

Skylites

May 16-22, 2012

ACTIVITIES INFORMATION Dial ext. 533. **Library:** Books, Games and Puzzles. **Hiking:** Maps for our 34 miles of trails, self-guided nature booklets for 4 of our trails, Backpacks, Binoculars. **Recreation Room:** 6-Hole Miniature Golf, Ping Pong, Arcade, Air Hockey, Foosball, Stacker, Dance-Dance Revolution **North Side:** Mt. Bikes, Paddle Tennis, Basketball, Hard Court Tennis, Croquet **South Lawn:** Lawn Bowling, Putting Green, Play Ground, Horseshoes, Badminton, Sand Volleyball, Archery **Rooftop Observation Deck:** Don't miss the panoramic view with sights of Skytop, Delaware Water Gap, and more! Access from 5th floor.

ADVENTURE CENTER Dial ext 8988. Offering the **TREETOP ADVENTURE COURSE: \$40 ZIP ONLY \$15**, Performance Kayak Rentals & Lessons, Canoe Lessons. Laser Tag, Rock Climbing, Climbing Lessons, Paintball Games & Geo Caching. We also offer Single Track Mountain Bike Rentals & Lessons, and Wilderness Skills Classes by appointment. Call us at the Adventure Center to schedule a session, and find out some pointers to help you get to the top of our outdoor rock climbing wall. Get outside and have an adventure.

DOG SLEDDING Dial ext. 8927 A must for any dog lover! With over 15 years in racing sled dogs Kim Darst, your tour guide, is the first NJ team to ever qualify, enter and run Iditarod, The Last Great Race. We pride ourselves with happy, healthy dogs while providing a variety of fun and educational experiences. You can come relax and see our Iditarod Powerpoint presentation or take a ride behind our Iditarod dogs. If you are interested in booking please leave a message and we will call you back as soon as possible. **ALL TOURS REQUIRE A RESERVATION.** Please note, there is a 24 hour cancellation notice required for all cancellations.

GOLF SHOP Dial ext. 8910 to sign up for a lesson or tee time. **Proper dress is required when playing golf. NO JEANS OR TEE SHIRTS PLEASE.** Visit the Golf Pro Shop located at the Inn and check out our new merchandise for the season. Our Golf club lines include Callaway, Ping and Cleveland and our men's and ladies clothing include Antigua, Greg Norman, Tail and Life is Good. All of our Footjoy shoes are discounted so now is a good time to buy that new golf shoe you've been admiring. What ever ails your game, our **PGA Professional Brian Boyle** will be happy to help you with that spring tune-up and improve your golf swing with a lesson. Look into our new Ladies and Juniors **"Golf for Fun Schools"** Ladies Schools now every Wednesday and Saturday in May and June from 9:00 a.m.-12:00 p.m. **We don't just show you how to swing a club, we teach you how to play the game!** The cost is \$95 and includes 3 hours of instruction, rules, etiquette and refreshments with **FREE GOLF** after 3:00 p.m. Junior schools begin in July.

MOUNTAIN BIKING Trek Mountain bikes are available for rent to explore Skytop's 30+ miles of trails. We have bikes for all sizes, Burleys for children who cannot yet ride a 2-wheeler, mounted baby seats, and single and double baby joggers. *Helmets are required and provided for all ages.* Bike rentals are \$14/hour per bike. Come to the Activities Desk, ext. 533, when you are ready to ride.

OUTBACK UTV TOURS Call (570) 517-9583. An easy and relaxing way to enjoy the beautiful trail system at Skytop. People of all ages can participate. Don't let age or physical impairment keep you from visiting the spectacular view from the gazebo on West Mountain or Indian Ladder Falls. Our UTV seats 4 adults & 2 children, comfortably and we drive you at a leisurely 10-12 mph. Come take a ride and enjoy the colors and wildlife that nature provides. One hour tours are \$35 per adult and \$20 per child 12-6 years, 5 and under ride free. Two hour tours are \$50 per adult, \$25 for children 12-6. Call to book a special family rate, \$75 per unit for 1-hour or \$125 per unit for 2-hour tour! Outback Tours provide the Driver. All UTVs have seatbelts and can strap in your child's car seat.

SKYVIEW SPA – Dial ext. 8968. ***WANT A NEW YOU? FEEL THE NEED TO GET PAMPERED? TAKE A BREAK, COME RELAX WITH US!!*** We have the best relaxation techniques to pamper you. Check out our wide selection of hair,

nail, body and skin care products. Become acquainted with Nuwati Natural Healing Teas, Balms, Soaps, etc. A Spa **Gift Certificate** is a gift that surely will be appreciated. For information or to book your service, call or stop in and see us. Pick up our updated Spa Brochure with many new exciting Services and Treatments. Hours are 9:00 am to 6:00 pm daily. We are located on the fifth floor of the Main Lodge. **There is a 24 hour cancellation policy!**

SWIMMING Dial ext. 540. The indoor pool, whirlpool and kiddie pool will be open **9:30 a.m.- 6:00 p.m. Daily and Saturday until 9:00 p.m.** Towels are provided. Children 12 and younger must be supervised at all times by a parent/guardian. Adult and children's goggles are available for sale at the Tulip Tree Gift Shop. Swim diapers are a state requirement and are also available at the Tulip Tree Gift Shop. Lap swimmers the lap lane will be available from 9:30- Noon daily. **Private Swim Lessons** are available; see the lifeguards to schedule a Learn to Swim Lesson for your little swimmer. We also offer Stroke Improvement lessons. Cost is \$30 for ½ hour, paid directly to the instructor.

PILATES & YOGA BY APPOINTMENT Dial ext. 533 for available times. \$70, each additional student is \$20. Improve your core strength & posture with a Private Pilates Class with Jackie. Relax your mind and body while improving your flexibility with a Private Yoga Class with Kimberly. One-hour cancellation notice is required to avoid any charges.

WORKOUT ROOM Open 6:00 a.m. – 11:00 p.m. Equipment includes: Hoist 4600 Multi Gym, Dumbbells & Bench, Landice Treadmills, Bike, Assisted chin-up/dip station, Fitness Ball and Elliptical Trainer. Exercise keys are available from the Front Desk & Lifeguard

Dining

TAP ROOM Dial ext. 576. Visit our English-style Pub featuring a selection of wines, beers, spirits and food that will satisfy the most discriminating tastes. We have created a *Wine Spectator Award Winning Wine List* with over 250 wines from around the world. With a selection of over fifty single-malt scotch varieties we rival the pubs of Scotland. We showcase over 40 different beers, from the standard to the local micro brews, offering a unique treat for the beer enthusiast. We are open 12:00 p.m.-12:00 a.m. We serve lunch from 12:00 p.m. - 6:00 p.m. and dinner from 6:00 p.m.-9:00 p.m. Reservations are suggested. Meals are not included on the American Plan.

TEA ROOM Dial ext. 549. **Try our excellent Milk Shakes!** Visit the Tea Room and experience our world famous milkshakes, sundaes and ice-cream selections. Here you can find 200 and 400 mm film, disposable cameras, toothbrushes, over the counter medicines, magazines, paperback books, postcards, snacks, candy bars, and drinks. The light food menu is available but not included on the American plan. A book by naturalist John Serrao, The Natural Pocono Mountains, (an amazing 105 pages, with dozens of beautiful full color photos and more) is available for sale. *Please note cell phone use is not permitted in any of Skytop's food outlet. Thank you for your consideration for your fellow guest.*

WINDSOR DINING ROOM AND LAKE VIEW DINING ROOM Dining hours are posted at the Lodge Windsor Dining Room (ext 465) and the Inn Lake View Dining Room (ext 466) Dining Rooms. Please contact our American Plan dining rooms upon arrival to make your dinner reservations. *Jackets are required for Gentlemen at the Windsor Dining Room. Skytop strives to maintain an atmosphere of dignity and good taste. For your health and well-being Skytop Lodge uses oil that contains no sodium, no trans-fat, and no cholesterol. MSG (Mono-Sodium Glutamate) or flavor enhancers are not used in preparation of foods. Please advise your server of any allergies or diet restrictions before ordering your meals.

Shops at Skytop

FLOWER & GARDEN SHOPPE Dial ext. 8934. Garden décor is available for sale in the Flower Shoppe. Stock up on gifts and decorations for all of your special occasions or order a beautiful arrangement of fresh flowers. We are located in the Main Lodge on the lower level past the fireplace.

FISHING & SHOOTING CENTER Dial ext. 262 **Canoe, rowboat & paddleboat rentals** Skytop Skeet Shooting is on top of East Mountain is open each day of the year. We have a covered 5-stand, compact sporting clays range to accommodate beginners through experienced shooters in all kinds of weather. If you have never shot before, Skytop has expert instructors to teach you. Shotgun rentals are available for your use. Take a shuttle ride or walk down to our Fishing & Shooting Center next to the lake. We are always restocking our Orvis inventory; we have outdoor gear, fishing supplies, clothing, watches, and even gifts for your favorite 4-legged friend. Reservations are required for shooting and for fly-fishing instruction/guiding. Our trout stream, home to browns, brookies, and rainbows, is for fly-fishing only. We have experienced fly-fishing guides and instructors who can help the beginner learn to cast and advise the expert on the latest fly hatch. If you are an experienced fly-fisherman a stream permit is required, which is available at our Fishing & Shooting Center. A PA State fishing license is required to fish on Skytop property and is readily available at our center. Need a fly or fishing rod? No problem, we have rentals available.

GIFT SHOP The *Tulip Tree Gift Shop* at Ext. 8911 has a wonderful selection of gifts to please all. Here you'll find clothing, toys, Webkins, swim items, jewelry, sunglasses, candy, cards, décor and so much more! We feature **Skytop logo items** to take home for souvenirs or to give to your house or pet sitters. Souvenirs such as – **Skytop Ornaments**, magnets, mugs, shot glasses, matted photos, Skytop throws, totes, sweatshirts, and tee shirts, just to name a few. In our clothing lines you'll find high quality clothing by Gear, Under Armour, Columbia, and Wigwam, in a variety of styles and sizes. We even have Gingerbread décor. Come see our new **Handbag Hooks!** A beautiful and secure way to hang your handbag when dining out so that your bag stays off the floor and in your sight! Wonderful and useful to have and they make great gifts!

Items of Interest

AIR CONDITIONING/HEATING SYSTEM Skytop Lodge is a Historic Hotel built in 1928. Our heating and air conditioning systems run on a two-pipe system meaning that we can have either heat or air conditioning, but only one. We adjust our system according to the season. Should the day bring uncomfortable temperatures, feel free to open your window to cool down or dial housekeeping to request an extra blanket to warm up. We are sorry for any inconvenience.

BUSINESS CENTER For e-mail and internet access see our business center, on the Main Lodge's lower level across the hall from the Tap Room entrance. Please note: children under age 16, must be accompanied by an adult. Making copies, or sending/receiving faxes please see the Front Desk. AT&T Wi-Fi High-Speed Wireless Internet Access is available at Skytop! Complimentary 24 hour service. You will find more information on this service in your guest room.

CELL PHONE USE Please honor the fact that many of our guests are here on a relaxing vacation, a casual yet elegant experience in a pristine environment. They are enjoying a break from all the little stressors in this life. Please refrain from using cell phones during fitness classes, on hikes, in dining areas and in public areas where others are relaxing. Keep your conversations private in your guest room, meeting rooms or conference center for business calls. Thank you.

SKYTOP GIFT CERTIFICATES We have a special BIRTHDAY PACKAGE that includes flowers, champagne, chocolates and cake for adults, or balloons, teddy bear, tee shirt, and cake for children. We have a wide range of other packages to fit all your special needs: romance, anniversary, wine lover, the golfer, the hiker, wine & cheese, fruit platters, chocolates and flowers. We can make your stay special. Give someone close to you a gift for all seasons. Skytop offers gift certificates in all denominations, just ask at the front desk.

NATURAL SURROUNDINGS Naturalists ext. 513. Join our naturalists **Rick Koval** and **Jackie Speicher** on a hike this season and explore the wonderful beauty of Skytop's 5500 acres property. Try a trail to a beautiful vista or a fabulous waterfall. Be safe on the trails. Please help us keep Skytop as natural as possible. Be respectful of the wildlife and don't pick the wildflowers. If your presence causes an animal to change its behavior or become aggressive (i.e.: it stops feeding, changes its direction of travel, it starts to follow you, etc.) – you are too close. DO NOT RUN, but slowly back away. Try to increase the distance between you and the animal and talk to it in an affirmative manner. **If you have a problem with any wildlife, call our Naturalists (ext. 513) or Security (ext. 125).**

TICKS are very active already this spring. Be sure to use insect repellent and stay on the trails. At the end of your hike, check your party for ticks. Remember deer ticks are very small (the size of a pencil point) and dog ticks are larger. Remove any tick you find and check with your doctor if you are worried about Lyme disease due to a tick bite.

We have recently contracted with Corporate Waste Consultants, an Environmental Waste Solutions affiliate and independent solid waste management consulting firm headquartered in Greentown, PA. Their goal is to improve the overall efficiency of our waste and recycling efforts at Skytop. Throughout the property, we are now implementing single stream recycling, a system that allows recyclable products to be mixed together in one disposal bin. You are able to place all #1-7 plastics, cans, glass, papers, and paperboard together in one recycling container for ease of use, which is creating greater participation of recycling here at Skytop. In supporting our community, a local farmer has been secured to help with food waste diversion. This food waste is being used for composting purposes as well as animal feed, providing a natural alternative to landfills. Our staff is now sorting food waste in red and yellow bins throughout the Lodge and Inn kitchens / cafeteria. With the help of Corporate Waste Consultants, we are continuing to further advance in our mission to become one of the most environmentally conscious and sustainable green resorts in the nation.

SKYTOP CLUB Dial ext. 522 Did you know the Skytop Club, with its rich history and traditions, has existed within the Lodge since 1928? And did you know you could become part of this history and tradition by joining the Skytop Club? By joining the Skytop Club your dues help preserve the beauty of Skytop for today and tomorrow. As a member you'll enjoy many privileges. With your \$50 annual membership, you will receive a special members-only room rate each night you stay with us, free room upgrades upon request at check-in whenever they are available, \$50 Skytop dollars and a nice gift in your room each time you visit with us. To inquire about the Club please call Maryann Lisi at ext. 8914

WEDDINGS & CONFERENCES Dial ext. 8959 for weddings or 8937 to speak with Michelle about meetings or your special event. Skytop Lodge is the perfect backdrop for your corporate retreat, family reunion, or wedding.

YOUNG AMBASSADORS Are you between the ages of 4-12? Are you excited to look behind the scenes at Skytop and learn more about nature, dining etiquette, the Flower Shop, water sports, fitness and more? For you there is a special program that will cover all of these areas. Join the **Young Ambassadors** program by signing up at the Front Desk, and receive your *passport for fun*. Throughout your stay, there will be opportunities to join the many activities here at Skytop. After you have had some fun, be sure to have your passport stamped for that activity. Stamps are available at the Front Desk, Gift Shop and the Activities Desk. With a completed passport, you are eligible for a variety of gifts including a small treasure from the Gift Shop or a delicious treat from the Tea Room. Visit the Front Desk to enjoy this program

Wednesday, May 16, 2012

9:00 a.m.-3:00 p.m. **Laser Tag** is an excellent activity for groups of all ages. Inside the Sport Pavilion, the field features inflatable bunkers resembling oil drums, wooden crates, walls, and even a tank. Each player is given a Tippmann laser tag gun, complete with a screen displaying information for each game. Sessions are available on a first-come, first-served basis, and each session can accommodate up to 12 players. Sign up at x8988, and meet at the Pavilion. \$20 per player

9:00 a.m.-12:00 p.m. **Ladies "Golf for Fun School"** We don't just show you how to swing a club, we teach you how to play the game! The cost is \$95 and includes 3 hours of instruction, rules, etiquette and refreshments with **FREE GOLF** after 3:00 p.m. Dial 8910 to register.

9:30 a.m.-6:00 p.m. **Indoor Pool** is open

10:00 a.m. **Lawn Bowling Clinic** Did you ever hear of "bowling on the green" but never knew what it meant? This is your chance to learn the fundamentals of the sport of lawn bowling; for ages 10 & up. Join the Skytop Lodge Lawn Bowling Club members for this interesting clinic. Flat-soled shoes are required and there is a \$6 greens fee per person. Sign up at the Activities Desk. Meet at the Lawn Bowling Green.

10:00 a.m. **Rhododendron Swamp Walk** Journey out to this wetland trail and get a sense of Spring coming to life. Meet on the North Porch and allow 1 hour

11:30 a.m. **Sidewalk Chalk Art** Open to all ages, have fun with color on an endless canvas. Meet at the Activities Desk

2:00 p.m. **Coloring** Meet in the Laurel Lounge for a relaxing time with coloring, all ages welcomed

3:30 p.m. **Lake Trail with Hand Weights** Join us for a walk around the lake and get those arms toned up!! Meet at the Activities Desk and allow 1 hour.

4:00-5:00 p.m. **Afternoon Tea Service** Hot tea and cookies in the Pine Room

Thursday, May 17, 2012

9:00 a.m.-3:00 p.m. **Laser Tag** is an excellent activity for groups of all ages. Inside the Sport Pavilion, the field features inflatable bunkers resembling oil drums, wooden crates, walls, and even a tank. Each player is given a Tippmann laser tag gun, complete with a screen displaying information for each game. Sessions are available on a first-come, first-served basis, and each session can accommodate up to 12 players. Sign up at x8988, and meet at the Pavilion. \$20 per player

9:30 a.m.-6:00 p.m. **Indoor Pool** is open, enjoy a relaxing swim!

9:30 a.m. **Skytop History DVD** will be showing in the Laurel Lounge. Allow 35 minutes

10:30 a.m. **Sidewalk Chalk Art** Open to all ages, have fun with color on an endless canvas at the Activities Desk

11:00 a.m. **Water Sculpt** Rest your joints without resting your muscles! Come by the pool to learn aquatic moves that you can use again & again. This 45-minute experience allows you to work at your own level of resistance as you do core exercises, aerobics, and toning work in the pool.

2:00 p.m. **Leavitt Falls Walk** Join the Activities staff on this easy leisurely walk out to the top of the cascading Leavitt Falls. Get a glimpse of the impressive ravine below and possibly spot some birds along the way. Meet at the Activities Desk and allow 1 hour

3:30 p.m. **Circuit Training** Sign up at the Activities Desk (x 533) to strengthen your muscles in a circuit training workout. No experience needed, work at your own pace. If you have never lifted weights but always wanted to try, here is your chance to do it with supervision and guidance. Meet in the exercise room.

4:00-5:00 p.m. **Afternoon Tea Service** Hot tea and cookies in the Pine Room

Friday, May 18, 2012

9:00 a.m. – 2:00 p.m. **TREETOP ADVENTURE COURSE** This elevated obstacle course is set in the beautiful Pocono Mountains on Skytop's 5,500 acre estate. The course is securely suspended between trees at 10 to 50 feet off the ground. Some of the features of our course include giant Tyrolean Zip Lines, suspended bridges, swings, slides, nets and even an aerial surf board! Participants must be able to reach to 5'11" while standing flat-footed and have a waist less than 41 inches. The full course is completed in approximately 2 1/2 to 3 hours. This adventure is very time critical, participants will need to arrive 15 minutes before their reservation time. For reservations you can reach us at ext. 8988 Cost is \$40

9:00 a.m.-4:00 p.m. **Outdoor Rock Wall Climbing** The Adventure Center features a 33-foot, custom built wall, open to climbers of all ages and ability levels. The six-sided wall progresses from beginner to advanced climbing challenges. Each climber is belayed and instructed by a member of the Adventure Center staff. Sessions start on the hour, every hour. The cost of \$15 per climber includes all equipment, climbing shoes and chalk bags are also available for rental for an additional fee. For reservations you can reach us at ext. 8988

9:00 a.m.-3:00 p.m. **Laser Tag** is an excellent activity for groups of all ages. Inside the Sport Pavilion, the field features inflatable bunkers resembling oil drums, wooden crates, walls, and even a tank. Each player is given a Tippmann laser tag gun, complete with a screen displaying information for each game. Sessions are available on a first-come, first-served basis, and each session can accommodate up to 12 players. Sign up at x8988, and meet at the Pavilion. \$20 per player

9:30 a.m.-6:00 p.m. **Indoor Pool** is open, enjoy a relaxing swim!

9:30 a.m. **Coloring** Meet in the Laurel Lounge for a relaxing time with coloring, all ages welcomed

10:00 a.m. **Qi Gong** (CHI KUNG) Experience this soothingly beautiful Chinese Moving Meditation. This class gently lubricates joints with fluid arm movements coordinated with your breath. We will be learning 20 movements that simulate beautiful elements in nature. QI GONG will enhance your energy level and sense of well being by gathering chi from our spectacular natural surroundings. This type of movement will provide tranquility for the mind and help you move at a slower pace. Class is 40 min. Meet at the Activities Desk. This class will be held outside when possible.

10:30 a.m. **Giant Jenga** in the Laurel Lounge

11:00 a.m. **Guided Mountain Bike Ride** to Indian Ladder Falls. Approximate time is one hour for this 4 mile ride over level terrain. Sign up at ext. 533. Then, meet at the Activities Desk *15 minutes before the ride* to complete required paperwork. Minimum age is 8, when accompanied by an adult; or age 12 when unaccompanied. We require a minimum one-hour cancellation notice. Cost is \$14 per person, which includes the bike rental and guide. Maximum of 10 riders

1:30 p.m. **Sidewalk Chalk & Bubble Wands** Open to all ages, have fun with color on an endless canvas. Meet at the Activities Desk

2:30 p.m. **Leavitt Falls Walk** Join the Activities staff on this easy leisurely walk out to the top of the cascading Leavitt Falls. Get a glimpse of the impressive ravine below and possibly spot some birds along the way. Meet at the Activities Desk and allow 1 hour

4:00-5:00 p.m. **Afternoon Tea** Hot tea and cookies in the Pine Room

4:30 p.m. **Bird Walk.** Join Naturalist Jackie Speicher for an afternoon bird walk. Listen for warblers and songbirds as they settle down at the end of the day. Meet on the North Porch and allow 1 hour. Binoculars are available.

9:00-11:00 p.m. Enjoy music by **Roy Ramos** in the Tap Room.

9:00 p.m.-12:00 a.m. **Tap Room Late Night Menu** Dine in or Carry out, not included in the full American plan.

Saturday, May 19, 2012

7:00 & 8:00 a.m. **Watsu, Water Shiatsu, Floating Therapeutic Water Massage** Call it what you will, it's the best-kept secret for stress reduction and deep relaxation! Imagine yourself being floated here in the water of Skytop's beautiful indoor pool, your body feels weightless as you experience beautiful soft music, gentle stretching, and therapeutic shiatsu massage. You will not believe that such a level of pain-free relaxation is actually possible until you

experience it for yourself. Schedule your one-hour appointment with Nan, (NCMT, Shiatsu Therapist, Reiki Master and Reflexologist) through the Activities Desk by dialing ext. 533. Cost is \$70. There is a 2-hour cancellation policy; please dial 676-3786 to cancel with Nan and then dial ext. 533 to inform the Activities Desk of your cancellation

7:00 a.m. **Early Morning Bird Walk** Spring migration has begun and prime time to enhance your birding skills with the help and guidance of Skytop Naturalist Rick Koval. We'll drive up to Campbell's View to observe every color of the "feathered rainbow" from brilliant yellow of Prairie Warblers, bold patterned Rufous-sided Towhees and hopefully, the rare Golden-winged Warbler. Easy adventure. Approximately 1 hour. Binoculars will be provided. Call to reserve a ride in the van.

**The Skytop Flower Shop has a breathtaking selection of flowers on hand
for your room or dining room table.
Call us at ext. 8934, or stop by! We deliver**

9:00 a.m.-12:00 p.m. **Ladies "Golf for Fun School"** We don't just show you how to swing a club, we teach you how to play the game! The cost is \$95 and includes 3 hours of instruction, rules, etiquette and refreshments with **FREE GOLF** after 3:00 p.m. Dial 8910 to register.

9:00 a.m. – 2:00 p.m. **TREETOP ADVENTURE COURSE** This elevated obstacle course is set in the beautiful Pocono Mountains on Skytop's 5,500 acre estate. The course is securely suspended between trees at 10 to 50 feet off the ground. Some of the features of our course include giant Tyrolean Zip Lines, suspended bridges, swings, slides, nets and even an aerial surf board! Participants must be able to reach to 5'11" while standing flat-footed and have a waist less than 41 inches. The full course is completed in approximately 2 1/2 to 3 hours. This adventure is very time critical, participants will need to arrive 15 minutes before their reservation time. For reservations you can reach us at ext. 8988 Cost is \$40
2:30 p.m. **ZIPLINE ONLY** Allow one hour \$15 per person

9:00 a.m.-4:00 p.m. **Outdoor Rock Wall Climbing** The Adventure Center features a 33-foot, custom built wall, open to climbers of all ages and ability levels. The six-sided wall progresses from beginner to advanced climbing challenges. Each climber is belayed and instructed by a member of the Adventure Center staff. Sessions start on the hour, every hour. The cost of \$15 per climber includes all equipment, climbing shoes and chalk bags are also available for rental for an additional fee. For reservations you can reach us at ext. 8988

9:00 a.m.-9:00 p.m. **Laser Tag** is an excellent activity for groups of all ages. Inside the Sports Pavilion, the field features inflatable bunkers resembling oil drums, wooden crates, walls, and even a tank. Each player is given a Tippmann laser tag gun, complete with a screen displaying information for each game. Sessions are available on a first-come, first-served basis, and each session can accommodate up to 12 players. Sign up at x8988, and meet at the Pavilion. \$20 per player

9:30 a.m. & 1:30 p.m. **3-Hour Paintball Sessions** Come play paintball on our new paintball fields. You will play a combination of games both in and out of the woods. Equipment is available for rent at the Adventure Center. Basic package includes admission to the field during one session, goggles and facemask, marker, CO2 refills and referees. Paint is not included. \$25.00. The deluxe package includes admission to the field during one session, goggles and facemask, marker, CO2 refills, 500 paintballs, and referees, \$60.00. You may use your own equipment as long as it meets Skytop's standards. We do not permit outside paint. All paintballs must be purchased at the Adventure Center. If you have your own marker, a field use fee of \$10 includes admission to the field during one session, referees and CO2 refills. Minimum age is 10 with a waiver signed by a parent or guardian. Once the session starts, additional players will be permitted to enter the games as safety allows

9:30 a.m.-9:00 p.m. **Indoor Pools** are open

10:00 a.m. **Qi Gong (CHI KUNG)** Experience this soothingly beautiful Chinese Moving Meditation. This class gently lubricates joints with fluid arm movements coordinated with your breath. We will be learning 20 movements that simulate beautiful elements in nature. QI GONG will enhance your energy level and sense of well being by gathering chi from our spectacular natural surroundings. This type of movement will provide tranquility for the mind and help you move at a slower pace. Class is 40 min. Meet at the Activities Desk. This class will be held outside when possible.

10:00 a.m. **Trout Stream to Indian Ladder Falls** Join Skytop Naturalist Rick Koval on a nature adventure along the Trout Stream Trail and then to the spectacular Indian Ladder Falls. Along the way, Rick will point out various colorful springtime wildflowers, wild orchids and colorful songbirds birds, salamanders and frogs. Approximately 2 hours. Call 533 to reserve a ride in the van.

Skeet shooting appointments can be made at the Fishing & Shooting Center, ext. 262

11:15 a.m. **Vista Hike to the Picnic** Hikers, meet on the North Porch. **Please Note: THIS HIKE IS PHYSICALLY DEMANDING as we cover a 300 ft. change in elevation. Make sure this hike is for you and you can keep up with the group while hiking up the steep side of the mountain.** At the vista, we enjoy the view overlooking Skytop Lake and the Lodge. Then we hike down the ski slope to the picnic site. You can take the shuttle back to the Lodge or walk 1 mile along the lake trail. Bring your appetite and your camera!

11:45, 12:10 p.m. **Tractor-Drawn Hayrides to the Picnic** Space is limited to 20 people per ride: register at the Activities Desk by dialing ext. 533. Cost is \$4 per person (children 3 & under ride free) and departure is from the North Porch. Enjoy the ride! **A one-hour cancellation notice is required to avoid charges**

12:00-1:00 p.m. **OUTDOOR PICNIC** at Robin Hood Cove. Don't miss this hearty outdoor meal along the Lake. Inform your breakfast server if you plan to attend. One mile walk along the Skytop Lake Trail. Van transportation is available from the North Porch and Inn.

12:00-4:00 p.m. **Get Ready Golf** Skytop golf pro Brian Boyle and his staff will be offering FREE 10 MINUTE LESSONS in conjunction with the PGA "Get Ready Golf" programs now offered by PGA Professionals. Dial 8910 to register.

1:15 p.m. **Live Reptile & Amphibian Show** Help Skytop Naturalist Rick feed his wild snakes, frogs and turtle. Fun for everyone, including his critters. Kids wanted and make sure to bring a camera. Meet at the Activities Desk

2:00 p.m. **"Nature-size Hike up the Stable Trail to the Gazebo Overlook** Join Skytop Naturalist Rick Koval on a "nature-size hike up the Stable Trail to the scenic overlook at the Gazebo. As we burn calories on the way up the steep trail, Rick will bring attention to the unique wildflowers and ferns which grow on the steep slopes and rock outcroppings. Approximately 1.5 hours. Meet at the North Porch.

2:00 p.m. **Guided Mountain Bike Ride** to Indian Ladder Falls. Approximate time is one hour for this 4 mile ride over level terrain. Sign up at ext. 533. Then, meet at the Activities Desk 15 minutes before the ride to complete required paperwork. Minimum age is 8, when accompanied by an adult; or age 12 when unaccompanied. We require a minimum one-hour cancellation notice. Cost is \$14 per person, which includes the bike rental and guide. Maximum of 10 riders.

3:00 p.m. **Yoga On the Trail** Meet at the Activities Desk You will enjoy the fresh air and the beautiful scenery while you practice YOGA postures during an easy walk. This class is a blend of walking, breathing, stretching and relaxing. Wear comfortable clothing and walking shoes. The pace is ideal for total beginners. Class is one hour.

4:00-5:00 p.m. **Afternoon Tea** Hot tea and cookies in the Pine Room, with Piano Music by Charlotte Parks.

8:30 p.m. **Night Hike** Meet Jackie at the Activities Desk to this exciting program!! We will look and listen for birds and mammals settling down for the night. Jackie will tell stories of the stars as they appear for us in the night sky.

8:30-11:00 p.m. **Saturday Night Dance** **Enjoy** to the sounds of the **Doug Smith Orchestra** in the Pine Room. Enjoy dancing and listening to traditional & contemporary favorites while you wet your whistle with punch & cookies. Don't miss Skytop's most time-honored tradition: The Elimination Dance & Grand March.

9:00 p.m.-12:00 a.m. **Tap Room Late Night Menu** Dine in or Carry out, not included in the full American plan.

Sunday, May 20, 2012

7:00 & 8:00 a.m. **Watsu, Water Shiatsu, Floating Therapeutic Water Massage** Call it what you will, it's the best-kept secret for stress reduction and deep relaxation! Imagine yourself being floated here in the water of Skytop's beautiful indoor pool, your body feels weightless as you experience beautiful soft music, gentle stretching, and therapeutic shiatsu massage. You will not believe that such a level of pain-free relaxation is actually possible until you

experience it for yourself. Schedule your one-hour appointment with Nan, (NCMT, Shiatsu Therapist, Reiki Master and Reflexologist) through the Activities Desk by dialing ext. 533. Cost is \$70. There is a 2-hour cancellation policy; please dial 676-3786 to cancel with Nan and then dial ext. 533 to inform the Activities Desk of your cancellation

7:00 a.m. **Early Morning Bird Walk** Spring migration has begun and prime time to enhance your birding skills with the help and guidance of Skytop Naturalist Rick Koval. We'll venture along Skytop Lake in search of sights and sounds of songbirds, waterfowl and perhaps a Bald Eagle. Easy adventure. Approximately 1 hour. Binoculars will be provided. Meet on the North Porch.

8:00 a.m. – 10:30 a.m. **Breakfast Buffet**

10:30 a.m.-1:00 p.m. **Jazz Brunch** in the Windsor Dining Room
Featuring the **Doug Smith Jazz Duo** 11:00 a.m.-2:00 p.m.

9:00 a.m. – 2:00 p.m. **TREETOP ADVENTURE COURSE** This elevated obstacle course is set in the beautiful Pocono Mountains on Skytop's 5,500 acre estate. The course is securely suspended between trees at 10 to 50 feet off the ground. Some of the features of our course include giant Tyrolean Zip Lines, suspended bridges, swings, slides, nets and even an aerial surf board! Participants must be able to reach to 5'11" while standing flat-footed and have a waist less than 41 inches. The full course is completed in approximately 2 1/2 to 3 hours. This adventure is very time critical, participants will need to arrive 15 minutes before their reservation time. For reservations you can reach us at ext. 8988
Cost is \$40 2:30 p.m. **ZIPLINE ONLY** Allow one hour \$15 per person

9:00 a.m.-4:00 p.m. **Outdoor Rock Wall Climbing** The Adventure Center features a 33-foot, custom built wall, open to climbers of all ages and ability levels. The six-sided wall progresses from beginner to advanced climbing challenges. Each climber is belayed and instructed by a member of the Adventure Center staff. Sessions start on the hour, every hour. The cost of \$15 per climber includes all equipment, climbing shoes and chalk bags are also available for rental for an additional fee. For reservations you can reach us at ext. 8988

9:00 a.m.-3:00 p.m. **Laser Tag** is an excellent activity for groups of all ages. Inside the Sport Pavilion, the field features inflatable bunkers resembling oil drums, wooden crates, walls, and even a tank. Each player is given a Tippmann laser tag gun, complete with a screen displaying information for each game. Sessions are available on a first-come, first-served basis, and each session can accommodate up to 12 players. Sign up at x8988, and meet at the Pavilion. \$20 per player

9:30 a.m. & 1:30 p.m. **3-Hour Paintball Sessions** Come play paintball on our new paintball fields. You will play a combination of games both in and out of the woods. Equipment is available for rent at the Adventure Center. Basic package includes admission to the field during one session, goggles and facemask, marker, CO2 refills and referees. Paint is not included. \$25.00. The deluxe package includes admission to the field during one session, goggles and facemask, marker, CO2 refills, 500 paintballs, and referees, \$60.00. You may use your own equipment as long as it meets Skytop's standards. We do not permit outside paint. All paintballs must be purchased at the Adventure Center. If you have your own marker, a field use fee of \$10 includes admission to the field during one session, referees and CO2 refills. Minimum age is 10 with a waiver signed by a parent or guardian. Once the session starts, additional players will be permitted to enter the games as safety allows

9:30 a.m.-6:00 p.m. **Indoor Pools** are open

10:00 a.m. **Upper Falls Trail** Join Skytop naturalist Rick Koval on an easy hike to see the scenic Upper Falls along Leavitt Branch Creek. Along the way, Rick will point out resident wildlife, birds, salamanders and wildflowers. Easy hike. 1.5 hours. Sign up at the Activities Desk, ext. 533, for a ride to the trailhead or follow in your own car. Van seats 11 people and leaves from the North Porch.

10:30 a.m. **Face Painting** Meet at the Activities Desk

1:00 p.m. **Lawn Bowling Clinic** Did you ever hear of "bowling on the green" but never knew what it meant? This is your chance to learn the fundamentals of the sport of lawn bowling; for ages 10 & up. Join the Skytop Lodge Lawn Bowling Club members for this interesting clinic. Flat-soled shoes are required and there is a \$6 greens fee per person. Sign up at the Activities Desk. Meet at the Lawn Bowling Green.

2:30 p.m. **Giant Jenga Blocks** Play a blown-up version of this old-fashioned game, or use them for simple block building. For ages 2-up, meet in the Laurel Lounge

3:30 p.m. **Temporary Tattoos** at the Activities Desk

4:00-5:00 p.m. **Afternoon Tea Service** Hot tea and cookies in the Pine Room

Monday, May 21, 2012

9:00 a.m.-3:00 p.m. **Laser Tag** is an excellent activity for groups of all ages. Inside the Sport Pavilion, the field features inflatable bunkers resembling oil drums, wooden crates, walls, and even a tank. Each player is given a Tippmann laser tag gun, complete with a screen displaying information for each game. Sessions are available on a first-come, first-served basis, and each session can accommodate up to 12 players. Sign up at x8988, and meet at the Pavilion. \$20 per player

9:30 a.m.-6:00 p.m. **Indoor Pool** is open

9:30 a.m. **Skytop History DVD** Learn about Skytop's beginning to present. Meet in the Laurel Lounge.

10:00 a.m. **Water Sculpt** Rest your joints without resting your muscles! Come by the pool to learn aquatic moves that you can use again & again. This 45-minute experience allows you to work at your own level of resistance as you do core exercises, aerobics, and toning work in the pool.

11:30 a.m. **Lake Trail with Hand Weights** Join us for a walk around the lake and get those arms toned up!! Meet at the Activities Desk and allow 1 hour.

3:30 p.m. **Vertical Pilates** Pilates in a standing position. This technique works your entire body through coordinated movement and balance. Improve your posture and core strength. This class is a great warm-up before heading out on the golf course. Dress in comfortable clothes and allow 30 minutes. Meet in the Club Room.

4:00-5:00 p.m. **Afternoon Tea** with cookies in the Pine Room

Tuesday, May 22, 2012

9:00 a.m.-3:00 p.m. **Laser Tag** is an excellent activity for groups of all ages. Inside the Sport Pavilion, the field features inflatable bunkers resembling oil drums, wooden crates, walls, and even a tank. Each player is given a Tippmann laser tag gun, complete with a screen displaying information for each game. Sessions are available on a first-come, first-served basis, and each session can accommodate up to 12 players. Sign up at x8988, and meet at the Pavilion. \$20 per player

9:30 a.m.-6:00 p.m. **Indoor Pool** is open

11:00 a.m. **Leavitt Falls Walk** Join the Activities staff on this easy leisurely walk out to the top of the cascading Leavitt Falls. Get a glimpse of the impressive ravine below and possibly spot some birds along the way. Meet at the Activities Desk and allow 1 hour

1:30 p.m. **Giant Jenga** in the Laurel Lounge

2:30 p.m. **Sidewalk Chalk Art & Bubble Wands** Meet at the Activities Desk

3:30 p.m. **Pine & White Birch Walk** Join the activities staff on these two rarely used trails that pass through a beautiful fragrant white pine grove and small ponds inhabited by salamanders and frogs. Sign up at the Activities Desk 533, for a ride to the trailhead or follow in your own car. Van seats 11 people and leaves from the North Porch.

4:00-5:00 p.m. **Afternoon Tea** with cookies in the Pine Room