

WEEKLY ACTIVITIES SCHEDULE 2017 – WEEK 5, July 22 – July 29

Excursion Summary: 12 canoe trips, 2 white water rafting trips, 1 walk/tour, 9 hikes, 1 trail run, 3 climbing sessions

DAILY (MON-FRI) EVENT

		<u>LOCATION</u>
8:15 a.m. - 8:45 a.m.	Public Reading of Scripture	Buirkle Center
9:15 a.m. - 10:30 a.m.	Chapel (Teen Chapel, Kids Klub & Nursery at same time)	Tibbitts Auditorium
10:30 a.m. - 12:00 noon	Volleyball Mixer	Sand Court
10:30 a.m. - 12:00 noon	Water-skiing/Tubing (\$7.50)	Sign up & meet @ Point Boat Shack
11:00 a.m. - 11:30 a.m.	Swimming Lessons (Mon, Wed, Fri only)	Life Guard Stand
11:00 a.m. - 12:00 noon	Seminar	Buirkle Center
2:00 p.m. - 5:00 p.m.	Water-skiing/Tubing (\$7.50)	Sign up & meet @ Point Boat Shack
Anytime Thurs - Sun	Disc Golf @ Oak Mt (Discs available @ COTW Rec Office)	Oak Mountain Ski Center, Speculator

SPECIAL WEEKLY EVENTS

SATURDAY

7:30 - 8:30	Staff Concert	Tibbitts Auditorium
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SUNDAY

8:30 - 9:15	New Guest Orientation	Buirkle Center
9:45 - 11:15	Morning Worship Service	Tibbitts Auditorium
3:00 - 5:00	Climbing Wall (ages 5+) #	Climbing Wall
7:00 - 8:00	Concert of Praise & Worship	Tibbitts Auditorium
8:15 - 10:15	Adult Doubles Pickleball Tournament (16 or older)	Sonju Sports Complex Pavilion

MONDAY MORNING

7:00 - 7:30	Fitness Class (Stretching/Core Exercises) w/Elizabeth Perry	Sonju Sports Complex Gym
***10:30 - 12:00	Sign-up for weekly activities (only those marked +)	Sonju Sports Complex Lobby
10:45 - 12:00	Shuffleboard Tournament	Shuffleboard Courts

MONDAY AFTERNOON

1:00 - 3:00	Team-Building Challenge Course (ages 10+) + ^{1st}	Nature Trailhead at Zeitfuss Lodge
1:00 - 3:00	Auditions for Talent Show for Guests & Staff +	Buirkle Center
1:00 - 4:00	*Sunfish Sailing Clinic (Weather Permitting)	Point Marina
1:15 - 3:00	Tapawingo Island Canoe Race (for triathlon only – use canoes provided) + ^{1st TRI}	Point Marina
1:30 - 4:45	Watch Hill Hike+ ^{1st} – Moderate	Sonju Sports Complex Parking Lot
2:00 - 4:30	Mountain Trail Run (for runners: 4 - 6 miles) - Very Strenuous + ^{SSC}	SSC Parking Lot
3:00 - 4:00	Brass on the Beach	Tee Pee Patio
3:00 - 5:00	Climbing Wall (ages 5+) #	Climbing Wall
3:00 - 5:00	Mixed Doubles Tennis Tournament	Pro Courts
3:30 - 5:30	Speed Chess Tournament	Sonju Sports Complex Classroom

MONDAY EVENING

6:45 - 7:00	Costume Parade	Demarest
7:00 - 8:30	Carnival	SSC Gym & Pavilion

TUESDAY MORNING

5:30 - 8:30	Elm Lake Canoe Trip w/breakfast - Novice +	Sonju Sports Complex Parking Lot
7:00 - 7:45	Fitness Class (Similar to Cross Fit) with Kenny Parkin	Sonju Sports Complex Gym
10:30 - 12:00	Zip Line (ages 10+) #	Zip Line/Challenge Course
10:30 - 2:30	Indian Lake Canoe & Cliff Jumping Trip w/lunch – Moderate +	Sonju Sports Complex Parking Lot
10:45 - 3:00	Kane Mountain Firetower Hike+ ^{1st} – Moderate	Sonju Sports Complex Parking Lot

TUESDAY AFTERNOON

1:00 - 3:30	Zip Line (ages 10+) #	Zip Line/Challenge Course
1:00 - 5:30	Indian Lake Canoe & Cliff Jumping Trip – Moderate +	Sonju Sports Complex Parking Lot
1:00 - 5:30	Historical Tour of North Creek Village	Sonju Sports Complex Parking Lot
1:15 - 4:00	Golf Tournament at Lake Pleasant Course +\$ (\$12.00)	Meet and pay at Golf Course
1:15 - 4:15	Panther Mountain Hike & Rappel Option – Moderate +	Sonju Sports Complex Parking Lot
1:30 - 2:00	Boat Ride (Adult \$3.00; Child \$2.00; Family \$10.00)	Sign up & meet @ Point Boat Shack
1:15 - 5:15	Good Luck Lake Canoe Trip – Moderate +	Sonju Sports Complex Parking Lot
2:00 - 4:00	Guest vs. Staff Softball Game (ages 12+)	Speculator Town Field
3:00 - 5:00	Climbing Wall (ages 5+) #	Climbing Wall
3:00 - 5:00	Men's Singles Tennis Tournament	Pro Courts in front of Sonju Sports Complex

TUESDAY EVENING

7:00 - 7:50; 8:00 - 8:50	“CAMPO” – hosted by the CAMPO Ladies	Buirkle Center
8:00 - 10:00	Men’s & Women’s Singles Pickleball Tournament (16 or older)	Sonju Sports Complex Pavilion
8:45 - 10:00	Nighttime Zip Line (ages 10+) ⁺ #	Zip Line/Challenge Course

WEDNESDAY MORNING

5:30 - 8:30	Elm Lake Canoe Trip w/breakfast - Novice ⁺	Sonju Sports Complex Parking Lot
5:30 - 8:30	Mason Lake “Nature” Canoe Trip w/breakfast – Novice ⁺	Sonju Sports Complex Parking Lot
10:30 - 4:30	Tennant Creek Falls Hike w/lunch – Moderately Strenuous ⁺	Sonju Sports Complex Parking Lot
10:30 - 3:30	Indian Lake Canoe & Baldface Mnt. Hike w/lunch – Moderate ⁺	Sonju Sports Complex Parking Lot
10:30 - 12:00	Zip Line (ages 10+) [#]	Zip Line/Challenge Course
10:30 - 12:00	Table Tennis Tournament	Sonju Sports Complex Lobby
10:30 - 12:15	½ Mile Swim Race - Strenuous Event ⁺ TRI	Front Beach of TeePee
10:45 - 5:00	Moxham Mt. Hike & Lunch– Strenuous (ages 8+) ⁺	Sonju Sports Complex Parking Lot

WEDNESDAY AFTERNOON

12:30 - 5:30	WW Rafting Sacandaga River (ages 5+) ⁺ \$ (\$22.00 Sign up Mon.)	Sonju Sports Complex Parking Lot
1:00 - 3:00	Doubles Horseshoe Tournament	Horseshoe Pits
1:00 - 3:30	Zip Line (ages 10+) [#]	Zip Line/Challenge Course
1:00 - 3:15	Auger Falls Hike – Novice ⁺	Sonju Sports Complex Parking Lot
1:30 - 2:00	Boat Ride (Adult \$3.00; Child \$2.00; Family \$10.00)	Sign up & meet @ Point Boat Shack
2:00 - 2:30	Children’s Reading Time	Bookstore
2:30 - 4:30	Sunfish Sailboat Race ⁺	Beach between Cayuga & Cheyenne
3:00 - 5:00	Climbing Wall (ages 5+) [#]	Climbing Wall
3:00 - 5:00	Women’s Singles Tennis Tournament	Pro Courts
3:00 - 5:00	Youth (ages 8-11) Doubles Pickleball Tournament	Sonju Sports Complex Pavilion
4:15 - 5:30	Practice for Talent Show	Buirkle Center

WEDNESDAY EVENING

7:30 - 8:30	Evening Chapel Service & Missions Update	Tibbitts Auditorium
8:45 - 10:00	Ultimate Frisbee	Sonju Sports Complex Pavilion
8:45 - 10:00	Nighttime Zipline ⁺ # (ages 10+)	Zip Line/Challenge Course

THURSDAY MORNING

5:30 - 8:30	Mason Lake “Nature” Canoe Trip w/breakfast – Novice ⁺	Sonju Sports Complex Parking Lot
7:00 - 7:30	Fitness Class (Stretching/Core Exercises) w/Elizabeth Perry	Sonju Sports Complex Gym
10:30 - 12:00	Zip Line (ages 10+) [#]	Zip Line/Challenge Course
10:30 - 2:30	Indian Lake Canoe & Cliff Jumping Trip w/lunch – Moderate ⁺	Sonju Sports Complex Parking Lot

THURSDAY AFTERNOON

12:45 - 2:00	Adult/Child Mini-Golf Tournament	Mini-Golf Course
1:00 - 3:00	3-on-3 Volleyball Tournament	Sand Court
1:00 - 3:30	Zip Line (ages 10+) [#]	Zip Line/Challenge Course
1:00 - 5:15	Kunjamuk River Canoe Trip – Moderate ⁺	Sonju Sports Complex Parking Lot
1:00 - 5:30	Indian Lake Canoe & Cliff Jumping Trip – Moderate ⁺	Sonju Sports Complex Parking Lot
1:15 - 5:00	Panther Mountain Hike & Rappel Option – Moderate ⁺	Sonju Sports Complex Parking Lot
3:00 - 5:00	Climbing Wall (ages 5+) [#]	Climbing Wall
3:00 - 5:00	Men’s & Women’s Doubles Tennis Tournament	Pro Courts
4:00 - 5:15	Ultimate Frisbee	Sonju Sports Complex Pavilion

THURSDAY EVENING

6:30 - 7:10	Boat Ride (Adult \$3.00; Child \$2.00; Family \$10.00)	Sign up & meet @ Point Boat Shack
7:00 - 8:00	Music Staff Recital	Buirkle Center
8:15 - 9:15	Talent Show for Guests & Staff	Buirkle Center
8:45 - 10:00	Open Gym/Pick-up Basketball Games	All-Star Gymnasium
8:45 - 10:00	Nighttime Zipline ⁺ # (ages 10+)	Zip Line/Challenge Course

FRIDAY MORNING

5:45 - 8:00	Sunrise Sacandaga Canoe Trip – Moderate ⁺ (no breakfast)	Sonju Sports Complex Parking Lot
6:45 - 7:45	Water Aerobics	Purdy Center Pool
7:00 - 7:45	Fitness Class (Similar to Cross Fit) with Kenny Parkin	Sonju Sports Complex Gym
10:30 - 11:45	5K Run/Walk ⁺ TRI	Front of Point Pickleball Courts
10:30 - 1:00	Outdoor Rock Climbing w/lunch ⁺ # (Session 1: ages 8 & up)	Sonju Sports Complex Parking Lot

FRIDAY AFTERNOON

1:00 - 3:00	3-on-3 Basketball Tournament	Sonju Sports Complex, Court B
1:00 - 3:15	Outdoor Rock Climbing ^{+#} (Session 2: ages 8 & up)	Sonju Sports Complex Parking Lot
1:00 - 3:15	Auger Falls Hike – Novice ⁺	Sonju Sports Complex Parking Lot
2:00 - 4:00	Beach and Water Carnival	Front Beach
3:00 - 4:00	Jazz on the Beach	Tee Pee Patio
3:00 - 5:15	Outdoor Rock Climbing ^{+#} (Session 3: ages 8 & up)	Sonju Sports Complex Parking Lot

FRIDAY EVENING

7:30 - 8:30	Staff Concert	Tibbitts Auditorium
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⁺ indicates an event requiring advanced sign-up Monday from 10:30 a.m. -Noon @ Sonju Sports Complex

^{1st} indicates first-come/first-serve sign-up for Monday afternoon events only

^{\$} indicates an event that **must** be paid for in advance when signing up at the Rec Office in the Sonju Sports Complex Lobby or at the venue

[#] indicates that a liability release form is required and signed by an adult – provided at the activity

TRI this event is part of the week's triathlon. Times (canoe, swim, & run) are combined & to be announced @ 5K finish. The swim and 5K may be done without participating in the triathlon. Canoe race is only for participants in the triathlon. Minimum age for the swim and canoe race is 10.

All of these TRI events require sign up on Monday only.

***** Events that fill up by noon will go to a lottery selection and be announced at lunch on Monday. Come back to the recreation office after 2:00 p.m. on Monday to see if your name was selected for the trip that went to lottery. Monday events only are on a first-come, first-serve basis. If you are signed-up for an activity and have to cancel please notify the Recreation Office, either by stopping in or calling, so that your spot can be made available for someone wanting to participate. Recreation Office Phone: (518) 548-4311 extension 239**

THE CAMP-of-the-WOODS TRIATHLON ⁺: Monday – Wednesday – Friday (see Activities Schedule). Test your all-around fitness level by participating in the Tapawingo Island Canoe Race (2.5 miles), the Swim Race (1/2 mile), and the 5K Fun Run/Walk (3.1 miles). Anyone who participates in all three events receives a free Triathlon T-Shirt. Swimmers no longer need spotters in canoes or other watercraft – Camp staff will provide the safety supervision. All who participate in the swim must be at least 10 years old and strong swimmers – able to swim hard for 15 -30 minutes. Times (canoe, swim, & run) are combined & to be announced @ 5K finish. The swim and 5K may be done without participating in the triathlon. The canoe race is only for those participating in the triathlon. There must be at least one person participating in the triathlon in each canoe, but two triathlon participants are preferable. A waiver must be signed for the swim. Signing up Monday morning is mandatory for all three events. Walk-in registration will no longer happen on the day of the race. Sign-up for canoe race first to secure a canoe and participation in the triathlon (it is a first-come first-serve sign-up with preference given to residential guests). Races are not rescheduled in the event of poor weather. Those wishing to only do the 5K walk do not need to register and will not be given a number or timed. You may only register for the triathlon and receive a T-shirt once per summer.

***Sunfish Sailing Clinic:** The Sunfish Sailing Clinic is held once per week, usually on Monday, from 1:00 to 4:00 PM. If weather requires that we change the event date, it will be announced in the morning chapel service. The clinic is open to all levels of experience from novice to expert. To captain a sailboat, you need to be at least 13 years old and a competent swimmer. Children younger than 13 may ride on the boat with an adult. The clinic has two parts—a land school and an on-the-water segment. The land school starts promptly at 1:00 PM near the Point Marina and lasts a little over an hour. Demonstration of proper sailing techniques is presented. Then, in the on-the-water segment, you will launch and sail a Sunfish. Personal coaching will be available. You do not have to sign up for the event; just come dressed in clothing you can get wet. The Sailing Clinic is different from the Sailboat Race. If you are interested in the race (which goes out and around Tapawingo and back), you should sign up for it on Monday morning or at the recreation office.

SONJU SPORTS COMPLEX & REC OFFICE HOURS:

Sat: 11:00 a.m. – 11:00 p.m.

Sun: 12:30 p.m. - 11:00 p.m.

M-F: 10:30 a.m. - 11:00 p.m.

Closed Wednesday from 6:00 – 8:30 p.m. during evening chapel service