

2006 RECREATION INFORMATION

Welcome to Rockywold-Deephaven Camps! As the 2006 Recreation Committee, we've planned a variety of events to make your stay at RDC as exciting as possible:

Hiking: For those who enjoy walks in the woods and breathtaking views, we lead half-day hikes in the Squam Lakes Region. We also do a more strenuous full-day climb in the White Mountains for those who have a larger appetite for hiking.

Softball: On Sunday afternoon, we play low intensity family softball on the ball field at 3 p.m. The pace picks up a bit at the employee vs. guest game on Wednesdays, open to all guests 15 and older.

Tennis: On Monday morning we offer a Mixed Doubles Round Robin. You may sign up at the Playhouse beginning on Sunday at 3 p.m.

Wee Campers Program is available for 3-5 year old children Monday thru Friday 9:30 a.m. to noon. This is a well supervised, unstructured morning play group. We ask that parents observe the age requirements, send only toilet trained children and pick up their Wee Campers promptly at noon. We gather at the play ground across from the Rec. Hall on nice days and in the Rockywold Toddler Play Area (the Sap House) on rainy days.

Boat Tours: Learn about the environment and history of Squam Lake on a cruise aboard our pontoon boat each Monday and Wednesday afternoon. Weather permitting, the boat leaves from the Rockywold Main Dock. Sign up on Sunday.

Capture the Flag: Monday night isn't the same without the traditional game on the ball field for those under 20. Parents may play with children under five!

Loon Island Picnics: Six to twelve year olds are invited to swim, play and cook-out on Loon Island for lunch on Tuesday. Tuesday evenings are reserved for adults. The Adult Loon Island Picnic has a limited number of spaces so be sure to sign up at the Rec. Hall at 3 p.m. on Sunday to get into the lottery.

Talent Show: On Thursday night, guests and employees are invited to share their talents in our bi-weekly talent show. Read a poem! Dance a jig! Play the tuba! Start getting your act ready now.

Square Dances: Friday night square dances are an old tradition at RDC and are not to be missed!

RDC Guest Information Manual

(Recreation Information Continued)

5K Fun Run called the Pinehurst Classic 5K Road Race starts on the ball field on most Thursday afternoons at 4:15 p.m. Run or walk for your health, for fun or for just *a good time!* Check the Sneak-A-Peek for the specific time and day of the event!

Environmental Education: Join the staff from the Squam Lakes Natural Science Center for an informative walk into our natural environment. On Tuesday mornings, the walks are better suited for children and the Thursday walks are planned for adults. Both programs meet at the Environmental Education Center (formerly The Sugar House) at 9:30 a.m. On Monday mornings, the Science Center also offers a lake ecology boat tour called "Aqua Lab." Weather permitting, the boat leaves from the Rockywold Main Dock at 10 a.m. There is a fee of \$12 per person for Aqua Lab. Please sign up at the Rec. Hall on Sunday.

Teens: Special activities such as a boat trip to "jumping rock", rock climbing at the Rock Barn, and other extravaganzas are offered. Check the Sneak-A-Peek for details!

Vespers: On Sunday evenings, we offer you a chance to enjoy and reflect on the beauty of your surroundings with readings and popular hymns. We invite you to bring a reading along to the outdoor location at Flagstaff Point.

Other Activities: You may also look forward to wacky canoe races, triathlons, bicycle tours, scavenger hunts, evening presentations and more. (Events are subject to change depending on weather and the availability of instructors and staff from week to week.) An up-to-date listing of activities and events at RDC can be found in the "**Sneak-A-Peek at the Week**" located in this "Guest Manual" and on bulletin boards at each office, each dining hall and at the Rec. Hall.

Sign-ups are posted in the Rec. Hall on Sundays at 3 p.m. for all starred (*) activities on the "Sneak-A-Peek at the Week" sheet (except Round Robin).

We are present at all meals to answer any questions you may have about the recreation program. We are looking forward to the planned activities and are always open to suggestions you may have for other events.

Enjoy your vacation! We look forward to seeing you on the water, on the ball field, or doing a grand right and left at the square dance.