

Skylites

September 8-14, 2010

Wednesday, September 8, 2010

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

10:00 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.

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.

1:30 p.m. **Face Painting** 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

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

Thursday, September 9, 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 Pools** are open daily.

9:30 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 Club Room.

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**

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

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

3:30 p.m. **Skytop Lodge History DVD** Will be playing in the Club Room. Run time is 50 minutes

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

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**

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

Friday, September 10, 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.-6:00 p.m. **Indoor 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 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.

10:00 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

11:30 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.

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. **Night Hike** Meet on the North Porch and head out to experience Skytop in the early night time

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

Saturday, September 11, 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.

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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. **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 Club Room.

9:30 a.m.-9:00 p.m. **Indoor 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. **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

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.

10:30 a.m. **Temporary Tattoos** at the Activities Desk

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

3:00 p.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.

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

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. **Doug Smith Orchestra** playing all of your 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 12, 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 Laurel Lounge. 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 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

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.

9:30 a.m. **The Upper Falls Nature Walk** with John Serrao. Enjoy an easy, scenic, ½ mile nature walk along a stream to a deep ravine and waterfall. Learn about skytop's animals & plants along the way. Sign up at the Activities Desk, ext. 533, for a ride in the van or follow behind in your own vehicle to the trailhead. Meet on the North Porth. Allow one hour.

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.

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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 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.

2:00 p.m. **Light Afternoon Stretch** 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 Club Room. Space is limited

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

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.

Monday, September 13, 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.

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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 Pools** are open daily.

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**

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11:00 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

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.

1:30 p.m. **Face Painting** at the Activities Desk. Butterflies, snakes, smiley-faces....be creative!

3:00 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

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

7:00 p.m. **Monday Night Football** *Baltimore Ravens vs. New York Jets* followed by *San Diego Chargers vs. Kansas City Chiefs* on the Tap Room flat screen

Tuesday, September 14, 2010

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

9:30 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 Club Room.

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11:00 a.m. **Temporary Tattoos** at the Activities Desk

1:30 p.m. **T-Ball** in the Laurel Room

3:00 p.m. **Historic Walk** Learn about Skytop’s past, present, and future. Meet at the Activities Desk. Allow 50 minutes.

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