUM - July 11-14

BIGGER GAME - See an updates description at [www.biggergame.com](http://www.biggergame.com)

### VOLUNTEER OPPORTUNITIES

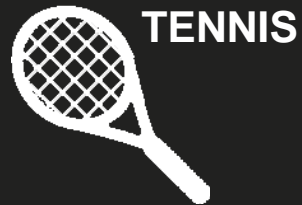
Hospitality/Guest Services, Clerical Routines, Gardening, Special Events, Maintenance/Repairs, Program, and Communications.

Please contact Carroll LaPann for details:  
543-8833 x 207 or [clapann@silverbay.org](mailto:clapann@silverbay.org)

### LEADERS IN TRAINING FOR YOUNG LADIES AGES 13 - 15

#### AUGUST 10-12

LIT is an experiential based leadership development program designed to increase self-esteem and improve leadership skills while having fun in an outdoor setting. For more information, contact Erin Grayson: [egraysen@silverbay.org](mailto:egraysen@silverbay.org) or (518) 543-8833 x316.



TENNIS

### SILVER BAY'S RED CLAY CHALLENGE CUP

**JULY 20-21**

First Annual Coaches Dr. Paul Arciero of Skidmore College and Rolland LeBlanc of the Saratoga YMCA will each coach a team to Cup honors. This is a round-robin doubles, gender-blind event open to players of all abilities, with a 3.5-and-under division, and a 3.5-and-over division. Spaces are limited to 32 players. Early Bird Discount if you sign up before July 1st. Sign up at the front desk. Front Desk, in the Inn is a great resource for getting the answers you need! Just ask! If they don't know the answer they'll find someone who can!

#### BREEZE ONLINE OR BY MAIL

Look for the Breeze on our website at [www.silverbay.org](http://www.silverbay.org) or you can arrange to have the Breeze mailed to your home.

For more information, please contact Carolyn Close: [cclose@silverbay.org](mailto:cclose@silverbay.org) or 518-543-8833, x211

# THE BREEZE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SILVER BAY YMCA

87 Silver Bay Road, Silver Bay NY 12874

518.543.8833

[www.silverbay.org](http://www.silverbay.org)

SCHEDULE OF PROGRAMS AND ACTIVITIES THAT WILL RENEW, REFRESH, AND INSPIRE!



WELCOME ALL GUESTS, MEMBERS & VOLUNTEERS

## ON CAMPUS THIS WEEK

#### CONFERENCES & GROUPS

Becoming an Outdoors Woman  
6/29-7/1

Living Hope Family Camp  
7/1-7/7

#### FAMILY REUNIONS

Heidengren Family  
6/30-7/11

Ingrey/McKenney Families  
6/30-7/7

Chandler Family  
6/30-7/7

Cotten Family  
6/30-7/14

*We wish you an inspiring stay.*

## WEEK OF JUNE 30-JULY 6 2012

#### OUR MISSION

The mission of Silver Bay YMCA is to offer all people opportunities to renew, refresh, and nurture their spirit, mind, and body.

#### SOCIAL MEDIA

KEEP IN TOUCH BEFORE, DURING, AND AFTER YOUR STAY! YOU'LL FIND MUCH THAT WILL LEAVE YOU FEELING RENEWED, REFRESHED, AND INSPIRED.



DON'T FORGET TO CHECK-IN!



#### QUESTIONS, COMMENTS, IDEAS?

CONTACT LIZ HINCK  
SALES & MARKETING DIRECTOR  
[LHINCK@SILVERBAY.ORG](mailto:LHINCK@SILVERBAY.ORG)  
518.543.8833 EXT 243

SILVER BAY YMCA IS A  
MISSION-DRIVEN, 501(C)3,  
NONPROFIT ORGANIZATION.

## SPECIAL EVENTS

### DANCE WEEK

Mon-Fri • 9:30-11:00 am • Fischer Gym  
Silver Bay Ball • Fri 8:00 pm • Fischer Gym  
*Merengue, tango, foxtrot, swing, and salsa with David and Nina Endicott, instructors featured in "Mad Hot Ballroom."*

### NEW YORK STATE SAFE BOATERS COURSE

July 2-3 • 2:00-6:00pm • See Memorial  
Upcoming Dates: July 9-10, August 6-9, August 13-17  
*The course is designed as a course teaching the fundamentals of safe boating operation. You must hold a safety certificate in order to operate a personal watercraft (jet-ski) in New York State. If you are at least 10 years old and less than 18 years old, you must hold a safety certificate in order to operate a motorboat in New York State. Donations accepted.*

### SHORTEST 4TH IN THE NORTH PARADE

Wed • 11:15-11:30 a.m. • Silver Bay Road  
*Silver Bay's annual celebration of Independence Day. The route begins at the Dining Hall and ends at the Inn Circle.*

## CONCERT AND LECTURE SERIES

### MUSIC RECITAL

Sun • 8:00 pm • Chapel  
*Mozart Piano Quartet in g minor, Gershwin Lullaby, and other selections*

### LECTURE: "AN UPDATE ON THE WHITE-NOSED BAT AND THE HAGUE BAT CAVES"-Dave DeFranco

Tues • 8:00-9:00 pm • Watson  
*Dave DeFranco, a local landscaper and former local educator, will be lecturing on the White-Nose Syndrome: a devastating disease of North American bats. This lecture will be an update from a lecture presented here by the NY Department of Fish and Wildlife.*

### ART SERIES

Wed • 8:00-9:00 pm • Watson  
*Painting on location (Block Island)- Mel Stabin*

### "SILVER BAY ON THE SILVER SCREEN: A GLIMPSE INTO THE PAST AND REFLECTION OF THE PRESENT"

-Gale Halm  
Thurs • 8:00-9:00 • Watson  
*Gale Halm, longtime Silver Bay member and archivist, will narrate two video clips which were converted to dvds. Gale will present an interactive lecture on the Silver Bay Boys' School and a recently located PR film which was made in anticipation our Silver Bay's 50th anniversary in 1952.*

### NATURE SERIES: INSECTS THAT LIVE IN WATER

- Faith Carney  
Fri • 8:00-9:00 pm • Watson  
*Come and see Dragonflies, Cane Flies, Caddis Flies, and Dobson Flies as well as other water insects.*

## ARCHERY

### BUILD YOUR OWN ARROW

Tues • 3:00-4:00 pm • Archery Range  
*Class size is limited. Please sign up at the Archery Range*

### CLOUT SHOOT

Wed • 7:00-8:00 pm  
• North Field  
*Experienced archers only.*

### TEAM COMPETITION

Thurs • 3:00-5:00 pm  
• Archery Range  
*Teams of two required.*

### INDIVIDUAL COMPETITION

Fri • 3:00-5:00 pm  
• Archery Range  
*All levels are welcome.*

### SILVER BAY ARCHERY CHAMPION CONTEST

*See archery instructors for more information.*



## ART



### CRAFT SHOP

*Crafts for all ages and ability levels. See the Craft Shop for specific schedule, age requirements, and prices. Sign up on Mon for workshops, classes and open sessions.*

### MISSION MAKINGS

*This sewing project called Operation Mobilization helps young girls in Haiti, the Dominican Republic, or Cambodia by offering ready-made clothing. Guests will be able to sew simple dresses using pillow cases. Samples and patterns will be provided. Suggested donation \$5. Volunteer instructors needed.*

### CHAIR CANING

Mon • 1:00-4:30 pm  
Craft Shop Pavilion  
*Learn how to re-cane an Inn rocking chair. No cost, just your time to help preserve the rocking chairs.*  
- Al Sopper

### FUSED DICHOIC GLASS PENDANT

Tues • 1:00-4:30pm  
*Create a unique fused glass pendant. Size is limited to 10 students age 18+, sign up in the Craft Shop. Cost \$15.*  
- Jan Sopper

### METALS WORKSHOP

Tues • 1:00-4:30 pm.  
*Learn embossing or how to create your own chain mail jewelry. Cost varies.*  
- Tim Grayson

### COMPLEX BASKETRY

Wed • 1:00-4:30pm  
*Come make a garlic basket out of fiber rush. A truly different kind of basket. \$18.*  
- Jill Baker

### ADULT ENAMELING

Thurs • 1:00-4:30pm  
*Create layered multicolored detailed designs in enamels, jewelry or a light switch plate. Limited to 4 students' age 18+. Cost varies.*  
- Janet Sopper

### POTTERY TILE DESIGN

Thurs • 9:00-11:30am  
*Create your own tile using under glazing techniques no experience required. Cost varies.* - Amanda Voorhees

### KID'S CRAFT PAVILION

Mon-Fri • 1:00-4:30 pm  
*For young crafters we offer a variety of projects.*  
- Katie Donovan

### WATERCOLOR PROGRAM

Mon-Fri • 9:00-11:30am • Watson  
*Adults are welcome to paint a Silver Bay scene. Work is displayed daily in Watson. Class Size: varies. Ages: 18+. \$15 to start.*  
- Kathy Becker

**LABYRINTH PEACE WALK** -Owen Gilbo  
Wed • 3:00-4:00pm • Outdoor Labyrinth  
*Come walk the labyrinth and experience a state of inner peace.*

### BIBLICAL TEACHINGS WITH JOHN

**ORTBERG** - Rev. Bruce Tamlyn  
Wed • 8:00pm-9:00pm • Chapel  
*We will watch a video in which John's presentation brings to life an important Biblical teaching. We will discuss the topic as it pertains to our life today.*

### SPIRITUAL EXERCISES AT THE SILVER

**BAY "Y"** - Cathy Paparella  
Thurs • 9:00-10:30 am • Spiritual Life Tent  
*This program is devoted to The Ignatian Exercises, a spiritual practice which comes out of a very old tradition of Christian spirituality, offers a unique means of helping people grow and develop spiritually.*

### 12-STEP MEETING

Thurs • 10:45-11:45 am • Spiritual Life Center  
*Open to all who struggle with addiction of any kind either personally or with someone close to you.*

### TEEN BIBLE STUDY

Thurs • 7:15-8:00 pm • Spiritual Life Center  
*Together we will watch a short film clip that challenges us to see how scripture pertains to our lives today.*

### MEN'S PRAYER BREAKFAST

Fri • 7:30am • Watson

### BIBLICAL TEACHINGS WITH JOHN

**ORTBERG** - Rev. Bruce Tamlyn  
Fri • 10:30-11:45 am • Spiritual Life Tent  
*We will watch a twenty-minute video in which John's presentation brings to life an important Biblical teaching. Following the video we will discuss the topic as it pertains to our life today.*

### FAMILY LABYRINTH WALK

- Owen Gilbo  
Fri • 3:00-4:00 pm • Outdoor Labyrinth  
*Experience together how walking the labyrinth brings inner calm.*

**PASTORAL COUNSELING, SPIRITUAL DIRECTION, MARRIAGE SUPPORT, AND GRIEF WORK: SPIRITUAL DIRECTION**  
*You are invited and most welcome to speak with one of our chaplains or Spiritual Life staff members. Please feel free to stop by the Spiritual Life Center in Trinity House or call 543-8833 x293 for an appointment.*

### LABYRINTH

*The Labyrinth is located just north of Slim Point and is always available for reflection and mediation. It is a spiritual practice and walking meditation tool that can assist us in experiencing the Sacred. All of our labyrinth walks are facilitated by an experienced labyrinth instructor. If you would like to do an individual labyrinth walk with an instructor, please call the Spiritual Life Department at 543-8833 x293*

## THE STORE



### STORE ENTERTAINMENT

Sat • 8:30pm

### BAY-A-OKE

Mon • 8:30pm  
*Karaoke- bay style.*

### TRIVIA QUIZ NIGHT

Tues • 8:30 pm

### OPEN MIC

Thurs • 8:30 pm

### ICE CREAM PRESENTATION -RAVENS

Thurs • 7:00 pm  
*The Children's Program introduces their new ice cream flavor every Thurs. You're invited.*

## SWIM LESSONS



### Parent/Child Swim Lessons

children ages 2 - 4 years old.  
**Poliwogs, Guppies, Minnows** children ages 5 and up.  
Mon-Fri • 1:45-2:30 pm • Slim Point

### Fish, Flying Fish, Shark, Porpoise

Mon-Fri • 1:45-2:30 pm • Bay Beach  
On-Campus Guests and Program Members \$18/ week.  
Nonmembers and Basic Members \$27/week. Check in starting 1:30-1:45.

## Development Events

July 3- EAF Reception  
July 9- White Birch Reception  
August 3- Silver Bay Idol Finale  
August 4- Next Generation Event  
August 5- Aztec Two Step Concert  
August 7- SB Council Meeting  
August 8- Golf Tournament  
Council Porch Sale  
EAF Annual Meeting  
August 8- EMP Softball Game  
August 12- Peter Neal Memorial Softball Game  
Comedian Brett Leake  
August 13- White Birch Reception  
August 14- EAF Reception  
August 15- SB Porch Sale

### FREE COMMUNITY

#### E-WASTE

#### DISPOSAL DAY

Sunday, July 15  
11:00am-3:00pm



Many electronics contain materials that are harmful to the environment. **E-WASTE DISPOSAL DAY** is the best way to ensure that your items are recycled in the correct manner. For more information regarding Silver Bay's **E-WASTE DISPOSAL DAY**, Contact Eric Stoddard at 543.8833 ext 274. Items accepted include:

COMPUTERS  
SMALL SERVERS  
MONITORS  
KEYBOARDS  
POINTING DEVICES  
FAX MACHINES  
SCANNERS  
PRINTERS  
TELEVISIONS  
SMALL ELECTRONICS  
VCRS  
DVD PLAYERS  
DIGITAL CONVERTER  
BOXES  
CABLE OR SATELLITE-RECEIVERS  
VIDEO GAME-CONSOLES  
& MORE

## Guided Hikes and Walks



### Saturday

**HIKE** - Gazebo, 9:00-12:00 am (Moderate, 3 mi.)

### Sunday

**HIKE** - Uncas Cliff, 9:00-11:30 am (moderate, 1 mi.)

**HIKE** - Jabez Pond, 2:00-4:30 pm (moderate, 4 mi.)

### Monday

**NATURE WALK** - Wildflowers, 9:00-11:00 am (easy, 1 mi.)

**HIKE** - Hudoshone Lean-To, 9:00-11:30 am (moderate, 4 mi.)

**HIKE** - Bob James Trail, 2:00-4:30 pm (moderate, 4 mi.)

### Tuesday

**BIRDWATCHING WALK** (meet at Inn-South Porch), 6:30-7:30 am

**HIKE** - Inspiration Point, 9:00-11:30 am (moderate, 2 mi.)

**NATURE WALK** - Ferns, 2:00-4:30 pm (easy, 1 mi.)

**HIKE** - Uncas Waterfall, 2:00-4:30 pm (moderate, 3 mi.)

### Wednesday

**NATURE WALK** - Trees, 9:00-11:30 am (easy, 1 mi.)

**HIKE** - Bear Cave 9:00-11:30 am (moderate, 3 mi.)

**HIKE** - Rookery Pond, 2:00-4:30 pm (moderate, 3 mi.)

### Thursday

**HIKE** - Skipper Mac's Cairn, 9:00-11:30 am (moderate, 3 mi.)

**HIKE** - Gazebo Point, 2:00-4:30 pm (moderate, 6 mi.)

**NATURE WALK** - Wildflowers, 2:00-4:30 pm (easy, 1 mi.)

### Friday

**BIRDWATCHING WALK** (meet at Inn - South Porch), 6:30-7:30 am )

**HIKE** - Lost Pond, 9:00-11:30 am (moderate, 3 mi.)

**HISTORY WALK** - Old Foundations and Special Locations, 9:00- 11:30 am (moderate, 3 mi.)

**HIKE** - Sunrise Mountain, 2:00-4:30 pm (difficult, 1.8 mi.)

**NATURE WALK** - Mushrooms 2:00-4:30 pm (easy, 1 mi.)

## SPECIAL INTEREST

### BRIDGE

Mon • 7:30-10:00 pm • Gullen Lounge  
*A fun evening of Bridge. Players of all skill levels are welcome.*

### BOOK TALK GROUP

Thurs • 9:00-10:00 am • Boathouse (Library if raining)  
*A shared discussion of a featured book or others you may have enjoyed. This week's book is Caleb's Crossing by Geraldine Brooks*

### TEEN BOOK TALK

Thurs • 7:00-8:00 pm • Library  
*A shared discussion of a featured book for teens. This week's book is Between Shades of Gray By Ruta Sepetys.*

## SPIRITUAL LIFE



### CONTEMPORARY CHRISTIAN WORSHIP SERVICE

Sat • 8:00 pm • Watson  
*Wayne Wager – Illini Life Christian Fellowship, Champaign, IL*  
*Adirondack LT presents: "Judging the World/The World Judging Us? Defusing the Culture War."*

### COMMUNION SERVICE

Sun • 8:30am • Chapel

### CHOIR REHEARSAL

Sun • 9:15 am • Chapel  
*All are welcome.*

### WORSHIP THIS WEEK

Sun • 10:00 am • Chapel  
*Rev. Bruce Tamlyn, Chaplain – Silver Bay YMCA*

### WORSHIP CHILD CARE • SUNDAY SCHOOL

*Children ages over 4 may attend worship, the Children's Message and Sunday School. Complimentary Sunday Service Child Care for those under 4 is available at the Children's Pavilion from 9:45-11:15 am.*

### EVENING VESPERS

Mon-Sat • 7:15 pm • Chapel  
*A time of inspirational words and Silver Bay's String Quartet.*

### HYMN SING

Sun • 7:15 pm • Chapel  
*Worship and sing your favorite hymns.*

### HEALING SERVICE

Tues • 4:30 pm • Chapel  
*Centering prayer, sharing scripture, reflecting on God's healing grace, and support of each other in physical, emotional and spiritual healing.*

### DEEPENING OUR RELATIONSHIP WITH GOD, OURSELVES, AND THOSE WE LOVE

- Rev. Bruce Tamlyn  
Mon • 9:00-10:15am • Spiritual Life Tent  
*To whom or what does our life serve? One approach is reflect on what is our capacity to love and to be loved.*

### WALKING FOR YOUR SOUL: INTRODUCTION TO THE LABYRINTH – Owen Gilbo

Mon • 10:30-11:45am • Spiritual Life Center  
*This walking meditation helps quiet, heal, and soothe.*

### "JOURNEY OF THE UNIVERSE" – MOVIE SHOWING

Mon • 8:00 pm • Morse Hall  
*The "Journey of the Universe" is an amazing story-from the big bang 14 billion years ago, to the current challenges of depleting resources, species extinction and global warming.*

### DREAMS: ONE WAY GOD SPEAKS TO US

- Julie Cook  
Tues • 10:30-11:45am • Spiritual Life Tent  
*Dreams are mysterious gifts from God. Discover ways to listen to dreams in order to enrich our spiritual growth.*

### THE JOURNEY OF THE UNIVERSE, AND OUR OWN SPIRITUAL JOURNEY

- Rev. Harvey Noordsy  
Tues • 1:00 -2:30pm • Watson  
*We will look at the spiritual challenges facing us as human beings who can influence this process for good or ill.*

### MAKING THE MOST OF THE SECOND HALF OF LIFE

- Rev. Bruce Tamlyn  
Wed • 9:00-10:30am • Spiritual Life Tent  
*focuses on Fr. Richard Rohr's new book, "Falling Upward". We will look at specific and practical ways to grow successfully during the second part of our life. Copies will be available for sale at the class.*

## BOATHOUSE



### SAILBOAT SCREENING TEST

Daily • 9:00 am-1:00 pm  
*To use sailboats, members must demonstrate their sailing skills.*

### BASIC SAILING LESSONS

Mon-Thurs • 9:00-11:30 am or 1:00-3:30 pm.  
*Two four-day classes are available. The course teaches the fundamentals of sailing to guests or members with little or no previous sailing experience. Minimum age 12 years to participate.*

### KAYAK LESSONS

Mon-Tues or Wed-Thurs • 2:30-3:30 pm or 4:00-5:00 pm  
*Four two-day classes are available. Learn basic kayak strokes, entry/exit and rescue techniques. Minimum age 10 years.*

### PERFORMANCE SAILING SEMINAR

Thurs • 7:00 pm  
*From racing to cruising, learn how to make the most out of your sailing experience.— Mark Schubert*

### SUNFISH SAILING RACE

Fri • 9:00 am sharp!

*Boat for Sale - Inquire at Boathouse*

## CHILDREN'S PROGRAM

### Silver Camp Half-Day

Mon-Fri • 8:30-11:30 am  
*Check-in begins at 8:15 am **Registration is required.***  
*On-Campus Guest/Program Member Rates: \$12/day, \$38/week Basic/Nonmember Rates: \$19/day, \$57/week*  
**Sign up at the Front Desk.**

**Robins** - Ages 6-18 months

**Crickets** - Ages 19 months - 3 Years

**Wee Wozzles** - Ages 4 years - entering Kindergarten

**Wozzles** - entering 1st & 2nd Grade

**Chippies** - entering 3rd & 4th Grade

**Ravens** - entering 5th & 6th Grade

**Eagles** - entering 7th & 8th Grade

**Falcons** - entering 9th, 10th, 11th, & 12th Grade

### Silver Camp Full-Day

Mon-Fri • 8:30 am-3:30 pm. • Children's Tent  
*Full-day camp is open to children in grades 1-12. Guests using the Dining Hall may contact the Front Desk to order bag lunches. Others must provide lunch.*

**Registration is required.**

*On Campus Guest/ Program Member Rates: \$28/day, \$76/week*

*Basic/Nonmember Rates: \$39/day, \$114/week*

## Counselor In Training (CIT) Program

Mon-Fri • 8:00 am-12:00 pm • Teen Center  
*CITs will participate in training and team building, work alongside Children's Leaders during Silver Camp, and participate in a CIT-only Day Trips.*  
On-Campus Guests/Program Members \$60/weekly, \$360/season. Basic/Nonmembers \$90/weekly, \$540/season.

### ChildWatch

Tues / Thurs • 7:00-10:00 pm • Children's Pavilion  
*Trained staff will provide supervised activities for children ages 6 months and older. ChildWatch reservations should be made at the Concierge Desk by 6 pm on the evening prior to the date the service is required. Please also confirm the session with the Concierge Desk before taking your children to the Children's Pavilion. The fee is \$14 for the first child and \$7 for each sibling per evening.*

## COLLINS EQUIPMENT AND TENNIS CENTER



### RECREATION

**Pick-up games/activities for all ages**

Mon 3 on 3 Basketball 4:00-5:00 pm

Tues Soccer 4:00-5:00 pm

Wed Shuffleboard 4:00-5:00 pm

Thurs Horseshoes 4:00-5:00 pm

### TENNIS SOCIAL

Sun • 1:00-3:00 pm • Tennis Courts  
*Join the tennis-teaching pros for informal games or to hit.*

### TINY TENNIS

Tues • 7:00-7:30 pm • Tennis Courts  
*Ages 6 and under – fun and lead-up activities for the little ones, tennis style*

### TENNIS COMPETITIVE PLAY

Wed • 4:00-8:00 pm (Rain date Thurs)  
*Weekly fun competitive events for the recreational player, 3.0 - 4.5 level. Interested players must sign up by Tues noon in Collins.*

### SCHEDULE OF TOURNAMENTS:

7/4- Men's and Women's Singles

7/11- Men's and Women's Doubles

7/18- Mixed

7/25- Chocohumongo

8/1- Mixed

8/8- Men's and Women's Doubles

### RECREATIONAL DOUBLES:

Intermediate 1 Doubles

Mon-Fri • 9:00-11:00 am • Court 3

Intermediate 2 Doubles

Mon/Wed/Fri • 9:00am-11:00pm • Court 1

### ADVANCED DOUBLES:

Tues/Thurs • 9:00 am-11:00 am • Court 1

**TENNIS LESSONS**  
**Children's Lessons**  
Mon-Fri • 8:00-8:30 am • Courts 5&6

**ADULT LESSONS**  
Mon-Fri • 8:30-9:30 am • Courts 5&6

**PRIVATE LESSONS**  
Available for an additional fee. By appointment with the Pro in Collins Equipment Center.

### THE EXPEDITION

**BOAT TOURS**  
Learn about Lake George aboard one of our many cruises. Sign up at the Concierge Desk. Additional fee required

<b>Saturday</b>	<b>Sunday</b>
<b>Gull Bay:</b> 9:00-10:00am	<b>Explorer:</b> 1:15-2:15pm
<b>Explorer:</b> 1:15-2:15pm	<b>Gull Bay:</b> 3:00-4:00pm
<b>Mother Bunch:</b> 3:00-4:00pm	<b>Mother Bunch:</b> 4:30-5:30pm
<b>Harbor Island:</b> 4:30-5:15pm	

<b>Monday</b>	<b>Tuesday</b>
<b>Mother Bunch:</b> 9:15-10:15am	<b>Gull Bay:</b> 9:15-10:15am
<b>Explorer:</b> 1:15-2:15pm	<b>Harbor Island:</b> 11:00-11:45am
<b>Eco-Cruise*:</b> 3:00-4:30 pm	<b>Paradise Bay:</b> 1:00-2:30pm
<b>Harbor Island:</b> 6:45-7:30	<b>Mother Bunch:</b> 3:00-4:00pm

<b>Wednesday</b>	<b>Thursday</b>
<b>Mother Bunch:</b> 9:00-10:00am	<b>Explorer:</b> 9:15-10:15am
<b>3:00-4:00pm</b>	<b>Harbor Island:</b> 11:00-11:45am
<b>Harbor island:</b> 11:00-11:45am	<b>6:45-7:30pm</b>
<b>6:45-7:30pm</b>	<b>Roger's Rock:</b> 1:00-2:30
<b>Gull Bay:</b> 1:15-2:15pm	<b>Gull Bay:</b> 3:00-4:00pm

<b>Friday</b>	*=see the "Nature Center" section for more details.
<b>Paradise Bay:</b> 9:00-10:30am	
<b>Explorer:</b> 1:15-2:15pm	
<b>Eco-Cruise*:</b> 3:00-4:30pm	
<b>Harbor Island:</b> 6:45-7:30pm	

### FAMILY PROGRAMMING



**FAMILY MOVIE NIGHT - Megamind**  
Sun • 7:30 pm • Watson

**FAMILY LEISURE GAMES – Croquet**  
Mon • 2:30–4:30 pm • Slim Point

**CHILDREN'S STORY TIME**  
Mon/Fri • 7:00-7:30 pm  
• Library

**FAMILY SQUARE DANCE**  
Mon • 7:30-9:00 pm • Outdoor Basketball Courts  
(Rain Location: Fisher West Gym)

**FAMILY FUN NIGHT IN THE GYM**  
Tues 7:30-9:00 pm  
Laugh • Learn • Play through Healthy Family Activities

**FAMILY DODGEBALL MANIA**  
Thurs/Sat • Fisher Gym  
**MINI DODGEBALL**  
7:30-8:30 pm ages 7 through 11

**ELITE DODGEBALL**  
8:30-10:00 pm ages 12 and up

**FAMILY FIT -Nadia Stefanik**  
Wed • 3:30-4:30 pm • East Gym  
*A workout session great for families!*

**FAMILY SING** (Ages 5 and under)  
Wed • 7:00-7:30 pm • Children's Pavilion

**FAMILY FUN-O-RAMA "Slip-N-Slide"**  
Thurs • 3:30–5:00 pm • Hepbron Hill

**FAMILY GAME NIGHT**  
"Bingo!"  
Thurs • 7:30-8:30 pm • Store

**FAMILY ART**  
Thurs • 7:00-7:30 pm • Craft Shop Pavilion

**FAMILY CAMPFIRE**  
Fri • 7:30-8:30 pm • Council Ring  
(Rain Location: Fisher Gym)

### FITNESS CENTER AND CLASSES



Make use of our extensive selection of cardio and Cybex machines or participate in one of our many group exercise classes. Locations within Fisher Gymnasium are specified below.

**SUNRISE STRETCH -Maleah Morett**  
Mon-Fri • 7:00-7:45 am • Dance Studio  
*Wake up your body with simple stretches and calming music.*

**YOGA –Robin Catania-Weber**  
Mon/Wed/Fri • 9:00-10:00 am • East Gym  
*Relax and tone the body, still the mind, experience inner peace.*

**PILATES -Kelsey Testa**  
Tues/Thurs • 9:00-10:00 am • Dance Studio  
*Tone your muscles and strengthen your core through proper exercises and breathing techniques.*

**TAI CHI -Mae Pagen**  
Tues/Thurs • 9:00-10:00 am • East Gym  
*No-impact class that centers the body through slow rhythmic movements.*

**BOOT CAMP -Nadia Stefanik**  
Mon/Wed/Fri • 9:00-10:00 am • Outdoors: Meet at Front Porch  
*A fun and motivating class that challenges each individual, regardless of skill level or age, to push themselves to their limits. Get ready to sweat!*

**RECOVERY 101 -Nadia Stefanik**  
Mon/Fri • 10:15-11:00 am • Tues/Thurs • 5:15-6:00 pm • Dance Studio  
*A relaxing class designed to aid in recovery of muscle and joint tightness. Foam rolling, assisted stretching, and other techniques are incorporated to leave your body feeling rejuvenated*

**BEGINNER STRENGTH -Maleah Morett**  
Tues/Thurs • 10:15-11:15 am • Dance Studio  
*A class for those who want a quality introduction to weight training and learn more about strength concepts.*

**ZUMBA -Mae Pagen**  
Tues/Thurs • 10:30-11:30 am  
• East Gym  
*A Latin-inspired dance fitness program that combines high energy and music with unique moves and combinations.*

**TEEN FIT -Nadia Stefanik**  
Mon/Wed/Fri • 2:30-3:30 pm • West Gym  
*A fun and informative class aimed to improve overall fitness for growing teens.*

**Cardio Kickboxing -Kelsey Testa**  
Mon/Wed/Fri • 4:00-5:00 pm • Dance Studio  
*Kick and punch your way into a fun and intense cardiovascular workout that blends boxing, kickboxing, and martial arts techniques.*

**TOTAL BODY BLAST -Nadia Stefanik**  
Tues/Thurs • 4:00-5:00 pm • East Gym  
*This class incorporates free weights, stability balls, jump ropes, core exercises, and more to give you a complete workout for your entire body!*

**STRETCH & RELAXATION**  
- Maleah Morett  
Mon/Wed/Fri • 5:15-6:00 pm • Dance Studio  
*A complete body stretch and total relaxation class to help reduce stress and improve overall health.*



### NUTRITION CLASSES & COUNSELING

**SMART LIFESTYLE SERIES**  
Mon-Fri • 11:00-11:30 am • Liz Gray Pavilion  
*Each session highlights a different aspect of a healthful, balanced lifestyle and provides practical strategies for change. At the final summary session, you will receive a celebration packet of resources and information discussed to take with you as you go forward with healthful lifestyle habits. All sessions are interactive, discussion-focused, friendly, and motivational. The goal is to make positive lifestyle change easy.*

### Nutrition Lecture Series

*Learn about various nutrition topics that will encourage you to make positive lifestyle changes and help prevent disease through healthy eating.*

**What Should I Eat? The New American Plate**  
Mon• 3:00-4:00 pm • Dance Studio  
*In this talk, healthy eating is simplified into an effortless lifestyle that's easy to maintain. Learn how to eat to stay healthy and feel great.*

**DIETS: FACTS AND FALLACIES**  
Wed• 3:00-4:00 pm • Dance Studio  
*How do you tell if it is a "good" diet or a "fad" diet? What makes a diet good and which ones out there really work?*

**SUPERFOODS: WHEN YOU GET MORE THAN ONE BANG FOR YOUR BUCK.**  
Fri• 3:00-4:00 pm • Dance Studio  
*The superfoods will be revealed along with their superpowers. Learn how to incorporate them into your diet with ease. Includes food tastings.*

**PRIVATE NUTRITION COUNSELING**  
• Sign up at the Front Desk  
*Sign up for a one-on-one hour-long nutrition counseling session. Individual goals and concerns relating to nutrition and healthy living are addressed in a confidential, no-judgment setting. Positive encouragement, evidence-based information, and quality direction are provided.*

### HOLISTIC HEALTH

*Massage Therapy and Reiki Energy Healing sessions provided by certified insured professionals. Appointments can be made at the Concierge Desk during your stay.*

**Meditation -Dr. Jim Mielke**  
Mon-Fri • 10:30-11:45 am  
• Dance Studio  
*Focuses on a variety of breathing and mental concentration techniques that can help bring a source of tranquility, joy, and wisdom. Mon, Wed and Fri are sitting. Tues and Thurs are walking.*

**AN INTRODUCTION TO MEDITATION**  
– Dr. Jim Mielke  
Tues • 9:00-10:15am • Spiritual Life Tent  
*A practice people of all beliefs have used to develop and deepen their spiritual lives. Improves physical, mental, and emotional health, and creates a sense of well-being and inner calm.*

**Yoga: The Science of the Soul**  
-Dr. Jim Mielke  
Fri • 9:00-10:15 am • Spiritual Life Tent  
*A discussion on the meanings and meditative aspects of yoga practice articulated in a progressive series of steps which purify the body and mind, in order to reach a deeper level of meditation*

### NATURE CENTER



**EXPLORE THE PAUL MCCOY NATURE CENTER. CHECK OUT THE DISPLAYS, EXHIBITS, AND LIVE ANIMALS.**

**Eco-Cruise on the Expedition**  
Mon and Fri • 3:00-4:30 pm  
*Learn about the ecology of Lake George through hands-on experiments. \$24/Adult \$12/ Children (0-17 years). Sign up at the Concierge Desk. Meet at the boat.*

**GPS Basic Class**  
Tues•2:30-3:30 pm• Nature Center  
*Learn how to use a GPS.*

**Family Frog Races**  
Wed • 3:30-4:30 pm • Nature Center

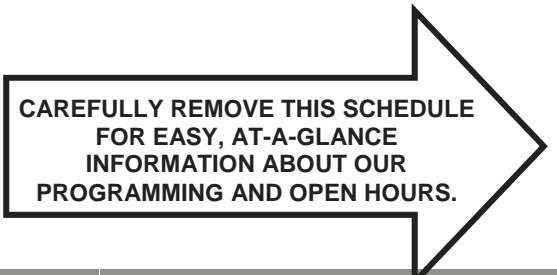
**Geocaching Class**  
Thurs • 2:30-3:30 pm • Nature Center  
*Test your GPS skills and explore our new Geocaching trail.*

<b>Saturday 6/30</b> Afternoon & Evening	<b>Sunday 7/1</b> Afternoon & Evening	<b>Monday 7/2</b> Afternoon & Evening	<b>Tuesday 7/3</b> Afternoon & Evening	<b>Wednesday 7/4</b> Afternoon & Evening	<b>Thursday 7/5</b> Afternoon & Evening	<b>Friday 7/6</b> Afternoon & Evening
---	--	--	---	---	--	--

11:30 -1:00 <b>LUNCH</b> in the Dining Hall	11:30 -1:00 <b>LUNCH</b> in the Dining Hall	11:30 -1:00 <b>LUNCH</b> in the Dining Hall	11:30 -1:00 <b>LUNCH</b> in the Dining Hall	11:30 -1:00 <b>LUNCH</b> in the Dining Hall	11:30 -1:00 <b>LUNCH</b> in the Dining Hall	11:30 -1:00 <b>LUNCH</b> in the Dining Hall
1:15-2:15 ● Explorer Cruise ● EX 3:00-4:00 ● Mother Bunch Cruise ● EX 4:30-5:15 ● Harbor Island Cruise ● EX	1:00-3:00 ● Tennis Social ● C 1:15-2:15 ● Explorer Cruise ● EX 2:00-4:30 ● Jabez Pond Hike ● NC 3:00-4:00 ● Gull Bay Cruise ● EX 4:30-5:30 ● Mother Bunch Cruise ● EX	1:00-3:30 ● Basic Sailing Lessons ● BH 1:00-4:30 ● Chair Caning ● CR 1:00-4:30 ● Kid's Craft Pavilion ● CR 1:15-2:15 ● Explorer Cruise ● EX 1:45-2:30 ● Swim Lessons ● SP 1:45-2:30 ● Swim Lessons ● BB 2:00-4:30 ● Bob James Trail Hike ● NC 2:00-6:00 ● Safe Boaters Course ● SEE 2:30-3:30 ● Kayak Lessons ● BH 2:30-3:30 ● Teen Fit ● F 2:30-4:30 ● Leisure Games ● C 3:00-4:00 ● Nutrition Lecture Series ● DS 3:00-4:30 ● Eco-Cruise ● EX 4:00-5:00 ● Cardio Kickboxing ● DS 4:00-5:00 ● 3 on 3 Basketball ● C 4:00-5:00 ● Kayak Lessons ● BH 5:15-6:00 ● Stretch & Relaxation ● DS	1:00-2:30 ● Journey of the Universe ● W 1:00-2:30 ● Paradise Bay Cruise ● EX 1:00-3:30 ● Basic Sailing Lessons ● BH 1:00-4:30 ● Fused Dichroic Glass ● CR 1:00-4:30 ● Kid's Craft Pavilion ● CR 1:00-4:30 ● Metals Workshop ● CR 1:45-2:30 ● Swim Lessons ● SP 1:45-2:30 ● Swim Lessons ● BB 2:00-4:30 ● Nature Walk-Ferns ● NC 2:00-4:30 ● Uncas Waterfall Hike ● NC 2:00-6:00 ● Safe Boaters Course ● SEE 2:30-3:30 ● GPS Basic Class ● NC 2:30-3:30 ● Kayak Lessons ● BH 3:00-4:00 ● Build Your Own Arrow ● A 3:00-4:00 ● Mother Bunch Cruise ● EX 4:00-5:00 ● Kayak Lessons ● BH 4:00-5:00 ● Soccer ● C 4:00-5:00 ● Total Body Blast ● F 4:30 ● Healing Service ● CH 5:15-6:00 ● Recovery 101 ● DS	1:00-3:30 ● Basic Sailing Lessons ● BH 1:00-4:30 ● Complex Basketry ● CR 1:00-4:30 ● Kid's Craft Pavilion ● CR 1:15-2:15 ● Gull Bay Cruise ● EX 1:45-2:30 ● Swim Lessons ● SP 1:45-2:30 ● Swim Lessons ● BB 2:00-4:30 ● Rookery Pond ● NC 2:30-3:30 ● Kayak Lessons ● BH 2:30-3:30 ● Teen Fit ● F 3:00-4:00 ● Labyrinth Peace Walk ● OL 3:00-4:00 ● Mother Bunch Cruise ● EX 3:00-4:00 ● Nutrition Lecture Series ● DS 3:30-4:30 ● Family Frog Race ● NC 3:30-4:30 ● Family Fit ● F 4:00-5:00 ● Cardio Kickboxing ● DS 4:00-5:00 ● Kayak Lessons ● BH 4:00-5:00 ● Shuffleboard ● C 4:00-8:00 ● Tennis Competitive Play ● C 5:15-6:00 ● Stretch & Relaxation ● DS	1:00-2:30 ● Roger's Rock Cruise ● EX 1:00-3:30 ● Basic Sailing Lessons ● BH 1:00-4:30 ● Adult Enameling ● CR 1:00-4:30 ● Kid's Craft Pavilion ● CR 1:45-2:30 ● Swim Lessons ● SP 1:45-2:30 ● Swim Lessons ● BB 2:00-4:30 ● Gazebo Point Hike ● NC 2:00-4:30 ● Nature Walk– Wildflowers● NC 2:30-3:30 ● Geocaching Class ● NC 2:30-3:30 ● Kayak Lessons ● BH 3:00-4:00 ● Gull Bay Cruise ● EX 3:00-5:00 ● Team Competition ● A 3:30-5:00 ● Family Fun-O-Rama ● C 4:00-5:00 ● Horseshoes ● C 4:00-5:00 ● Kayak Lessons ● BH 4:00-5:00 ● Total Body Blast ● F 5:15-6:00 ● Recovery 101 ● DS	1:00-4:30 ● Kid's Craft Pavilion ● CR 1:15-2:15 ● Explorer Cruise ● EX 1:45-2:30 ● Swim Lessons ● SP 1:45-2:30 ● Swim Lessons ● BB 2:00-4:30 ● Nature Walk-Mushrooms ● NC 2:00-4:30 ● Sunrise Mountain Hike ● NC 2:30-3:30 ● Teen Fit ● F 3:00-4:00 ● Family Labyrinth Walk ● OL 3:00-4:00 ● Nutrition Lecture Series ● DS 3:00-4:30 ● Eco-Cruise ● EX 3:00-5:00 ● Individual Competition ● A 4:00-5:00 ● Cardio Kickboxing ● DS 5:15-6:00 ● Stretch & Relaxation ● DS

A = Archery  
ADM = Administration  
AU=Auditorium  
BB = Bay Beach  
BH = Boathouse  
BV = Bayview  
C = Collins  
CH = Chapel  
CP = Children's Pavilion  
CR = Craft Shop  
DS = Dance Studio  
EX = Expedition Boat  
F = Fisher Gym  
G = Gullen Lounge  
INN = the Main Inn  
LB = Library

LG = Liz Gray Pavilion  
M = Morse Hall  
NC = Nature Center  
NF = North Field  
OB = Outdoor Basketball Court  
OL = Outdoor Labyrinth  
SEE = See Memorial  
SF = South Field  
SL = Spiritual Life Center  
SP = Slim Point  
SPR = Sproul Pavilion  
ST = Store  
TC = Teen Center  
TH = Trinity House  
W = Watson



5:30-7:00 <b>DINNER</b> in the Dining Hall	5:30-7:00 <b>DINNER</b> in the Dining Hall	5:30-7:00 <b>DINNER</b> in the Dining Hall	5:30-7:00 <b>DINNER</b> in the Dining Hall	5:30-7:00 <b>DINNER</b> in the Dining Hall	5:30-7:00 <b>DINNER</b> in the Dining Hall	5:30-7:00 <b>DINNER</b> in the Dining Hall
7:15 ● Evening Vespers ● CH 7:30-8:30 ● Mini Dodge Ball ● F 8:00 ● Contemporary Worship Service ● W 8:30 ● Store Entertainment ● ST 8:30-10:00 ● Elite Dodge Ball ● F	7:15 ● Hymn Sing ● CH 7:30 ● Family Movie Night ● W 8:00 ● Music Recital ● CH	6:45-7:30 ● Harbor Island Cruise ● EX 7:00-7:30 ● Children's Story Hour ● LB 7:15 ● Evening Vespers ● CH 7:30-9:00 ● Family Square Dance ● OB 7:30-10:00 ● Bridge ● GL 8:00-9:30 ● Movie "Journey..." ● M 8:30 ● Bay-a-oke ● ST	6:45-7:30 ● Harbor Island Cruise ● EX 7:00-7:30 ● Tiny Tennis ● C 7:00-10:00 ● Child Watch ● CP 7:15 ● Evening Vespers ● CH 7:30-9:00 ● Family Fun Night ● F 8:00-9:00 ● Lecture– White-nosed Bats● W 8:30 ● Trivia ● ST	6:45-7:30 ● Harbor Island Cruise ● EX 7:00-7:30 ● Family Sing ● CP 7:00-8:00 ● Cloud Shoot ● NF 7:15 ● Evening Vespers ● CH 8:00-9:00 ● Art Series ● W 8:00-9:00 ● Biblical Teachings ● CH	6:45-7:30 ● Harbor Island Cruise ● EX 7:00 ● Ice Cream Presentation ● ST 7:00 ● Performance Sailing Seminar ● BH 7:00-7:30 ● Family Art ● CR 7:00-8:00 ● Teen Book Talk● LB 7:00-10:00 ● Child Watch ● CP 7:15 ● Evening Vespers ● CH 7:15-8:00 ● Teen Bible Study ● SL 7:30-8:30 ● Mini Dodge Ball ● F 7:30-8:30 ● Family Game Night ● ST 8:00-9:00 Lecture– Glimpse into Past ● W 8:30 ● Open Mic ● ST 8:30-10:00 ● Elite Dodge Ball ● F	6:45-7:30 ● Harbor Island Cruise ● EX 7:00-7:30 ● Children's Story Hours ● LB 7:15 ● Evening Vespers ● CH 7:30-8:30 ● Family Campfire ● Council Ring 8:00-9:00 ● Nature Series ● W

11:00 QUIET HOURS BEGIN

**PROGRAMS, LOCATIONS AND TIMES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. WE DO OUR BEST TO ENSURE THE ACCURACY OF THIS INFORMATION.**

<p><b>OPEN HOURS</b></p> <p><b>ARCHERY</b></p> <p>Sat/Mon/Tues/Thurs/Fri: 9:00 a.m.-12:00 p.m.; 1:00-5:00 p.m. Sun: 1:00-5:00 p.m. Mon: 7:00-8:00 p.m. Wed: 1:00-5:00 p.m. Wed: Clout Shoot: 7:00-8:00 p.m. Guests ages 6 and older may participate.</p>	<p><b>BEACHES</b></p> <p>Bay Beach - <b>Daily:</b> 6:30-7:30 am , 10-11:30 am , 2:00-5:30 pm Slim Point - <b>Daily</b> 10:00 am -8:00 pm Bring the family to Bay Beach or Slim Point for swimming fun during beach hours!</p> <p><b>BOATHOUSE</b></p> <p><b>Daily:</b> 8:30 am -8:00 pm Access to kayaks, canoes, row boats, and sailboats, plus lessons and safety courses.</p>	<p><b>CLIMBING WALL</b></p> <p>Mon/Wed/Fri 7:00-9:00 pm Tues / Thurs/ Sat: 3-5 pm Test out our 24' Indoor Climbing Wall. During Open Climb, trained instructors will belay while you climb. All sessions \$8 per session per participant. Children under 18 must have a waiver by a signed parent or guardian. Sign up at the Concierge Desk..</p> <p><b>COLLINS/TENNIS</b></p> <p><b>Daily</b> 8:30am-10:00pm Athletic equipment, games &amp; more.</p>	<p><b>CRAFT SHOP</b></p> <p>Mon - Fri: 9 am -12 pm; 1-5 pm Evenings Wed / Thurs: 7-9 pm Children's Craft Shop, Mon-Fri: 1-5 pm Craft Project Pick-Up Sat: 9-11 am Crafts for all ages and ability levels please see the Craft Shop for age requirements, and prices.</p> <p><b>FISHER GYM</b></p> <p><b>Daily:</b> 8:30 AM -10:00 PM Basketball, table tennis &amp; volleyball.</p>	<p><b>FITNESS CENTER</b></p> <p>Mon-Fri, 6:30 am -10:00 pm Sat/Sun, 6:30-7:30 am 8:30 am -6:00 pm, 7:00-10:00 pm Group exercise classes are scheduled throughout the season. Work out on our Cardio and Cybex machines during open hours.</p> <p><b>GIFT SHOP</b></p> <p>Monday-Friday 10:00am-6:00pm Saturday 10:00am-7:00pm Sunday 11:00am-5:00pm Bring home a memory. Also stocks travel essentials you may have forgotten to pack.</p>	<p><b>HEALTH OFFICE</b></p> <p>On call 24 hours/day, 7 days/week. Youth under 18 must be accompanied by a parent or guardian with a signed consent for treatments.</p> <p><b>LIBRARY</b></p> <p><b>Daily:</b> 8:00 AM-8:00 PM Located in the Inn off Gullen Lounge.</p>	<p><b>NATURE CENTER</b></p> <p><b>Daily</b> 8:00am – 8:00pm Educational hikes, walks, and classes are offered regarding the surrounding area of Silver Bay.</p> <p><b>THE STORE</b></p> <p><b>Daily:</b> 7:30 AM– 11:00 PM Offering ice cream, milkshakes, coffee, crepes, pizza, hotdogs, and much more!</p>
--	--	--	---	--	---	---



Saturday 6/30 Morning & Afternoon	Sunday 7/1 Morning & Afternoon	Monday 7/2 Morning & Afternoon	Tuesday 7/3 Morning & Afternoon	Wednesday 7/4 Morning & Afternoon	Thursday 7/5 Morning & Afternoon	Friday 7/6 Morning & Afternoon
6:30-7:30 <b>MORNING DIP</b> at Bay Beach	6:30-7:30 <b>MORNING DIP</b> at Bay Beach	6:30-7:30 <b>MORNING DIP</b> at Bay Beach 7:00-7:45 • Sunrise Stretch • DS	6:30-7:30 <b>MORNING DIP</b> at Bay Beach 6:30-7:30 • Bird Watching Walk • INN 7:00-7:45 • Sunrise Stretch • DS	6:30-7:30 <b>MORNING DIP</b> at Bay Beach 7:00-7:45 • Sunrise Stretch • DS	6:30-7:30 <b>MORNING DIP</b> at Bay Beach 7:00-7:45 • Sunrise Stretch • DS	6:30-7:30 <b>MORNING DIP</b> at Bay Beach 6:30-7:30 • Bird Watching Hike • NC 7:00-7:45 • Sunrise Stretch • DS
7:00-9:00 <b>BREAKFAST</b> in the Dining Hall	7:00-9:00 <b>BREAKFAST</b> in the Dining Hall	7:00-9:00 <b>BREAKFAST</b> in the Dining Hall	7:00-9:00 <b>BREAKFAST</b> in the Dining Hall	7:00-9:00 <b>BREAKFAST</b> in the Dining Hall	7:00-9:00 <b>BREAKFAST</b> in the Dining Hall	7:00-9:00 <b>BREAKFAST</b> in the Dining Hall
9:00-10:00 Gull Bay Cruise • EX 9:00-12:00 • Gazebo Hike • NC 9:00-1:00 • Sailboat Screening Test • BH	8:30 • Communion Service • CH 9:00-11:30 • Uncas Cliff Hike • NC 9:00-1:00 • Sailboat Screening Test • BH 9:15 • Choir Rehearsal • CH 9:45-11:15 • Worship Child Care • CP 10:00 • Weekly Worship • CH	8:00-8:30 • Children's Tennis Lessons • C 8:00-12:00 • CIT Program • TC 8:30-9:30 • Adult Tennis Lessons • C 8:30-11:30 • Silver Camp- Half Day • CP 8:30-3:30 • Silver Camp- Full Day • CP 9:00-10:00 • Boot Camp • F 9:00-10:00 • Yoga • F 9:00-10:15 • Deepening Relationships • SL 9:00-10:15 • Mother Bunch Cruise • BH 9:00-11:00 • Intermediate 1 Doubles • C 9:00-11:00 • Intermediate 2 Doubles • C 9:00-11:00 • Nature Walk-Wildflowers • NC 9:00-11:30 • Hudoshone Lean-To Hike • NC 9:00-11:30 • Basic Sailing Lessons • BH 9:00-11:30 • Watercolor Program • W 9:00-1:00 • Sailboat Screening Test • BH 9:30-11:00 • Dance Week • F 10:15-11:00 • Recovery 101 • DS 10:30-11:45 • Introduction to Labyrinth • SL 10:30-11:45 • Meditation • DS 11:00-11:30 • Lifestyle Series • F	8:00-8:30 • Children's Tennis Lessons • C 8:00-12:00 • CIT Program • TC 8:30-9:30 • Adult Tennis Lessons • C 8:30-11:30 • Silver Camp- Half Day • CP 8:30-3:30 • Silver Camp- Full Day • CP 9:00-10:00 • Pilates • DS 9:00-10:00 • Tai Chi • F 9:00-10:15 • Introduction to Meditation • SL 9:00-11:00 • Advanced Doubles • C 9:00-11:00 • Intermediate 1 Doubles • C 9:00-11:30 • Inspiration Point Hike • NC 9:00-11:30 • Basic Sailing Lessons • BH 9:00-11:30 • Watercolor Program • W 9:00-1:00 • Sailboat Screening Test • BH 9:15-10:15 • Gull Bay Cruise • BH 9:30-11:00 • Dance Week • F 10:15-11:15 • Beginner Strength • DS 10:30-11:30 • Zumba • F 10:30-11:45 • Dreams • SL 10:30-11:45 • Meditation • DS 11:00-11:30 • Lifestyle Series • F 11:00-11:45 • Harbor Island Cruise • BH	8:00-8:30 • Children's Tennis Lessons • C 8:00-12:00 • CIT Program • TC 8:30-9:30 • Adult Tennis Lessons • C 8:30-11:30 • Silver Camp- Half Day • CP 8:30-3:30 • Silver Camp- Full Day • CP 9:00-10:00 • Boot Camp • F 9:00-10:00 • Yoga • F 9:00-10:00 • Mother Bunch Cruise • EX 9:00-10:30 • Making the Most • SL 9:00-11:00 • Intermediate 1 Doubles • C 9:00-11:00 • Intermediate 2 Doubles • C 9:00-11:30 • Bear Cave Hike • NC 9:00-11:30 • Nature Walk-Trees • NC 9:00-11:30 • Basic Sailing Lessons • BH 9:00-11:30 • Watercolor Program • W 9:00-1:00 • Sailboat Screening Test • BH 9:30-11:00 • Dance Week • F 10:30-11:45 • Meditation • DS 11:00-11:30 • Lifestyle Series • F 11:00-11:45 • Harbor Island Cruise • EX 11:15-11:30 Shortest 4th in the North	8:00-8:30 • Children's Tennis Lessons • C 8:00-12:00 • CIT Program • TC 8:30-9:30 • Adult Tennis Lessons • C 8:30-11:30 • Silver Camp- Half Day • CP 8:30-3:30 • Silver Camp- Full Day • CP 9:00-10:00 • Pilates • DS 9:00-10:00 • Book Talk Group • BH 9:00-10:00 • Tai Chi • F 9:00-10:30 • Spiritual Exercises • SL 9:00-11:30 • Advanced Doubles • C 9:00-11:00 • Intermediate 1 Doubles • C 9:00-11:30 • Basic Sailing Lessons • BH 9:00-11:30 • Skipper Mac's Cairn Hike • NC 9:00-11:30 • Pottery Tile Design • CR 9:00-11:30 • Watercolor Program • W 9:00-1:00 • Sailboat Screening Test • BH 9:15-10:15 • Explorer Cruise • BH 9:30-11:00 • Dance Week • F 10:15-11:15 • Beginner Strength • DS 10:30-11:30 • Zumba • F 10:30-11:45 • Meditation • DS 10:45-11:45 • 12-Step Meeting • SL 11:00-11:30 • Lifestyle Series • F 11:00-11:15 • Harbor Island Cruise • BH	7:30 • Men's Prayer Breakfast • W 8:00-8:30 • Children's Tennis Lessons • C 8:00-12:00 • CIT Program • TC 8:30-9:30 • Adult Tennis Lessons • C 8:30-11:30 • Silver Camp- Half Day • CP 8:30-3:30 • Silver Camp- Full Day • CP 9:00 Sharp! • Sunfish Sailing Race • BH 9:00-10:00 • Boot Camp • F 9:00-10:00 • Yoga • F 9:00-10:15 • Yoga: Science of Soul • DS 9:00-10:30 • Paradise Bay Cruise • BH 9:00-11:00 • Intermediate 1 Doubles • C 9:00-11:00 • Intermediate 2 Doubles • C 9:00-11:30 • History Walk • NC 9:00-11:30 • Lost Pond Hike • NC 9:00-11:30 • Sailboat Screening Test • BH 9:00-11:30 • Watercolor Program • W 9:00-1:00 • Sailboat Screening Test • BH 9:30-11:00 • Dance Week • F 10:15-11:00 • Recovery 101 • DS 10:30-11:45 • Bible Teachings • SL 1:30-11:45 • Meditation • DS 10:45-11:30 • Harbor Island Cruise • BH 11:00-11:30 • Lifestyle Series • F
11:30 -1:00 <b>LUNCH</b> in the Dining Hall	11:30 -1:00 <b>LUNCH</b> in the Dining Hall	11:30 -1:00 <b>LUNCH</b> in the Dining Hall	11:30 -1:00 <b>LUNCH</b> in the Dining Hall	11:30 -1:00 <b>LUNCH</b> in the Dining Hall	11:30 -1:00 <b>LUNCH</b> in the Dining Hall	11:30 -1:00 <b>LUNCH</b> in the Dining Hall

MEAL TIMES	MEAL TICKETS
Cold, Continental breakfast and coffee is available: 7:00-7:30am	<b>ADULTS:</b> Breakfast \$13 Lunch \$13 Dinner \$18
Hot Breakfast is served: 7:30-9:00am	<b>CHILDREN AGES 6-17:</b> Half the adult rates.
Lunch is served: 11:30-1:00pm	<b>CHILDREN UNDER AGE 5</b> FREE
Dinner is served: 5:30-7:00pm	

**PROGRAMS, LOCATIONS AND TIMES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. WE DO OUR BEST TO ENSURE THE ACCURACY OF THIS INFORMATION.**

- |                      |                |                          |                    |                        |                               |                            |                    |
|----------------------|----------------|--------------------------|--------------------|------------------------|-------------------------------|----------------------------|--------------------|
| A = Archery          | BH = Boathouse | CP = Children's Pavilion | F = Fisher Gym     | LG = Liz Gray Pavilion | OB = Outdoor Basketball Court | SL = Spiritual Life Center | TC = Teen Center   |
| ADM = Administration | BV = Bayview   | CR = Craft Shop          | G = Gullen Lounge  | M = Morse Hall         | OL = Outdoor Labyrinth        | SP = Slim Point            | TH = Trinity House |
| AU=Auditorium        | C = Collins    | DS = Dance Studio        | INN = the Main Inn | NC = Nature Center     | SEE = See Memorial            | SPR = Sproul Pavilion      | W = Watson         |
| BB = Bay Beach       | CH = Chapel    | EX = Expedition Boat     | LB = Library       | NF = North Field       | SF = South Field              | ST = Store                 |                    |