

# WELCOME HOME!

## Welcome to the Lair of the Golden Bear Week 7 Camp Blue, July 20 - 27, 2019

### Schedule of Events for Family Camp -- subject to change

All Camp Activities		
Some programs require advance sign-up and may have limited spots, including our new Rock Climbing Wall and Spanish Tapas evening! These programs are noted on the schedule, so sign-up early and don't miss out!		
Saturday	2:00-5:00 PM	<b>Welcome Campers!</b> Come check-in and get your welcome packet. Late arrivals can check in at the store during extended hours.
	5:00-5:45 PM	<b>Welcome Mixer</b> with Camp Blue Manager Charlie and Program Director Evan on the Lodge deck. Get acquainted over beverages and hors d'oeuvres before dinner.
	7:00-7:30 PM	<b>New Camper Tour.</b> Meet at the Kiddie Campfire. All ages welcome.
	8:00-9:15 PM	<b>Welcome Campfire!</b> Meet your 2019 Camp Blue Staff at the Stage for some laughs at our introductory show.
Sunday	9:15-10:00 AM	Meet with our Kitchen team in the Dining Hall to discuss any special dietary needs.
	10:30-11:30 AM	<b>Creekside.</b> Come join the Music Director Hayley for relaxing music and inspirational readings by the creek. Camper participation encouraged!
	10:30-11:30 AM	Come to the Wellness Center by the Teen Lodge near Camp Gold to learn about our wellness offerings (massage, facials). Enjoy a complimentary mimosa (21 & over).
	2:00-2:30 PM	<b>Wacky Sunday Pool Show!</b> Bring the whole family to the pool for some silliness, pool games, and root beer floats.
	2:30-3:00 PM	<b>Inner Tube Water Polo</b> Match -- Campers vs. Staffers at the pool. C'mon campers, show off your athleticism. 18 and over please.
	8:00-9:00 PM	<b>Guest Speaker Julie Kerekes, Professor in Language and Literacies Education, University of Toronto, Soft Skills and Small Talk in our Plurilingual World.</b> At the Blue Stage.
Monday	6:00-7:30 PM	<b>NEW! Spanish Tapas Night</b> at Vista Lodge! Enjoy plentiful delicious appetizers with free-flowing wine, beer and non-alcoholic beverages in this spectacular mountain setting. Sign-up and pay in advance at the store -- spots are limited.
	8:00 PM	<b>Family Disco Bingo</b> in the Dining Hall. Wear disco clothes (or any silly clothes) and bring 50 cents for a card. Oh, and be prepared to boogie down!!
Tuesday	10:00-11:00 AM	<b>Preparing for College:</b> For teens and parents of teens, come to the Teen Lodge and hear personal experiences from our veteran staffers and learn how they got into college. The Teen Lodge is located between Camps Gold and Blue.
	6:00 PM	<b>Vista Lounge!</b> Join us for a gourmet prime rib dinner with all the trimmings at Vista Lodge. Arrive at 6:00pm for wine and appetizers; dinner is served at 6:30pm. Sign up and pay in advance at the store. Seating is limited. You can request to dine with friends - just tell the store crew or your PD. Childcare available @ \$10/kid (diaper-grads only).
	8:00-9:00 PM	<b>Guest Speaker Bob Jacobsen, Dean of Undergraduate Studies: Cal in this Century: What Does it Take to Be Comprehensively Excellent?</b> At the Blue Stage.
Wednesday	6:00 PM	<b>Vista Lounge!</b> Another chance to enjoy our prime rib dinner Vista Lodge. Sign up at the camp store. Let us know if you want to be back in time for the Revue.
	8:00-9:00 PM	<b>Blue Revue!</b> Join Music Director Hayley and other camp celebrities at the stage for our camper talent show.
	10:00 PM-Midnight	<b>ADULT DANCE</b> at Vista Lodge! Mix, mingle and boogie with your fellow campers from Blue, Gold and Oski. Beer and wine provided -- adults only.
	9:15-10:00 PM	<b>Stargazing</b> at the tennis courts with your Nature Director. Dress warmly.
Thursday	8:00 PM	The Legendary <b>Hootenanny</b> at the Stage. Yee-haw!
Friday	10:15 AM-noon	<b>Women's Softball Big Game</b> - Gold vs. Blue at Camp Gold Softball field.
	1:30-3:00 PM	<b>Men's Softball Big Game</b> - Gold vs. Blue at Camp Gold Softball field.
	7:45 PM	Athletics Awards and the World Famous <b>Farewell Campfire Show</b> at the Stage!
Saturday	10:30 AM	<b>Check Out Time</b> -- we'll be closing our gate at 10:45 AM to prepare for next week's campers. Drive carefully and we'll see you next year! Don't forget to post and share your photos using #lairofthegoldenbear

## General Daily Times

<b>MEALS</b>	7:15-8:00 AM	Early Risers - enjoy freshly brewed hot coffee, tea and cocoa for you at the Lodge.
	8:00 AM	Hiking Table opens for making lunches inside the Dining Hall.
	7:00 AM-noon	Lair Bean is open for <b>purchasing</b> of lattes, espresso and other specialty coffee drinks and smoothies. Sorry, cash or credit cards only -- no gift cards or camper accounts.
	<b>SUNDAY</b> 9:15-10:00 AM	Sunday after breakfast, come meet with the Camp Blue Dining Hall Host Eric and Head Cook Devon in the Dining Hall to discuss any dietary needs or concerns.
	7:45-9:00 AM	Breakfast Buffet 7:45- 9:00 AM Daily
	9:15-10:15AM	Continental Breakfast at the Dining Hall (Sunday - Friday)
	12:15-1:30 PM	<b>NEW:</b> Lunch Buffet 12:15-1:30 Daily
	6:00 PM	Dinner!
<b>BURGER SHACK</b>	7:15-10:15 PM	Open each evening for burgers, fries, and other late night snacks.
<b>STORE</b>	<b>SAT. HOURS:</b> 9:00-10:30 AM, 2:00-5:00 PM,	<b>Saturday regular hours</b> for the Camp Blue Store are 9:00-10:30 AM, 2:00-5:00 PM
	<b>SAT. EXT HOUR:</b> 6:45-7:45 PM	<b>Saturday extended hours:</b> To avoid long lines during peak hours, the Blue Store is also open Saturday evening primarily for paid program sign ups including Horseback Riding, Archery, Massages, Vista Lounge dinners, etc., and for late arrival check-ins.
	<b>SUN. - FRI. HOURS:</b> 9:00-11:45 AM, 1:30-5:00 PM	<b>Sunday-Friday regular hours</b> for the Camp Blue Store are 9:00-11:45 AM, 1:30-5:00 PM
	<b>SUN. EXT HOURS:</b> 1:00-1:30 PM	<b>Sunday extended hours:</b> the Blue Store will be open for half an hour before it opens for regular business, primarily for paid program sign ups, including Horseback Riding, Archery, Massages, Vista Lounge dinners, etc.
<b>WELLNESS Massage and Facials</b>	10:30-11:30 AM	Come to the Wellness Center by the Teen Lodge near Camp Gold to learn about our wellness offerings (massage, facials) and enjoy a complimentary mimosa (21 & over).
	10:30 AM-5:00 PM	<b>Sunday:</b> Sign up at any of the camp stores or at the Wellness Center.
	9:30 AM-5:00 PM	<b>Mon-Fri:</b> Wellness Center open. Sign up at any of the camp stores or Wellness Center.
<b>ADVENTURE PROGRAMS</b>	<b>Monday:</b> 10:00 AM - 12:00 PM	<b>Mountain Biking!</b> Join a staff led ride on some local trails. Sign up in the store in advance (free). Forgot your mountain bike? We can tell you how to rent one from the Hub at Pinecrest Lake. Limited to 10 riders. Meet in front of Lair Office at 10AM.
	<b>Monday-Friday:</b> 7:15-8:15 AM	Daily morning exercise activities including staff-led jogs to the lake, circuit workouts, and more! Check under the Athletics section for details.
	<b>Monday-Friday:</b> 10:00-11:30 AM, 2:45-4:15 PM	<b>Archery!</b> Back this summer, we're offering archery at the Lair! Please sign up and pay in the store. Lessons will be at the Archery Range near Teen Lodge. Monday - Friday.
	<b>Tues and Wed</b> (see times under Athletics)	<b>NEW! Rock climbing wall</b> and bungee jumper. Give it a try -- ages 4 and up. It's near the Teen Lodge, 30 minute sessions. Sign-up in advance at your camp store. Spots are limited. See times in Athletics section of schedule.
<b>MEDICAL</b>	9:30-11:30 AM	Nurse Practitioner is available at Blue Wounded Bears - open Sunday-Friday
	Every Day	Emergency Medical Technician available 24 hours/7 days a week.

## Pool

**Note: Adult swim is last 15 minutes of every hour**

<b>Saturday</b>	2:00-5:00 PM	Free swim.
<b>Sunday</b>	10:00 AM-noon, 1:30-5:00 PM	Free swim.
	2:00-2:30 PM	Wacky Sunday Pool Show for the whole family!
	2:30-3:00 PM	Inner Tube Water Polo Match -- Campers vs. Staffers at the pool.
<b>Mon-Fri</b>	7:30-8:15 AM	Lap swim
	9:30-10:30 AM	Water Aerobics. Join one of your lifeguards for a fun workout in the water.
	10:30 AM-noon, 1:30-5:00 PM	Free swim.

## Athletics

**Check out the full schedule to view activities and programs that combine nature, adventure and sports!**

<b>Sunday</b>	All Day	<b>Sign-up for self organized tournaments in the Blue Lodge by 8pm on Sunday. Complete tournaments by Friday at 6pm.</b>
	10:00-10:45 AM	<b>Athletics introductory meeting.</b> Meet with the Athletic Directors and discuss all the fun athletic programs and activities available including Gaga Ball, KanJam, Spikeball, Mountain Biking, Archery (additional cost), and Rock Climbing (additional cost). They'll also explain how the tournaments work. Meet in the lodge.
	2:30-3:00 PM	<b>Innertube Water Polo</b> at the pool - Adult Campers vs. Staff.
	4:00-5:00 PM	<b>Women's softball practice</b> at the Gold Softball Field.
	7:00-8:00 PM	<b>Adult tennis clinic.</b> Meet at the tennis courts.
<b>Monday</b>	<b>Tournament brackets posted in Blue Lodge. Complete tournaments by Friday at 6pm.</b>	
	7:15-8:15 AM	<b>Sunrise jog</b> to the lake. Meet with one of your Athletic Directors in front of the Dining Hall for a quick stretch followed by a beautiful 4 mile round trip jog.
	9:30 AM-12:00 PM	<b>Women's Doubles Tennis</b> Round-Robin Tournament. Meet at the courts with a partner.
	10:00-11:30 AM, 2:45-4:15 PM	<b>Archery</b> -- right here in camp near the Teen Lodge. Please sign up in advance and pay in the store. Lessons will be Mon-Fri. Openings limited to 15 campers per lesson.
	1:00-2:00 PM	<b>Homerun Derby!</b> Meet at the Gold Softball Field. (18 and under)
	4:00-5:00 PM	<b>Volleyball clinic.</b> Meet at the Volleyball Court.
<b>Tuesday</b>	6:45-8:00 PM	<b>Men's softball practice</b> at the Gold Softball Field.
	7:15-8:15 AM	<b>Full Body Workout Class!</b> Join your Athletic Directors for some High Intensity Interval Training (HIIT). Meet at Teen Lodge. Make sure to bring a towel and water!
	10:00-11:30 AM, 2:45-4:15 PM	<b>Archery!</b> Take a lesson or hone your archery skills. Please sign up and pay in the store. Sessions will be Mon-Fri. Openings limited to 15 campers per session.
	10:00-noon; 1:00 - 5:00 PM	<b>NEW! Rock climbing wall and bungee jumper.</b> Give it a try -- ages 4 and up. It's near the Teen Lodge. Sessions are 30 minutes. Sign-up in advance at your camp store. Spots are limited.
	10:00 AM-noon	<b>Men's Doubles Tennis</b> Round-Robin Tournament. Meet at the courts with a partner.
	1:15-3:00 PM	<b>Women's Camper vs. Staff Softball</b> Game at the Gold Softball Field.
<b>Wednesday</b>	3:30-4:30 PM	Men's Camper vs. Staff 3 on 3 half court <b>Basketball Game</b> at the basketball court.
	7:15-8:15 AM	<b>Core, Strength, and Abs Class.</b> Join your Athletic Directors for a lower intensity yet full body workout at the Teen Lodge. All levels welcome. Bring a towel and water.
	10:00-11:30 AM, 2:45-4:15 PM	<b>Archery!</b> Please sign up and pay in the store. Sessions will be Mon-Fri. Openings limited to 15 campers per session.
	9:00 AM-12:00 PM; 1:00 - 4:00 PM	<b>NEW!</b> Go climb a rock....or bungee jump at the <b>rock climbing wall</b> and bungee jumper near the Teen Lodge. Ages 4 and up, 30 minute sessions. Sign-up in advance at your camp store.
	1:30-2:30 PM	<b>Soccer tournament</b> at the tennis courts! All ages.
<b>Thursday</b>	6:45-7:45 PM	<b>Women's Camper vs. Staff Volleyball.</b>
	7:15-8:15 AM	<b>Full Body Workout Class!</b> Join your Athletic Directors for some High Intensity Interval Training (HIIT). Meet at Teen Lodge. Make sure to bring a towel and water!
	10:00-11:30 AM, 2:45-4:15 PM	<b>Archery.</b> Please sign up and pay in the store. Sessions will be Mon-Fri. Openings limited to 15 campers per session.
	10:00-11:00 AM	<b>Women's Blue vs. Gold Volleyball</b> at Blue.
	11:00 AM-noon	<b>Men's Blue vs. Gold Volleyball</b> at Blue.
	1:15-3:00 PM	<b>Men's Camper vs. Staff Softball</b> Game at Gold Softball field.
<b>Friday</b>	6:45-7:45 PM	<b>Men's Camper vs. Staff Volleyball.</b>
	7:00-8:15 AM	<b>New Tricampal Oski Trot!</b> Come meet all of your 2019 Athletic Directors for a race to the lake and back! Meet in front of the Blue Dining Hall. End at the Gold Softball Field. Winner gets a sweet prize! Walkers welcome!
	10:00-11:30 AM, 2:45-4:15 PM	<b>Archery</b> -- last day! Please sign up and pay in the store.
	10:00-11:30 AM	<b>Women's Softball BIG GAME:</b> Blue vs. Gold at Gold. Come cheer on your ladies! This game is but once a year and there will be mimosas! (21 & over)
1:30-3:00 PM	<b>Men's Softball BIG GAME:</b> Blue vs. Gold at Gold softball field. Cheer for your camp and enjoy a beer (21 & over) and a hot dog (anyone can have a hot dog, silly)!	
<b>Tournaments to be COMPLETED &amp; RECORDED by 6:00 PM.</b>		

## Nature/Hiking

**Adventure Programming at the Lair: Sign up in advance for our free programs including Mountain Biking and Kayaking, and at the Nature Shed for any of the hikes. And sign-up and pay at the store for Archery, Stand Up Paddle Boarding, Rock Climbing, and Horseback Riding.**

	<b>*Sign-ups for hikes will be available at the Nature Shed. Sign-ups are required for all hiking programs*</b>	
<b>Sunday</b>	10:00-10:30 AM	<b>Introductory hiking meeting</b> with your Nature and Hiking crew. Meet at the Nature Shed to discuss the hikes for the week.
	7:00-9:00 PM	<b>Sunset "hike"</b> with wine (21 & over) and cheese. It's not truly a hike. More of a drive and a stroll, but the view is gorgeous. On a clear day, Mt. Diablo is visible so bring some binoculars. Wear warm clothes and meet at the Lair Office with your car.
<b>Monday</b>	9:00 AM-4:00 PM	<b>All Day Hike!</b> Pack a lunch and plenty of water. Meet in front of the Lair Office with your car.
	10:00 AM-12:00 PM	<b>Mountain Biking!</b> Join a staff led ride on some local trails. Sign up (free) in the store in advance. Forgot your mountain bike? We can tell you how to rent one from the Hub at Pinecrest Lake. Limited to 10 riders. Meet in front of the Lair Office.
<b>Tuesday</b>	8:30 AM-10:30 AM	<b>Stand Up Paddle Boarding</b> with a light breakfast at the lake. Sign up and pay at the store. Spots are limited. No experience necessary. Meet in front of the Lair Office with your car if you can drive.
	10:00 AM-12:00 PM; 1:00 - 5:00 PM	<b>NEW! Rock climbing wall and bungee jumper.</b> Give it a try -- ages 4 and up. It's near the Teen Lodge. Sessions are 30 minutes. Sign-up in advance at your camp store. Spots are limited.
	11:00 AM-4:00 PM	<b>All Day Hike!</b> Pack a lunch and plenty of water. Meet in front of the Lair Office with your car.
<b>Wednesday</b>	9:00 AM-4:00 PM	<b>All Day Hike!</b> Pack a lunch and plenty of water. Meet in front of the Lair Office with your car.
	9:00 AM-12:00 PM; 1:00 - 4:00 PM	<b>NEW! Go climb a rock....or bungee jump</b> at the rock climbing wall and bungee jumper located near the Teen Lodge. Ages 4 and up, 30 minute sessions. Sign-up in advance at your camp store. Spots are limited.
	9:15-10:00 PM	<b>Stargazing</b> at the Tennis Court with your Nature Director. Dress warmly.
<b>Thursday</b>	7:45-8:45 AM; 8:45-9:45 AM	<b>Stand Up Paddle Boarding</b> with a light breakfast at the lake. No experience necessary. Sign up and pay at the store. Spots are limited and you must sign-up by Tuesday. Meet in front of the Lair Office with your car if you can drive, and we'll carpool to the SUP spot near the family fishing pier at the lake.
	11:00 AM-4:00 PM	<b>All Day Hike!</b> Pack a lunch and plenty of water. Meet in front of the Lair Office with your car.
<b>Friday</b>	7:30-9:30 AM	<b>Morning kayaking</b> on the lake. Free, but <b>please sign up at the store;</b> spots are limited. Meet in front of the Lair Office with your car.

## Arts and Crafts

**Lanyards close at 11:15 AM and 3:30 PM daily. Please dress appropriately -- art is messy work! Closed toe shoes for pottery. Ages 8 and older unless accompanied by an adult.**

<b>Sunday</b>	9:45-10:00 AM	<b>Pottery demonstration</b> - the rest of the Art Grove will be closed at that time. Dress appropriately!
	10:00-11:45 AM	Meet the Art Grove Crew for an introduction to the Art Grove.
	3:00-4:30 PM	Art Grove open!
<b>Monday</b>	9:45-11:45 AM, 1:30-4:00 PM	Open for pottery and tile/bisqueware painting at the Art Grove. Buy tiles and clay at the store. Get started on your hemp bracelets as well!
	4:00-5:00 PM	<b>Adult Art Hour.</b> Come join your Art Directors for a relaxing art session with some complimentary wine (21 & over) and cheese.
<b>Tuesday</b>	<b>**ALL BISQUEWARE POTTERY MUST BE DRY, GLAZED, AND ON THE KILN SHELVES BY 4:00 PM TODAY / TUESDAY TO BE FIRED **</b>	
	9:45-11:45 AM, 1:30-4:00 PM	Tie-dye, pottery, lanyards and hemp bracelets all day! Buy your shirts and other items at the store and come by the Art Grove to tie-dye with the art crew!
	10:00 AM	Tie-dye demonstration- Learn the ways of Lair Tie-dye.
	10:45-11:45 AM	Focus on pottery and bisqueware - get it glazed and finished! Today is the last day to purchase clay and start any pottery projects!
<b>Wednesday</b>	<b>**ALL HANDMADE POTTERY MUST BE DRY, GLAZED, AND ON THE KILN SHELVES BY 4:00 PM TODAY / WEDNESDAY TO BE FIRED **</b>	
	9:45-11:45 AM, 1:30-4:00 PM	Glazing, tie-dye, and hemp bracelets continue. Don't forget to bring finished projects to the kiln! All pottery projects must be finished before 4pm!
<b>Thursday</b>	9:45-11:45 AM, 1:30-4:00 PM	T-shirt painting supplies will be available & you can continue working on your lanyards, hemp bracelets, and tie-dye.
	4:00-5:00 PM	<b>Adult Art Hour.</b> Come join your Art Directors for a relaxing art session with some complimentary wine (21 & over) and cheese.
<b>Friday</b>	9:45-11:45 AM, 1:30-4:00 PM	<b>Henna Day!</b> Have a member of our Art Crew henna a cool design on your arm (with parents permission). Today is also the day to finish all art projects. Remember to pick them up - finished ceramics will be located next to the kiln shed.
<b>Saturday</b>	8:00-9:30 AM	Pick up artwork on the kiln shelf next to the Dining Hall.

## Music

<b>Sunday</b>	10:30-11:30 AM	<b>Creekside!</b> Come join the Music Director for relaxing music and inspirational readings by the creek. Camper participation encouraged.
<b>Tuesday</b>	11:00 AM -Noon	<b>Auditions</b> for the Blue Revue (camper talent show) at the Stage.
	4:00-5:00 PM	<b>Adult Sing-along</b> at the Stage! Bring your instruments, voices, enthusiasm, and we'll bring the song books.
<b>Wednesday</b>	9:30-10:30 AM	<b>Sing-along</b> with the 6&7's and KK at the Blue Kub Korral!
	2:00-3:00 PM	<b>Auditions</b> for the Blue Revue (camper talent show) at the Stage.
	8:00-9:00 PM	<b>Blue Revue!</b> Join Music Director, Hayley, and other camp celebrities at the stage for our weekly camper talent show.
	10:00-11:00 PM	<b>Teen Sing-along</b> at the Teen Lodge. Meet at the Stage. Play an instrument? Bring it! Don't play an instrument? Bring yourself!
<b>Thursday</b>	10:30 AM-noon	Meet with the three camps' Music Directors at the Vista Lodge for a Jam Session. Remember to bring your instrument if you play.
	8:00 PM	<b>The Legendary Hootenanny</b> at the Stage. Yee-haw!
<b>Friday</b>	10:30 AM-noon	Meet with the three camps' Music Directors at the Vista Lodge for a <b>Jam Session</b> . Remember to bring your instrument if you play.

## Lair Yoga

**Lair Yoga classes are led by professionally licensed instructors and are entirely free of charge! All Lair Yoga programs take place at the Yoga Tent next to Vista Lodge (unless otherwise noted).**

<b>Sunday</b>	10:10-11:00 AM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Bobby is your instructor.
	11:15-12:00 PM	<b>Gentle Yoga.</b> A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Bobby is your instructor.
	3:30-4:20 PM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Bobby is your instructor.
<b>Monday</b>	7:15-8:00 AM	<b>Sunrise Yoga.</b> Wake up your body and your mind with gentle yoga poses. Jill is your instructor.
	10:10-11:00 AM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Dorothy is your instructor.
	11:15-12:00 PM	<b>Gentle Yoga.</b> A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Dorothy is your instructor.
	1:30-2:20 PM	<b>Mindful Meditation.</b> Come relax and learn meditation skills. When you heal the mind you heal the body. This session will take place in the Vista Lodge. Dorothy is your instructor.
<b>Tuesday</b>	10:10-11:00 AM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Ana is your instructor.
	11:15-12:00 PM	<b>Pilates.</b> You will do the basic Pilates mat techniques to strengthen and tone your entire body. Ana is your instructor.
	1:30-2:20 PM	<b>Gentle Yoga.</b> A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Ana is your instructor.
<b>Wednesday</b>	7:15-8:00 AM	<b>Sunrise Yoga.</b> Wake up your body and your mind with gentle yoga poses. Ana is your instructor.
	10:10-11:00 AM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Ana is your instructor.
	11:15-12:00 PM	<b>Pilates.</b> You will do the basic Pilates mat techniques to strengthen and tone your entire body. Ana is your instructor.
	1:30-2:20 PM	<b>Gentle Yoga.</b> A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Ana is your instructor.
<b>Thursday</b>	10:10-11:00 AM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Dorothy is your instructor.
	11:15-12:00 PM	<b>Gentle Yoga.</b> A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Dorothy is your instructor.
	1:30-2:20 PM	<b>Mindful Meditation.</b> Come relax and learn meditation skills. When you heal the mind you heal the body. This session will take place in the Vista Lodge. Dorothy is your instructor.
<b>Friday</b>	7:15-8:00 AM	<b>Sunrise Yoga.</b> Wake up your body and your mind with gentle yoga poses. Lauren is your instructor.
	10:10-11:00 AM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Lauren is your instructor.
	11:15-12:00 PM	<b>Gentle Yoga.</b> A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Lauren is your instructor.

## Kub Korral

**\*\* The Kub Korral is for two to five year old diaper-graduates only. Sign-in and sign-out is required. \*\***

<b>Ready, Set, SUNDAY!</b>		
<b>Sunday</b>	9:30 AM-12:00 PM	<b>INTRODUCTORY MEETING</b> for parents and children at the Kub Korral followed by Lair Calendar making with your KK crew! Sign-in and sign-out required.
	3:30-4:30 PM	We're going to <b>make and decorate our box cars</b> for tonight's 'Drive-in' movie in the Dining Hall! Come ready to craft with the cool kids.
	7:45-9:15 PM	Cruise on into the Dining Hall for our ' <b>Drive-in</b> ' movie! We'll hangout in the box cars we made and enjoy some treats during the movie. Parents -- please pick up your kids in the DH.
<b>Dinosaur Day in the KK!</b>		
<b>Monday</b>	9:30 AM-12:00 PM	Join us on a <b>Dinosaur Nature Walk</b> where we will collect treasures from the forest & make collages.
	2:30-4:30 PM	<b>Dinosaur Egg Hunt and Volcano making</b> followed by story time in the KK! Don't forget to fill in your Lair Calendar.
<b>Back To Bearsics!</b>		
<b>Tuesday</b>	9:30 AM-12:00 PM	<b>Teddy Bear Picnic!</b> Join the KK crew as we make Bear Crowns, hike to the Bear, and decorate it for a picnic.
	2:30-4:30 PM	<b>Bear Day</b> in the KK continues as we do our best bear impressions and splash around with water activities. Then it's Bear Story Time!
	7:45-9:15 PM	Crawl into the DH with the KK crew and the 6&7's for an awesome <b>movie night</b> that would make the Berenstain Bears jealous!
<b>Music Day in the KK!</b>		
<b>Wednesday</b>	9:30 AM-12:00 PM	Join us in the KK to make music shakers, have a sing-along with the Music Director, and then a <b>dance party!</b>
	2:30-4:30 PM	<b>Blue Revue Practice.</b> We're going to put together the cutest skit possible for tonight's Blue Revue.
	7:45-9:15 PM	<b>The Blue Revue.</b> Come strut your stuff with us!
<b>Super Hero Day in the KK!</b>		
<b>Thursday</b>	9:30 AM-12:00 PM	Make sure to wear any super hero clothes you may have brought! And we'll paint disguises too! What do super heroes love more than anything?? You guessed it! <b>Arts and Crafts!</b> Come make some super duper crafts with us.
	2:30-4:30 PM	Bring your creative minds and we'll continue this <b>super</b> crafty day! Are you ready for some mural painting??
<b>The Most Fantastic Friday in the KK!</b>		
<b>Friday</b>	9:30 AM-12:15 PM	It's our big day in the KK! We'll make sorcerer crowns and magic shakers and paint faces for our <b>big parade</b> in the DH at lunch! Pick up kids in the DH. (Parade is at 12:15 PM)
	2:30-4:30 PM	<b>Creek walk</b> with the KK! Please be sure to wear water friendly shoes. We'll gather some nature materials and make one last masterpiece. Then we'll finish up all our projects from the week.
<b>Saturday</b>	9:15-10:00 AM	<b>SWEEP THE FOREST!</b> Help keep our Lair beautiful. Meet at the KK to pick up litter in exchange for prizes!



## 6&7's

**\*\* Children will be released after program unless parents state otherwise at Sunday Intro Meeting (exceptions noted below) \*\***

<b>Sunday</b>	<b>Ready, Set, SUNDAY!</b>	
	9:45-11:45 AM	<b>INTRODUCTORY MEETING</b> at the Dining Hall for a meeting with parents and children. Then we're going to take a walk and explore camp and play some games like, Silly Showdown, at the stage! Pick up at the DH.
	3:30-4:30 PM	Meet at the Dining Hall where we'll make <b>Lair Journals</b> for the week. Then we'll decorate our box cars for tonights 'Drive-in' Movie.
	7:15-9:15 PM	Meet at the Kiddie Kampfire for s'mores followed by the ' <b>Drive-in' Movie</b> in the DH! We're going to hangout in our box cars and have some popcorn during an awesome movie! Parents: Please pick up kids in the DH after the movie.
<b>Monday</b>	<b>Mother Nature Monday!</b>	
	9:45-11:45 AM	<b>Nature Craft Scavenger Hunt!</b> We'll gather materials during the scavo-hunt, then it's craft time. Meet at the Dining Hall.
	2:30-4:00 PM	<b>Volcano Making!</b> Do you 'lava' science and history as much as we do?? Meet at the DH for a Dino egg hunt and more!
<b>Tuesday</b>	<b>Time Machine Tuesday!</b>	
	9:45-11:45 AM	<b>Panning for gold</b> in the creek! Learn how the pioneers used to do it! Meet at the Dining Hall.
	2:30-4:00 PM	<b>Rockin' rock art!</b> Afterwards we're going to have story time at the Kiddie Campfire. Meet at the DH.
	7:30-9:15 PM	Alright you little bears, crawl into the DH for an awesome <b>movie night</b> that would make the Berenstain Bears jealous!
<b>Wednesday</b>	<b>World Famous Wednesday!</b>	
	9:45-11:45 AM	<b>Shaker making</b> and sing-along with the Music Director followed by a dance party! Meet at the DH.
	2:30-4:00 PM	You are all going to be stars! <b>Practice for the Blue Revue</b> at the Dining Hall then we'll head to the stage for some games.
	8:00-9:15 PM	<b>The Blue Revue</b> at the Blue Stage! Come strut your stuff with us!
<b>Thursday</b>	<b>Triple Play Thursday!</b>	
	9:30-11:30 AM (note earlier start time)	<b>6&amp;7's Olympics!</b> Dress as your favorite sports star and meet in front of the Dining Hall then we'll walk over to join Gold at the Mike Koll Softball Field. We'll head straight from Olympics to our 6&7's Pool Party at the Camp Gold Pool, so bring your suit and towel!
	11:30AM-1:15 PM	<b>Pool Party</b> at Camp Gold! Join us at the Camp Gold Pool if you missed the Olympics. Lunch will be provided at the Gold Pool. We'll walk the kiddos back to the front of the DH by 1:15PM.
	2:30-4:00 PM	<b>Cookie Decorating</b> and Banner Making in the Dining Hall. Come meet your Camp Blue Baker Tatiana!
	6:00-7:00 PM	Meet at the Dining Hall for our <b>big dinner party!</b>
<b>Friday</b>	<b>Felicitous Friday!</b>	
	9:45 AM-12:15 PM	Come to the Dining Hall for some <b>team games!</b> Then we'll head over to the KK to paint faces and make crowns for our special parade in the DH. We'll bring them back to the DH for pick-up.
	2:30-4:00 PM	Join us for a <b>creek walk!</b> Wear shoes and clothes that can get wet. Meet at the DH. After we explore the creek we'll write in our Lair Journals one last time to put the finishing touches on them.
<b>Saturday</b>	9:30-10:00 AM	<b>SWEEP THE FOREST!</b> Help keep our Lair beautiful! Pick up trash and exchange it for prizes! Meet us at the Ping Pong tables.

## 8&9's

**Don't forget to also check the rest of this schedule so you don't miss the other good stuff going on this week!**

<b>Sunday</b>	9:45-11:15 AM	<b>INTRODUCTORY MEETING.</b> Meet at the Kiddie Campfire for a short meeting for parents and kids. Then we're going to explore camp followed by some silly games! Don't forget to sign up for horseback riding at the Blue Store by 5:00 PM today.
	8:00-9:15 PM	<b>Marshmallow Roast and Campfire!!</b> Meet at the Kiddie Campfire for some marshmallows and Spooky Stories. We'll return to the Lodge afterwards. Bring a flashlight for added fun.
<b>Monday</b>	9:45-11:15 AM	<b>Transcendent Treasure Hunt!!</b> Are you guys ready to work together as a team to solve the clues and get the booty!? Join your 8&9's Directors at the Kiddie Campfire. If you have any pirate clothes, wear 'em!
	2:15-4:30 PM	<b>Horseback riding</b> at Aspen Meadows. Meet at the Kiddie Campfire. Be sure to wear long pants. We will need some parents to drive us there and back. Sign-up, fill out permission slip and pre-pay at the store by 5:00 PM Sunday afternoon required. Limited to 15 riders.
<b>Tuesday</b>	9:30-1:15 PM (note earlier start time)	A hike to the lake for <b>paddle boating</b> and lunch with Camp Gold! Bring a towel and wear a swimsuit and your walkin' shoes. Meet at the Kiddie Campfire. We'll learn about bodies of water as we walk! We need parents to pick us up by the Snack Shack at the lake at 1:00 PM.
	2:30-4:00 PM	<b>Visor Decorating!</b> Let's decorate some super cool visors to wear throughout the week! Meet at the Kiddie Campfire.
	7:30-9:15 PM	<b>Movie at the Teen Lodge!</b> Join your 8&9s Directors as well as the 8&9s from Camp Gold for a movie. Meet in front of the DH and we'll walk over together.
<b>Wednesday</b>	9:30-11:15 AM (note earlier start time)	<b>Capture the Flag!</b> Time for our annual game with Camp Gold and Oski. Bring your good sportsmanship! Meet in front of the Kiddie Campfire.
	2:30-4:00 PM	Meet at the Kiddie Campfire for <b>Blue Revue practice</b> . After we put together our skit, we're going to do some crafts like Straw Rockets.
	8:00-9:15 PM	Make yourself famous at the annual <b>Blue Revue</b> at the Blue Stage!
<b>Thursday</b>	9:45-11:15 AM	<b>Banner making</b> for our VIP dinner party! Followed by games like Animal Yoga and Hula Hoopla! Meet at the Kiddie Campfire.
	2:30-4:00 PM	<b>Chalk Twister and Knockout!</b> Come with your game face on! Meet at the Basketball courts!
	6:00-7:00 PM	8&9's <b>VIP Dinner Party</b> with Lair Cake in the Dining Hall. It's time to PARTY like VERY IMPORTANT PEOPLE!
<b>Friday</b>	9:45-11:15 AM	<b>Gaga Ball!</b> Meet at the Gaga Ball court and get ready to dip, duck, dive and DODGE!
	11:30 AM-1:15 PM	<b>Pool Party!!</b> TropiCAL themed - wear your blue, gold, Lair, Cal or Hawaiian themed clothes! At the Gold Pool. Lunch will also be at Gold. Meet at the Kiddie Campfire for the journey over.
<b>Saturday</b>	9:30-10:00AM	<b>SWEEP THE FOREST!</b> Help keep our Lair beautiful! Pick up trash and exchange it for prizes! Meet us at the Ping Pong tables.

## 10,11&12's - Preteens

**Don't forget to also check the rest of this schedule so you don't miss the other good stuff going on this week!**

<b>Sunday</b>	9:45-11:15 AM	<b>INTRODUCTORY MEETING!</b> Meet at the Bear. We'll have a quick meeting with parents, and then do introductions and play some silly games!
	7:00-10:15 PM	Walk to a <b>movie under the stars</b> at Pinecrest Lake. Meet in front of the Dining Hall, and dress warmly! We need parent drivers to bring us back to the Blue Lodge after the movie. So parents please come to the front of the DH to arrange rides. Thank you!
<b>Monday</b>	9:45-11:15 AM	<b>Scavenger Hunt!</b> Work in teams and try to be the first get complete all the items on the list! Meet at the Bear.
	2:10-3:45 PM	<b>Rush-in Softball</b> with Camp Gold! "You're killin' me, Smalls!" Remember your gloves and ball caps. Meet in front of the Dining Hall.
<b>Tuesday</b>	9:45-11:15 AM	We're going to <b>play a ton of games!</b> Ping-pong, KanJam, Spikeball, Cornhole! Then you can go get ready for today's pool party! Meet at the Bear.
	11:30-1:15 PM	Preteen <b>Pool Party</b> with Gold!! Lunch and inner tube water polo at Camp Gold. Wear a swim suit and your finest tropiCAL attire (blue, gold, Lair, Cal or Hawaiian themed clothes). Meet in front of the DH and we'll walk over together.
	2:30-3:45 PM	<b>Nature Scavenger Hunt!</b> Join us on a scavenger hunt around camp and we'll learn how to build a Lean-to! Meet at the Bear.
	7:30-8:45 PM	Meet at the Kiddie Campfire for <b>s'mores</b> , laughs, and maybe even a spooky story or two.
<b>Wednesday</b>	9:00-11:15 AM	<b>Horseback riding</b> at Aspen Meadows. Meet at the Bear. Be sure to wear long pants. We will need some parents to drive us there and back. Sign-up, fill out permission slip and pre-pay at the store by 5:00 PM Monday required. Limited to 15 riders.
	2:30-4:00 PM	Meet at the Bear for <b>Blue Revue preteen skit practice</b> . Followed by some team games.
	8:00-9:15 PM	Bust a move at the annual <b>Blue Revue</b> at the Blue Stage.
<b>Thursday</b>	9:45-11:15 AM	<b>Soccer match</b> at the tennis courts! Get ready for the World Cup. Wear sneakers! Meet at the Bear.
	2:30-4:00 PM	<b>Capture the Flag!</b> Time for our annual game with Camp Gold! Bring your sportsmanship! Meet at the Blue DH. Wear closed toe shoes.
<b>Friday</b>	9:00-1:00 PM	The biggie of the week...a day at the lake including <b>paddle boating!</b> Meet at the DH with a towel and wear a swimsuit. Sunscreen is a good idea! Preteens must wear lifejackets while on the lake. Lunch is provided. No flip-flops please. We will need parents to pick us up at the lake around 1:00 PM by the Snack Shack. Thank you!
	5:45-7:00 PM	<b>Preteen VIP Dinner Party</b> in the Dining Hall! Meet in front of the DH early to help decorate our super sweet party banner.
<b>Saturday</b>	9:30-10:00AM	<b>SWEEP THE FOREST!</b> Help keep our Lair beautiful! Pick up trash and exchange it for prizes! Meet us at the Ping Pong tables.

## TEENS!

**Most teen activities are for all teens ages 13 - 17, yet note some activities are for younger teen group (ages 13 - 15) and some are for older teens (ages 16 and 17).**

**Don't forget to also check the rest of this schedule so you don't miss the other good stuff going on this week!**

<b>Sunday</b>	9:45-11:00 AM	<b>INTRODUCTORY MEETING!</b> Come to the Dining Hall and we'll walk to the Teen Lodge (located before Camp Gold) to meet and hang with the teens from all three camps.
	7:00-10:30 PM	Young Teens -- ages 13 - 15: Let's walk to Pinecrest Lake to watch a <b>movie under the stars!</b> Meet in front of the Dining Hall and dress warmly. We need parent drivers to pick up at the lake after the movie. So please join us at the DH to arrange rides.
	8:45-10:00 PM	Old Teens -- ages 16 & 17: <b>Night Swim</b> at Gold with the Gold and Oski Teens! Meet at the volleyball court and bring your swim suit and a towel.
<b>Monday</b>	9:45 AM-1:15 PM	<b>Tri-Camp All Teen Rush-In Softball</b> at Camp Gold, then a tropiCAL themed Pool Party! Wear your blue, gold, Cal, Lair or Hawaiian-wear. Then it's lunch followed by inner-tube H2O polo at the Gold pool with Gold and Oski teens. Bring your bathing suit and a towel. Bring your scuba gear too, if you remembered to pack it. Don't forget your gloves and hats for softball! Meet at the volleyball court.
	2:30-4:00 PM	<b>Teen only art jpir!</b> Bring some of the things you want to tie-dye or any other projects and meet at the Teen Lodge.
<b>Tuesday</b>	10:00AM-noon	<b>Teen Ping Pong/Cornhole Tournament!</b> Meet at the Ping Pong tables and bring your A-game!
	10:00-11:00 AM	<b>Preparing for College:</b> For teens and parents of teens, come to the Teen Lodge and hear personal experiences from our veteran staffers and learn how they got into college.
	2:45-4:00 PM	1970's themed <b>Teen Blue vs. Gold Volleyball</b> at Gold. Meet at the Dining Hall to walk over together. Time to unveil your sweat bands and 70's style athletic shorts.
	6:00-7:00 PM	<b>Young Teen BBQ</b> at the Teen Lodge with Gold and Oski young teens! Grab a burger and have some fun, OR ELSE!
	8:45-9:30 PM	<b>Young Teen Night swim</b> with Gold and Oski young teens at the Gold Pool! Wear your swim suit, bring a towel and meet in front of the DH to walk over together.
	6:00-7:15 PM	<b>Old Teen BBQ</b> at Pinecrest Lake with Gold and Oski old teens! Followed by Old Teen Movie night at the Lake! Meet at the DH to walk over. We'll need parent drivers to pick us up from the lake after the movie so please join us at the DH to arrange rides back. Even if you plan to skip the BBQ and head straight to the movie, please let your teen directors know. Thank you!
	7:15-10:30 PM	<b>Old Teen movie night</b> at Pinecrest Lake! We'll head over after the BBQ. The BBQ area is at the South end of the Lake past the Amphitheater. We'll need rides after the movie, thanks!
<b>Wednesday</b>	9:15 AM -12:00 PM	<b>Teen kayaking</b> on Pinecrest Lake -- \$15/person. Sign-up at the store by Monday afternoon. Meet in front of the DH, and we'll walk over and back, so wear good shoes and clothes that can get wet.
	3:15-4:45 PM	<b>Teen Ultimate Frisbee</b> with Gold! Meet at the front of the DH and we'll walk over together to the softball field. Wear your athletic gear!
	10:00-11:00 PM	<b>Teen Sing-along</b> at the Teen Lodge. Play an instrument? Bring it! Don't play an instrument? Bring yourself!
<b>Thursday</b>	10:00-3:00 PM	Meet at the volleyball court for a gorgeous hike to <b>Cleo's Bath</b> . Make and bring your own lunch from the DH at breakfast. Wear walking shoes, bring a towel, hat & sunscreen. We need parents to drive us to the lake -- thank you!
	9:30-10:30 PM	COME ON DOWN!! Teen and Parent - <b>Family Wed</b> at the Stage following the Hoot.
<b>Friday</b>	9:30 AM-12:00 PM	<b>Teen party boats</b> at Pinecrest Lake! We'll meet up with Gold and Oski and cruise the lake. Bring your swimsuit, towel and sunscreen! Meet at the volleyball court. We need parent drivers to and from the lake. Thanks, parents!
	9:45-11:45 PM	This is it! <b>Final Teen Party &amp; Dance</b> at the Teen Lodge. Come participate in our game stations and campfire and don't forget to dance! No teenagers with signs of alcohol use will be admitted.
<b>Saturday</b>	10:00 AM	Come take one last group photo for the Lair's Instagram (@Lair1949), post photos using #lairofthegoldenbear and say goodbye to everyone. Meet at the Bear. :(