

Skylites

September 1-7, 2010

Wednesday, September 1, 2010

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

9:30 a.m. **Easy Morning Stretch** Wake up and warm up with this relaxing stretch session. Sign up for a mat at the Activities Desk, ext. 533, and meet at the Activities Desk for this quick 45-minute program. We will be stretching out in the Mt. Lake Room. Space is limited

10:00-11:00 a.m. **Adults' Beginner Golf Clinic** This clinic will focus on full swing fundamentals; range balls are included. Call ext. 8910 before 9:00 a.m. to reserve your spot. \$20/person. We need a minimum of 3 participants to hold the clinic.

10:00 a.m. - 5:00 p.m. **Laser Tag Session** – Join us for the Adventure Center's newest addition, Indoor Laser Tag. The game is played in the pavilion utilizing state of the art lasers and inflatable bunkers such as boxes, oil drums, tanks and walls. Play is available by reservation or first come- first serve. Up to twelve total players. The sessions are available for ages 6 and up. \$20 per hour This is also available privately by appointment.

10:30 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 \$13 per person, which includes the bike rental and guide. Maximum of 10 riders

11:00-12:00 p.m. **Junior Golf Clinic** This clinic will cover full swing fundamentals; range balls are included. Cost is \$20/person. Call ext. 8910, before 10:00 a.m. to sign up. We need a minimum of 3 participants to hold the clinic.

11:30 a.m. **Hike & Lunch at the Scenic Vista** Hike up the Stable Trail and eat your lunch at the gazebo. Register for this hike at the Activities Desk (ext. 533) by 10:30 a.m. because a minimum of 3 participants is necessary to hold the event. AT BREAKFAST, PLEASE ARRANGE FOR A BOXED LUNCH WITH YOUR DINING ROOM SERVER and you can borrow a backpack from Activities. At the vista, we will picnic while overlooking Skytop Lake and the Lodge. We will shuttle back to the Lodge from the Adventurer Center. Dress comfortably and allow 1.5 hours. **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 a fitness pace.** Pick up your boxed lunch at the Bellstand and then proceed to the North Porch for Departure.

1:00 –8:00 p.m. Join us for **Wii Play Time** in the Club Room. Not an avid video game player? No worries, Wii can help. Families welcome to join in on the fun

1:30 p.m. **Face Painting** at the Activities Desk

2:00 p.m. **A Nature-Wildlife Walk to Leavitt Falls** Join John Serrao for this fairly rugged but scenic, rewarding walk to the Leavitt Falls area, with several waterfalls, hemlocks, rhododendrons, animal dens, wildflowers and more. Allow 1 ½ hours for this 1-mile hike. Wear sturdy footwear. Call ext. 533 to reserve a seat in the van, or follow behind in your own vehicle to the trailhead.

2:30 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. Flat-soled shoes are required and there is a \$5 greens fee per person. Meet at the Activities Desk

4:00-5:00 p.m. **Afternoon Tea Service** in the Pine Room with freshly baked cookies from the Skytop bakery

4:00 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 Mt. Lake Room

5:00-7:00 p.m. **Happy Hour** in the Inn Lounge. \$2.50 draft, plus check out the daily martini and drink specials

7:00, 8:00 & 9:00 p.m. **Nighttime Laser Tag Session** Join us for the Adventure Center's newest addition, Indoor Laser Tag. The game is played in the pavilion utilizing state of the art lasers and inflatable bunkers such as boxes, oil drums, tanks and walls. Play is available by reservation or first come- first serve. Up to twelve total players. The sessions are available for ages 10 and up. \$20 per hour This is also available privately by appointment.

9:00-10:00 p.m. **Have You Seen the Missing Librarian?** The cracks in the Library foundation lead to a body. Is it the librarian who's been missing for five years? And was it an accident ... or *murder*?? Join other detectives to discover clues and see that justice is done. Join your fellow detectives in the Skytop Library at 9:30. You must investigate the crime scenes and carefully examine in order to solve the case. Ages 11-17. Sign up at the Activities Desk, ext. 533. Maximum of 20 detectives

9:00-11:00 p.m. **Roy Ramos** will be playing in the Tap Room

Thursday, September 2, 2010

8:00 a.m. **Snow Cap Dog Sleds** presents **Training Runs & Scooter Tours**. Come experience the excitement of dryland dog sledding. For a thrilling adventure, book a Scooter Run to be led through Skytop trails on a dog-powered scooter, Cost is \$60 per person for ages 14 and up. Looking for a more leisurely dog adventure, check out a Training Run and take in the wonderful Skytop scenery from a new perspective, Cost is \$50 per person, ages 5 and under are free. For more details, call ext. 8927 and leave us a message. PLEASE NOTE: DURING PERIODS OF EXTREME HEAT, TRAINING RUNS & SCOOTER TOURS ARE SUBJECT TO TIME CHANGES (EARLIER AM OR LATER PM), OR CANCELLATION. **ALL TOURS REQUIRE A RESERVATION**

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

10:00 a.m., 1:00, 3:00 & 5:00 p.m. **Snow Cap Dog Sleds** presents **Kenel Tours**. Arrange a visit to check out the homes of our wonderful sled dogs. Learn more about the exciting sport of dog sledding. Cost is \$30 per person. For more details, call ext. 8927 and leave us a message. PLEASE NOTE: **ALL TOURS REQUIRE A RESERVATION**

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10:00 a.m. - 5:00 p.m. **Laser Tag Session** – Join us for the Adventure Center's newest addition, Indoor Laser Tag. The game is played in the pavilion utilizing state of the art lasers and inflatable bunkers such as boxes, oil drums, tanks and walls. Play is available by reservation or first come- first serve. Up to twelve total players. The sessions are available for ages 6 and up. \$20 per hour This is also available privately by appointment.

11:00 a.m. **Pilates-Style Stretch & Tone** A workout designed to achieve long, lean bodies using a series of stretches and beginner Pilates moves. This conditions the body to be more flexible & streamlined and reduces overall stress. Ages 10 - Adult are welcome. This class is approximately 1 hour and meets in the Mt. Lake Room.

11:00-12:00 p.m. **Junior Golf Clinic** This clinic will cover full swing fundamentals; range balls are included. Cost is \$20/person. Call ext. 8910, before 10:00 a.m. to sign up. We need a minimum of 3 participants to hold the clinic.

Croquet is available on the lawn, next to Tennis Court #6

1:00 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 \$13 per person, which includes the bike rental and guide. Maximum of 11 riders

2:30 p.m. **Skytop Lodge History DVD** Will be playing in the Club Room. Run time is 50 minutes

3:00 p.m. **6-Hole Putting Challenge** Register with the Activities Desk, ext. 533. Then putt your way through our 6-hole indoor miniature golf course.

4:00-5:00 p.m. Enjoy **Complimentary Tea**. Available daily in the Pine Room, outside the Windsor Dining Room

5:00-7:00 p.m. **Happy Hour** in the Inn Lounge. \$2.50 draft, plus check out the daily martini and drink specials

7:00 p.m. **Snow Cap Dog Sleds** presents **Training Runs & Scooter Tours**. Come experience the excitement of dryland dog sledding. For a thrilling adventure, book a Scooter Run to be led through Skytop trails on a dog-powered scooter, Cost is \$60 per person for ages 14 and up. Looking for a more leisurely dog adventure, check out a Training Run and take in the wonderful Skytop scenery from a new perspective, Cost is \$50 per person, ages 5 and under are free. For more details, call ext. 8927 and leave us a message. PLEASE NOTE: DURING PERIODS OF EXTREME HEAT, TRAINING RUNS & SCOOTER TOURS ARE SUBJECT TO TIME CHANGES (EARLIER AM OR LATER PM), OR CANCELLATION. **ALL TOURS REQUIRE A RESERVATION**

8:30-10:00 p.m. **Campfire Sing-Along** with **Peter Tawney**. Enjoy some s'mores while singing some campfire favorites. Meet outside at the fire pit on the South Lawn.

Friday, September 3, 2010

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 x533. Cost is \$70. There is a 2-hour cancellation policy; please dial 676-3786 to cancel with Nan and then dial x533 to inform the Activities Desk of your cancellation.

8:00 a.m. **Snow Cap Dog Sleds** presents **Training Runs & Scooter Tours**. Come experience the excitement of dryland dog sledding. For a thrilling adventure, book a Scooter Run to be led through Skytop trails on a dog-powered scooter, Cost is \$60 per person for ages 14 and up. Looking for a more leisurely dog adventure, check out a Training Run and take in the wonderful Skytop scenery from a new perspective, Cost is \$50 per person, ages 5 and under are free. For more details, call ext. 8927 and leave us a message. PLEASE NOTE: DURING PERIODS OF EXTREME HEAT, TRAINING RUNS & SCOOTER TOURS ARE SUBJECT TO TIME CHANGES (EARLIER AM OR LATER PM), OR CANCELLATION. **ALL TOURS REQUIRE A RESERVATION**

9:00 a.m.-5:00 p.m. **Outdoor Rock Wall Climbing** All climbers welcome! Join us at our outdoor 30-foot climbing wall at the Adventure Center. You can climb 6 different stations, varying from beginner to advanced. Our wall has been custom built for the Adventure Center and features a real rock look and feel, as well as over 300 moveable handholds. The fee is \$15 per hour, reservations suggested. If you do not have your own climbing shoes, harness or chalk bag they are available at our on site rental area

9:30 a.m. **Yoga** This class is a blend of breathing work, flexibility and relaxation. Wear comfortable clothing that won't restrict movement. The pace is ideal for total beginners. MEN, WOMEN, and TEENS ARE WELCOME. Class is one hour in the Laurel Room.

9:30 a.m.-8:00 p.m. **Indoor and Outdoor Pools** are open daily.

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

10:00 a.m., 1:00, 3:00 & 5:00 p.m. **Snow Cap Dog Sleds** presents **Kennel Tours**. Arrange a visit to check out the homes of our wonderful sled dogs. Learn more about the exciting sport of dog sledding. Cost is \$30 per person. For more details, call ext. 8927 and leave us a message. PLEASE NOTE: **ALL TOURS REQUIRE A RESERVATION**

10:00-11:00 a.m. **Adults' Beginner Golf Clinic** This clinic will focus on full swing fundamentals; range balls are included. Call ext. 8910 before 9:00 a.m. to reserve your spot. \$20/person. We need a minimum of 3 participants to hold the clinic.

10:00 a.m. - 5:00 p.m. **Laser Tag Session** – Join us for the Adventure Center's newest addition, Indoor Laser Tag. The game is played in the pavilion utilizing state of the art lasers and inflatable bunkers such as boxes, oil drums, tanks and walls. Play is available by reservation or first come- first serve. Up to twelve total players. The sessions are available for ages 6 and up. \$20 per hour This is also available privately by appointment.

10:30 a.m. **Leavitt Falls Hike** Experience a beautiful 65 ft, waterfall, hemlocks and fresh air! **Please Note: ON THIS HIKE we will cover a 100 ft. change in elevation over rocky terrain. Make sure this hike is for you and you can keep up with the group while hiking down into the gorge.** This is a short, yet rugged walk; allow 1 hour, meet at the Activities Desk

11:00-12:00 p.m. **Junior Golf Clinic** This clinic will cover full swing fundamentals; range balls are included. Cost is \$20/person. Call ext. 8910, before 10:00 a.m. to sign up. We need a minimum of 3 participants to hold the clinic.

11:30 a.m. **Bubble Blowing Bonanza** For ages 3-103. Come and remember those care free days of your childhood or create new memories with your children. Bubbles of all sizes. Meet at the Activities Desk.

1:30 p.m. **Beginners' Watercolor Painting** Sign up in advance at the Activities Desk, ext. 533. Try your hand with basic watercolor techniques & create your own work of art depicting the flora/fauna of Skytop Lodge. For ages 12 – adult. Be prepared to go outside on the porch. Materials provided, meet Kimberly at the Activities Desk. \$5 per person. Allow 60 minutes.

2:30 p.m. **Temporary Tattoos** at the Activities Desk

4:00-5:00 p.m. **Afternoon Tea Service** in the Pine Room with freshly baked cookies from the Skytop bakery.

5:00-7:00 p.m. **Happy Hour** in the Inn Lounge. \$2.50 draft, plus check out the daily martini and drink specials

7:00 p.m. **Snow Cap Dog Sleds** presents **Training Runs & Scooter Tours**. Come experience the excitement of dryland dog sledding. For a thrilling adventure, book a Scooter Run to be led through Skytop trails on a dog-powered scooter, Cost is \$60 per person for ages 14 and up. Looking for a more leisurely dog adventure, check out a Training Run and take in the wonderful Skytop scenery from a new perspective, Cost is \$50 per person, ages 5 and under are free. For more details, call ext. 8927 and leave us a message. PLEASE NOTE: DURING PERIODS OF EXTREME HEAT, TRAINING RUNS & SCOOTER TOURS ARE SUBJECT TO TIME CHANGES (EARLIER AM OR LATER PM), OR CANCELLATION. **ALL TOURS REQUIRE A RESERVATION**

8:30 p.m. **Twilight Hike** Meet on the North Porch and head out to experience Skytop as the night approaches

9:00-11:00 p.m. Tap Room Musical Entertainment by **Roy Ramos**.

Saturday, September 4, 2010

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 x533. Cost is \$70. There is a 2-hour cancellation policy; please dial 676-3786 to cancel with Nan and then dial x533 to inform the Activities Desk of your cancellation.

8:00 a.m. **Snow Cap Dog Sleds** presents **Training Runs & Scooter Tours**. Come experience the excitement of dryland dog sledding. For a thrilling adventure, book a Scooter Run to be led through Skytop trails on a dog-powered scooter, Cost is \$60 per person for ages 14 and up. Looking for a more leisurely dog adventure, check out a Training Run

and take in the wonderful Skytop scenery from a new perspective, Cost is \$50 per person, ages 5 and under are free. For more details, call ext. 8927 and leave us a message. PLEASE NOTE: DURING PERIODS OF EXTREME HEAT, TRAINING RUNS & SCOOTER TOURS ARE SUBJECT TO TIME CHANGES (EARLIER AM OR LATER PM), OR CANCELLATION. **ALL TOURS REQUIRE A RESERVATION**

9:00-12:00 p.m. There may be some openings left in the **One Day Brian Boyle Junior Golf School** this Saturday. This school concentrates on full swing and short game principles. Etiquette, rules and safety are also stressed. Cost is \$135 for the 1 day school and includes 3 hours of instruction, take home rules and etiquette booklets, a Skytop Junior Cap and golf glove and refreshments. Above all we make learning a fun experience. All levels welcomed!! For more information, call the pro shop at ext. 8910

9:00-12:00 p.m. There may be some openings left in the **One Day Brian Boyle School of Golf** at Skytop this Saturday. This school concentrates on full swing principles so you can become a more complete and consistent player. Beginner to low handicap can benefit from our staffs' guidance. Cost is \$175 for the one day school and includes 3 hours of instruction with video analysis, unlimited range balls, take home written manual, refreshments and golf course privileges after class. We have a maximum student to teacher ratio of 4 to 1 for more individual attention. The head instructor is a PGA class "A" professional with over 15 years of teaching experience. Above all we make learning a fun experience. All levels welcomed!! For more information, call the pro shop at ext. 8910

9:00 a.m.-5:00 p.m. **Outdoor Rock Wall Climbing** All climbers welcome! Join us at our outdoor 30-foot climbing wall at the Adventure Center. You can climb 6 different stations, varying from beginner to advanced. Our wall has been custom built for the Adventure Center and features a real rock look and feel, as well as over 300 moveable handholds. The fee is \$15 per hour, reservations suggested. If you do not have your own climbing shoes, harness or chalk bag they are available at our on site rental area.

9:30 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 \$13 per person, which includes the bike rental and guide. Maximum of 11 riders

9:30 a.m.-8:00 p.m. **Indoor and Outdoor Pools** are open daily. **Skytop Beach** is open 10:00 a.m.-6:00 p.m., weather-permitting. Located behind the Inn along the Lower Lake shore, towels provided. Have lunch on the beach, available through the deli.

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

10:00 a.m. **Deep Water Workout** with buoyancy belts, dumbbells and barbells. Develop core stability and muscle tone. Class size is limited. Sign up at the Activities Desk, ext. 533, for this total, non-impact exercise class (for ages 12-adult).PLAN TO BE OUTSIDE.

10:00 a.m. & 1:00 p.m. **Snow Cap Dog Sleds** presents **Kennel Tours**. Arrange a visit to check out the homes of our wonderful sled dogs. Learn more about the exciting sport of dog sledding. Cost is \$30 per person. For more details, call ext. 8927 and leave us a message. PLEASE NOTE: **ALL TOURS REQUIRE A RESERVATION**

10:00 a.m.- Noon **Round Robin Tennis Tournament** For ages 16 & up. Register by 9:00 a.m. at the Tennis Pro Shop, ext. 536. Cost is \$16.00 per person.

10:00 a.m. - 5:00 p.m. **Laser Tag Session** – Join us for the Adventure Center's newest addition, Indoor Laser Tag. The game is played in the pavilion utilizing state of the art lasers and inflatable bunkers such as boxes, oil drums, tanks and walls. Play is available by reservation or first come- first serve. Up to twelve total players. The sessions are available for ages 6 and up. \$20 per hour This is also available privately by appointment.

11:00-12:00 p.m. **Junior Golf Clinic** This clinic will cover full swing fundamentals; range balls are included. Cost is \$20/person. Call ext. 8910, before 10:00 a.m. to sign up. We need a minimum of 3 participants to hold the clinic.

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 & 12:35 **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** for the adventurous crowd. Don't miss this hearty outdoor meal at the Robin Hood Cove, next to Skytop 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.

1:00-1:30 p.m. **Adult Tennis Clinic** Call ext. 536 before 9:00 a.m. to register. Cost is \$10 per participant, minimum of 3 participants to hold the clinic

1:30 p.m. **Face Painting** at the Activities Desk

2:00 p.m. **The New Tall Trees Trail** Accompany John Serrao on this newest Skytop trail, with towering pines, maples, ashes and tulip trees. There will be a few rather steep slopes (with hand ropes) and 2 stream crossings on large stepping stones. So wear sturdy shoes for this adventurous nature walk. Allow 2 hours for this 1 ½ mile hike. Call ext. 533 to reserve a seat in the van, or follow behind in your own vehicle to the trailhead.

2:00 p.m. **Pastel Class** Sign up in advance at the Activities Desk, ext. 533 Unleash your creative side and express yourself with vibrant Prismacolor pastels on earth-toned papers. This class is for all levels: "stick-figure" artists to experienced artists ages 10-adult. Materials provided. Meet Kimberly in the Tea Room Courtyard. Cost \$5 per person. Allow one hour. Maximum of 12 participants

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

4:00 p.m. **Yoga, On the Move** 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. MEN, WOMEN, and TEENS ARE WELCOME. Class is one hour

4:00-5:00 p.m. Enjoy **Afternoon Tea Service** in the Pine Room with freshly baked cookies from the Skytop bakery.

5:15-9:00 p.m. **Children's Banquet Dinner** for ages 4-12. Please pre-register your child at the Activities Desk, ext. 533, before 4:30 p.m. Following dinner the children will be treated to face painting & a movie. Parents, please bring your children to the West Central Hemlock Ballroom at 5:15 p.m. At 5:40 p.m. the entire group will eat at the children's buffet in the Windsor Dining Room. Please pick up your child PROMPTLY at 9:00 p.m. Dress them in casual clothing-for fun! Cost is \$13/child for registered guests and the Homeowners' cost is \$19.36/child.

7:00, 8:00 & 9:00 p.m. **Nighttime Laser Tag Session** Join us for the Adventure Center's newest addition, Indoor Laser Tag. The game is played in the pavilion utilizing state of the art lasers and inflatable bunkers such as boxes, oil drums, tanks and walls. Play is available by reservation or first come- first serve. Up to twelve total players. The sessions are available for ages 10 and up. \$20 per hour This is also available privately by appointment.

7:30 p.m. **Deer Spotting** Sign up at the Activities Desk for your 20 minute ride. We'll take a leisurely ride around Skytop's grounds to search for nocturnal feeders. Seating is limited; van departs from North Porch promptly.

8:30-11:00 p.m. Skytop's Summer Saturday Evening Dance Series presents: **Dougie and the Skytops** playing all of your 50's favorites in the Pine Room. Whet your whistle with punch & cookies. *Don't miss Skytop's most time-honored traditions:* the Elimination Dance and Grand March.

Sunday, September 5, 2010

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 x533. Cost is \$70. There is a 2-hour cancellation policy; please dial 676-3786 to cancel with Nan and then dial x533 to inform the Activities Desk of your cancellation.

9:00 a.m.-5:00 p.m. **Outdoor Rock Wall Climbing** All climbers welcome! Join us at our outdoor 30-foot climbing wall at the Adventure Center. You can climb 6 different stations, varying from beginner to advanced. Our wall has been custom built for the Adventure Center and features a real rock look and feel, as well as over 300 moveable handholds. The fee is \$15 per hour, reservations suggested. If you do not have your own climbing shoes, harness or chalk bag they are available at our on site rental area.

9:00 a.m.-5:00 p.m. Join us for **Wii Play Time** in the Club Room. Not an avid video game player, no worries. Wii can help. Families welcome to join in on the fun.

9:30 a.m.-6:00 p.m. **Indoor and Outdoor Pools** are open daily. **Skytop Beach** is open 10:00 a.m.-6:00 p.m., weather-permitting. Located behind the Inn along the Lower Lake shore, towels provided. Have lunch on the beach, available through the deli.

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. **Tie Dye** Our staff has shirts available for you to tie dye in various colors. The shirts are 100% organic cotton tees, and cost only \$16. Your colorful creations can be used as fun gifts or souvenirs to take home. Class is limited to 15 people, ages 6-adult (children under age 10 must be accompanied by a parent). Call ext. 533 before 8:30 a.m. Sunday to reserve your spot for this fun activity. Meet in the Courtyard outside of the Tea Room.

10:00 a.m. **A Goose Pond Wilderness Excursion** Call ext. 533 to reserve a seat in the van, or follow behind in your own vehicle to the trailhead. The van ride is 4 miles each way. The hike will take you to a remote, quiet and beautiful setting. See a glacial lake, marsh, clearings, forests and plenty of signs of wildlife that make this wild area their home (short walk). Will return by noon.

10:00-11:00 a.m. **Adults' Beginner Golf Clinic** This clinic will focus on the short game: chipping & putting. Call ext. 8910 to reserve your spot by 9:00 a.m., \$20/person. We need a minimum of 3 participants to hold the clinic.

10:00 a.m. - 5:00 p.m. **Laser Tag Session** Join us for the Adventure Center's newest addition, Indoor Laser Tag. The game is played in the pavilion utilizing state of the art lasers and inflatable bunkers such as boxes, oil drums, tanks and walls. Play is available by reservation or first come- first serve. Up to twelve total players. The sessions are available for ages 6 and up. \$20 per hour This is also available privately by appointment.

10:30 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 \$13 per person, which includes the bike rental and guide. Maximum of 11 riders

11:00-11:30 a.m. **Junior Tennis Clinic** Call ext. 536 before 9:00 a.m. to register. Cost is \$10 per participant, minimum of 3 participants to hold the clinic.

11:00-12:00 p.m. **Junior Golf Clinic** This clinic will cover full swing fundamentals; range balls are included. Cost is \$20/person. Call ext. 8910, before 10:00 a.m. to sign up. We need a minimum of 3 participants to hold the clinic.

11:00 a.m. **Bubble Blowing Bonanza** For ages 3-103. Come and remember those care free days of your childhood or create new memories with your children. Bubbles of all sizes. Meet at the Activities Desk.

1:30 p.m. **6-Hole Putting Challenge** Register with the Activities Desk, ext. 533. Then putt your way through our 6-hole indoor miniature golf course.

3:00 p.m. **Sand Volleyball** Come out to the South Lawn for some fun games in the sandy court.

3:30 p.m. **Qi Gong Outdoors** (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.

4:00-5:00 p.m. **Afternoon Tea Service** in the Pine Room with freshly baked cookies from the Skytop bakery.

9:00-11:00 p.m. Musical entertainment by **The Franklen Experience** in the Tap Room.

9:00 p.m. **CHARITY BINGO** in the Hemlock Ballroom. Have fun and win Prizes!! \$5/card, good for all games.

Monday, September 6, 2010

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 x533. Cost is \$70. There is a 2-hour cancellation policy; please dial 676-3786 to cancel with Nan and then dial x533 to inform the Activities Desk of your cancellation.

8:00 a.m. **Snow Cap Dog Sleds** presents **Training Runs & Scooter Tours**. Come experience the excitement of dryland dog sledding. For a thrilling adventure, book a Scooter Run to be led through Skytop trails on a dog-powered scooter, Cost is \$60 per person for ages 14 and up. Looking for a more leisurely dog adventure, check out a Training Run and take in the wonderful Skytop scenery from a new perspective, Cost is \$50 per person, ages 5 and under are free. For more details, call ext. 8927 and leave us a message. PLEASE NOTE: DURING PERIODS OF EXTREME HEAT, TRAINING RUNS & SCOOTER TOURS ARE SUBJECT TO TIME CHANGES (EARLIER AM OR LATER PM), OR CANCELLATION. **ALL TOURS REQUIRE A RESERVATION**

9:00 a.m. **Calisthenics in the Morning** This class combines easy stretches with simple, yet invigorating exercises (no weights). Ending with a brisk jog around scenic Skytop Lake for a full body workout. Sign up at the Activities Desk, ext. 533, and prepare to sweat. Allow about 1 hour

9:30 a.m.-6:00 p.m. **Indoor and Outdoor Pools** are open daily. **Skytop Beach** is open 10:00 a.m.-6:00 p.m., weather-permitting. Located behind the Inn along the Lower Lake shore, towels provided. Have lunch on the beach, available through the deli.

10:00 a.m. **Sidewalk Chalk Art** Fun for all ages. Come let your creative side out. See what we can create together. Meet at the Activities Desk

10:00 a.m., 1:00, 3:00 & 5:00 p.m. **Snow Cap Dog Sleds** presents **Kennel Tours**. Arrange a visit to check out the homes of our wonderful sled dogs. Learn more about the exciting sport of dog sledding. Cost is \$30 per person. For more details, call ext. 8927 and leave us a message. PLEASE NOTE: **ALL TOURS REQUIRE A RESERVATION**

10:00 a.m. - 5:00 p.m. **Laser Tag Session** – Join us for the Adventure Center’s newest addition, Indoor Laser Tag. The game is played in the pavilion utilizing state of the art lasers and inflatable bunkers such as boxes, oil drums, tanks and walls. Play is available by reservation or first come- first serve. Up to twelve total players. The sessions are available for ages 6 and up. \$20 per hour This is also available privately by appointment.

10:30 a.m. **Skytop Mountain Nature Walk to Campbell’s View** Join our Naturalist for this easy 2-mile, 2-hour walk along the mountain to a spectacular vista of the Delaware Water Gap, Poconos and Skytop. See the amazing recovery of the forest from the 2008 fire. Call ext. 533 to reserve a seat in the van, or follow behind in your own vehicle to the trailhead.

10:30 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 \$13 per person, which includes the bike rental and guide. Maximum of 11 riders

1:00-5:00 p.m. Join us for **Wii Play Time** in the Laurel Lounge. Not an avid video game player, no worries. Wii can help. Families welcome to join in on the fun.

2:30 p.m. **Face Painting** at the Activities Desk. Butterflies, snakes, smiley-faces....be creative!

4:00-5:00 p.m. Enjoy **Complimentary Tea**. Available daily in the Pine Room, outside the Windsor Dining Room

4:30 p.m. **Arms Toning Class** Keep those arms toned up!! This 30-minute class will teach you simple exercises that you can do at home that will have your arms looking their best. Meet at the Activities Desk

7:00-10:30 p.m. **Major League Baseball** Catch the Yankees, Phillies or Mets in action on the flat screen in the Tap Room

Tuesday, September 7, 2010

9:00 a.m. **Yoga Walk & Stretch on the Dock** Meet at the Activities Desk for this walk with yoga stretches along the way to the boat dock. From the dock you will enjoy the beautiful view of Skytop Lake while you practice YOGA. This class is a blend of breath work, flexibility, walking meditation and relaxation. Wear comfortable clothing that won’t restrict movement. The pace is ideal for total beginners. MEN, WOMEN, and TEENS ARE WELCOME. Class is one-hour.

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

10:00 a.m. - 5:00 p.m. **Laser Tag Session** – Join us for the Adventure Center’s newest addition, Indoor Laser Tag. The game is played in the pavilion utilizing state of the art lasers and inflatable bunkers such as boxes, oil drums, tanks and walls. Play is available by reservation or first come- first serve. Up to twelve total players. The sessions are available for ages 6 and up. \$20 per hour This is also available privately by appointment.

10:30 a.m. **Historic Walk** Learn about Skytop’s past, present, and future. Meet at the Activities Desk. Allow 50 minutes.

1:30 a.m. **Pastel Class** Sign up in advance at the Activities Desk, ext. 533 Unleash your creative side and express your self with vibrant Prismacolor pastels on earth-toned papers. This class is for all levels: “stick-figure” artists to experienced artists ages 10-adult. Materials provided. Meet Kimberly on the South Porch. Cost \$5 per person. Allow one hour. Maximum of 12 participants

3:00 p.m. **Skytop Swim Club** Join us in the pool for this one hour program. Enjoy warm ups, deep & shallow water exercises, cardio, water walking, lap swimming, kick boarding, strength training, stroke improvement, stretching & relaxing in the hot tub!!

4:00-5:00 p.m. **Afternoon Tea Service** in the Pine Room with freshly baked cookies from the Skytop bakery

7:00-10:30 p.m. **Major League Baseball** Catch the Yankees, Phillies or Mets in action on the flat screen in the Tap Room