

SNEAK~A~PEEK AT THE WEEK

July 21st - July 26th

** SIGN UPS IN THE PLAYHOUSE, SUNDAY @ 3:00 pm. FIRST-COME-FIRST SERVED **

SUNDAY:

- 9:30 am **Church Island** - Rockywold pick up.
- 10:00 am **Church Island** - Deephaven pick up.
- 3:00 pm **Sign Ups** - In the *Playhouse* for all (*) activities.
- 3:30 pm **Family Kickball** - On the ball field. A family-friendly game for ages 5 and up.
- * 4:30 pm **Boat Tour** - Join our boat driver and learn facts and stories about Squam Lake. Leaves from Rock Main Dock.
- * 7:15 pm **Sunset Cruise** - A relaxing evening cruise around the lake to enjoy Squam's beautiful sunset. Leaves from Rock Main Dock. Ages 16+.
- 7:15 pm **Teen Activity** - Meet at the Rec Hall. Bring a flashlight and cash.
- 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.

Wee Campers for 3-6 year-olds, Mon-Fri 9:30am-12:00pm on the ball field. Please observe age requirements.

MONDAY:

- 9:30 am **Games for Kids** - On the ball field. 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! Meet Rec Staff on the ball field courts.
- 10:30 am **Yoga** - Join Katie in the Playhouse for a yoga session. First come first served basis. Limited to 40 participants. Bring a mat if you have one, otherwise we will supply them.
- 11:00 am **New Hampshire Wildlife** - At the Ball Field Pavilion. Why do animals do this? Why do they eat that? Explore some of New Hampshire's wildlife with a Squam Lakes Science Center naturalist and real live animals.
- 2:00 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 **Teen Boat Trip** - Meet at the Rock Main Dock with sunscreen and a towel (ages 13+).
- 4:15 pm **Employee vs. Guest Softball** - On the ball field for ages 15+. Hit homers and take on the Staff for this showdown!
- * 4:30 pm **Boat Tour** - Join our boat driver and learn facts and stories about Squam Lake. Leaves from Rock Main Dock.
- * 7:15 pm **Sunset Cruise** - A relaxing evening cruise around the lake to enjoy Squam's beautiful sunsets. Leaves from Rock Main Dock. Ages 16+.
- 7:45 pm **Capture the Flag** - On the ball field for ages 20 and under. Wristbands v. Non-wristbands!

TUESDAY:

- * 9:00 am **Half Day Kayak Trip** - Join Willow for an exploration around the intimate coves and shorelines of Squam. Explore a new part of the lake and return by lunch hour. Limited to 10 participants. Meet at the Boathouse. For ages 16+. *Please consider the half day kayak rental of \$25*
- 10:30 am **Yoga** - Join Katie in the Playhouse for a yoga session. First come first serve basis. It is limited to 40 participants. Bring a mat if you have one, otherwise we will supply them.
- 11:30 am **Guided Meditation** - Join Katie in the Playhouse for a guided meditation session.
- * 10:30 am **6-12 year-old Loon Island Picnic** - Come have lunch on Loon Island with the Rec Staff! Enjoy swimming, exploring, games, and more! Limit of 30 kids. First come first served at sign ups! *Rockywold pickup at the Main Dock. Children return at 2:00 pm*
- 10:50 am **Deephaven pickup** for Kid's Loon Island Picnic. *Children return at 2:20 pm.*
- * 5:30 pm **Adult Loon Island Picnic** - Pick up at Rockywold Main Dock (Sign up on Sunday at 3pm). Return at sunset. Loon Island's capacity is limited. In the case of high demand, a lottery will determine attendance. Enjoy an evening of good food and conversation. We provide water but feel free to bring your own beverages.
- * 5:50 pm **Deephaven Main Dock pick-up** for Adult Loon Island.
- 7:45 pm **Loon Preservation Committee** - In the Playhouse. Learn about these incredible birds and their current condition and nesting sights on the lake.

WEDNESDAY:

- 9:30 am **Frisbee Golf** – Test your aim on our extreme course. Meet at the Rec Hall.
- * 9:45 am **Pickleball Doubles Tournament** – Sign-up on Sunday at the Playhouse. Meet at the RDC pickleball courts and don't forget a paddle! Bring your own or rent at the Zodiac.
- 10:30 am **Yoga** – Join Lisa in the Playhouse for a yoga session. First come, first served basis. Limited to 40 participants. Bring a mat if you have one, otherwise we will supply them.
- 12:30 pm **Ball Field Picnic and Solar Viewing** – Join us for a barbecue picnic lunch on the ball field!
- 1:00 pm **Lawn Games on the Ball Field** - For all ages. Join us after your lunch for various lawn games!
- 2:00 pm **Tie Dye** – Meet at the Rec Hall. Bring something white to groovify!
- 3:00 pm **Rockywold vs. Deephaven Sailing Regatta** – Starts and ends on Flagstaff Point in Deephaven. Open to novices and experts alike. See the course map in the Rec Hall.
- 3:30 pm **Pen-Ultimate Frisbee** – For all ages on the ball field. Show off that forehand and hammer!
- 7:30 pm **Squam Lakes Association Conservation Talk** – Join EB James, SLA's Executive Director, in the Playhouse to learn about their important work in monitoring the water quality of the Squam watershed in the past, present, and future.
- 7:30 pm **Movie Night** - At the Rec Hall. Movie choice will be posted by dinner!

THURSDAY:

- 10:30 am **Yoga** - Join Katie in the Playhouse for a yoga session. First come, first-served basis. Limited to 40 participants. Bring a mat if you have one, otherwise we will supply them.
- 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! *Kids 13 and younger must wear a life jacket.*
- 2:00 pm **Crafts for Kids** –In the Rec Hall. Get crafty with the Rec Staff!
- 2:30 pm **Soccer** – Meet on the ball field and bring your A-game!
- * 2:30 pm **Snorkel Squam with SLA** – Ages 12+, children 12-18 must be accompanied by an adult. Learn about the Squam Lakes Association's mission to keep Squam healthy. Then jump in to see the benefits! Meet at the Rockywold Main Dock. Life jackets, snorkel gear, and pool noodles will be provided.
- 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 ball field. 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:

- 7:00am **Sunrise Flow Yoga** - Join Abby at the Playhouse for a sunrise yoga session. First come, first served basis. Bring a mat if you have one, otherwise we will supply them.
- * 9:00 am **Half-Day Hike** - Meet at the Rec Hall. Limited to 13 hikers. (For ages 12+). Please take an info sheet regarding the hike at sign ups or in the Rec Hall.
- * 10:00 am **Shoreline Swim** - Meet at Westmere Dock in Rockywold to compete in a race down the 1.5 mile shoreline, ending by Deep End in Deephaven. All swimmers MUST have a spotter in a kayak or hydrobike.
- 10:00 am **Up Close to Animals** – At the Ball Field Pavilion. Meet a live animal and discover how it survives from an experienced Squam Lakes Science Center naturalist. This engaging talk will feature an animal native to NH.
- 2:30 pm **Kid's Scavenger Hunt** – Meet at the Rec Hall. Bring a keen eye and determination.
- 2:30 pm **Teen Extreme Scavengerpalooza** – A test of who is truly worthy... Ages 13+. Meet at the Rec Hall.
- 3:00 pm **Rain Date for the Rockywold vs. Deephaven Sailing Regatta**
- 4:15 pm **Ultimate Frisbee** – Meet on the ball field for the week's final showdown. For ages 13+.
- 7:30 pm **Family Square Dance** – At the Playhouse. Swing your partner round and round!
- 8:30 pm **Adult Square Dance** – (Ages 13+) at the Playhouse. Sweep your partner 'round in the Texas Star and through the valley!

*“It is easy to forget now, how effervescent and free we all
felt that summer” – Anna Godbersen*

If you have any questions, please visit the Rec Staff in the dining hall at our table under the mobile.