

SNEAK~A~PEEK AT THE WEEK

Sample Week

SUNDAY:

- 9:30 am **Church Island** Deephaven pick-up
10:00 am **Church Island** Rockywold pick-up
3:00 pm **Sign Ups** in the *Rec Hall* for all (*) activities. At the *Playhouse* for Mixed Doubles Tennis.
3:15 pm **Family Softball** on the Ballfield. A family friendly game for ages 5 and up.
3:30 pm **New Family Boat Tour** – Meet at the Rockywold Main Dock. Get acquainted with both RDC and Squam.
7:30 pm **Board Games and S'mores** – in the Rec Hall. Bring your favorite game, or play one of ours while enjoying a tasty treat! For all ages.
7:30 pm **Teen Activity** – meet at the Rec Hall. Look for signs at dinner. Bring a flashlight and some cash.

MONDAY:

- 9:30 am **Games for Kids** on the Ballfield. Meet new friends and play games with Rec Staff!
* 9:30 am **Mixed Doubles Tennis Round Robin** – sign up on Sunday at the Playhouse. Bring a new can of balls and show off your tennis skills! Court assignments are posted at the dining hall at breakfast Monday.
* 10:00 am **Water Rocket Building** –Build rockets from soda bottles and shoot them over the lake using pressurized air. Meet at the Sugar House (Map #1) Children under 10 must be accompanied by an adult.
2:00 pm **Soccer** –meet on the Ballfield and bring your A-game!
* 2:00 pm **Boat Tour** – Sign up at the Rec Hall. Join us and learn facts and stories about Squam Lake. (Leaves from Rock Main Dock)
2:30 pm **Water Works** – Join the Rec Staff on Deep Main Dock for some water games and fun!
2:30 pm **Round Robin Finals** – at the Playhouse. Come cheer for your favorite duo!
* 3:00 pm **Tree Study**- Join John Fuller and find the tallest, oldest, fattest tree at RDC and core the trees to count their growth rings. Meet at the Sugar Shack (Map #1).
* 3:30 pm **Yoga** – Join Katie in the Playhouse for a yoga session. Sign up required as class is limited to 30 participants. Bring a mat if you have one, otherwise we will supply them.
4:15 pm **Employee vs. Guest Softball** on the Ballfield for ages 15 and up. (Employees 2, Guests 4)
7:15 pm **Capture the Flag** – on the Ballfield for ages 20 and under. Wristbands? Non-wristbands?
8:00 pm **Kayak Meeting** – for the half-day kayak tour on Tuesday. Meet at the Rec Hall. (13 and up)
8:30 pm **Mountain Meeting** – for the All-Day Climb on Wednesday. Meet at the Rec Hall. (13 and up)

TUESDAY

- * 8:45 am **½ Day Kayak Trip**- Join Jane and John for an exploration around the intimate coves and shorelines of Squam. Trip starts at Squaw Cove and returns by lunch hour. **MUST** attend Monday's Kayak meeting at the Rec Hall. Sign up on Sunday at the Rec Hall (13 and up).
9:30 am **Adult Nature Walk** –Meet at the Playhouse and a Science Center naturalist will take you to explore the amazing plant life around camp. Learn about and identify a sampling of New Hampshire Plants.
9:30 am **Margie's Place (RDC museum)** – Explore RDC history and lore with Margie Emmons (Map #64)
* 10:00 am **Electric Battle Cars** – build small electric powered cars to battle your opponents! Meet at the Sugar Shack. Ages 10 and up.
* 10:00 am **Yoga** – Join Katie in the Playhouse for a yoga session. Sign up required as class is limited to 30 participants. Bring a mat if you have one, otherwise we will supply them.
* 10:30 am **6-12 year-old Loon Island Picnic** – Rockywold pick up 10:30. Deephaven pick up 10:45. Children return at 2:00pm Rock and at 2:20 for Deephaven.
10:45 am *Deephaven pick up for Loon Island Picnic*
2:30 pm **Basketball** – meet on the Basketball Court for a competitive game. (ages 13 and up)
* 5:30 pm **Adult Loon Island Picnic** –Pick up at Rockywold Main Dock (Sign up on Sunday at 3pm). Loon Island's capacity is limited. In the case of high demand, a lottery will determine attendees. Enjoy an evening of good food and conversation. We provide water, but feel free to bring your own beverages.
5:45 pm *Deephaven Main Dock pick-up for Adult Loon Island*
7:45 pm **Loon Preservation Society** – in the Playhouse. Learn about these incredible birds and their current condition and nesting sights on the lake.

WEDNESDAY

- * 7:30 am **All-Day Mountain Climb** –You think the view from Rattlesnake is good? Try it from 4,000 ft! For ages 13 and up. Must attend Monday's Mountain Meeting at the Rec Hall.

- * 9:30 am **Morning Lake Cruise** –Meet at Rock Main Dock to take a casual boat ride while enjoying conversation and a cup of coffee. Sign up at the Rec Hall.
- 9:30 am **Margie’s Place (RDC museum)** – Explore RDC history and lore with Margie Emmons (Map #64)
- * 10:00 am **Yoga** – Join Katie in the Playhouse for a yoga session. Sign up required as class is limited to 30 participants. Bring a mat if you have one, otherwise we will supply them.
- 10:15 am **Tie Dye** – Meet at the Rec Hall. Bring something white to groovify!
- 11:00 am **Store Sale** – Come check out a large variety of discounted RDC merchandise. (Ends at 2:00 pm)
- 12:30 pm **Ballfield Picnic, Hayrides, Solar Observing and Mo the Clown** on the Ballfield, *weather permitting*. Nothing beats a sunny lunch with friends and family!
- 1:00 pm **Volleyball** on the Ballfield, for all ages. Join us after your lunch to serve it up and spike!
- 2:30 pm **Kids Tennis Round Robin** at the Playhouse. Bring a new can of balls and we’ll assign partners.
- 4:00 pm **Pen-Ultimate Frisbee** – for all ages on the Ballfield. Show off that forehand and hammer!
- 7:15 pm **Movie Night** – Come to the Playhouse and enjoy a family friendly movie for all ages.

THURSDAY

- * 7:00 am **Yoga** – Join Betty in the Playhouse for a yoga session. Sign up required as class is limited to 30 participants. Bring a mat if you have one, otherwise we will supply them.
- 9:30 am **Children’s Program: All About Porcupines**- Meet at the Playhouse and learn from a Squam Lakes Natural Science Center naturalist how these prickly creatures are adapted for life in the forest. You will get to meet a live porcupine!
- 9:30 am **Garden Tour**- Join a tour of our native gardens at RDC. Learn from our landscape gardener how to create ecological, low maintenance gardens that attract birds, butterflies and other pollinators. Meet outside Rockywold Office.
- 9:30 am **Margie’s Place (RDC museum)** – Explore RDC history and lore with Margie Emmons (Map #64)
- 11:00 am **Wacky Canoe Races** – Open to all ages. Bring your own canoe and meet at Rock Main Dock for unheard of wackiness! Beware of the lake sharks!
- 2:00 pm **Teen Boat Trip** – Meet at the Rock Main Dock with sunscreen and a towel. (ages 13 and up)
- 2:00 pm **Crafts for Kids** –In the Rec Hall. Crafting is always a good thing.
- 2:00 pm **Science Open House** – Drop into the Sugar House science lab for some cool sidewalk science. (2pm-5pm)
- 3:00 pm **Ping Pong Tournament for All Ages** - Meet in the Zodiac ready for some competition
- 4:30 pm **RDC Pinehurst Classic 5K Road Race** – Test your endurance on Pinehurst’s hills or better your time from last summer! This 3.1 mile race starts on the Ballfield. Walkers are welcome.
- 7:30 pm **Talent Show** – Make us laugh, sing, and cheer! Come at 7:15 to the Playhouse to sign up your act. (Please only one act per person).

FRIDAY

- * 8:30 am **Half-Day Hike** – Red Hill – Meet at the Rec Hall. (Ages 7 and under must be accompanied by an adult)
- * 10:00 am **Shoreline Swim** – Sign up in the Rec Hall 3pm Sunday. Race begins at the *Westmere* dock in Rockywold. Each swimmer must have a spotter in a kayak or canoe as they swim 1.5 miles of RDC shoreline. Recommended for ages 13 and up.
- * 10:00 am **Water Rocket Building** –Build rockets from soda bottles and shoot them over the lake using pressurized air. Meet at the Sugar House (Map #1) Children under 10 must be accompanied by an adult.
- * 2:00 pm **Boat Tour** – Sign up at the Rec Hall. Join us and learn facts and stories about Squam Lake. (Leaves from Rock Main Dock)
- 2:30 pm **Scavenger Hunt** for all ages –Meet at the Rec Hall and bring a keen eye and determination.
- 2:30 pm **Teen Extreme Scavengerpalooza** – a test of who is truly worthy... Ages 13 and up. Meet at the Rec Hall.
- 3:00 pm **Rockywold vs. Deephaven Sailing Regatta** – Starts and ends on Flagstaff Point in Deephaven. Open to novices and experts alike.
- 4:15 pm **Ultimate Frisbee** – Meet on the Ballfield for the week’s final showdown. For ages 13 and up.
- 7:30 pm **Children’s Square Dance** – at the Playhouse. Swing your partner round and round!
- 8:30 pm **Adult Square Dance** – (13 and up) at the Playhouse. Sweep your partner ‘round in the Texas Star and through the valley!

*Wee Campers (toddler play group) for 3 -6 year-olds, Mon-Fri 9:30am-12:00pm.
Please observe age requirements.*

****SIGN -UPS IN THE REC HALL, SUNDAY, 3:00PM. SIGN-UPS ARE FIRST-COME-FIRST SERVED.**

“It’s all coming back to me now!”