

# WELCOME HOME!

## Welcome to the Lair of the Golden Bear Week 7 Camp Gold, 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 Gold Manager, Pat Graffis, and Program Director, Kristen, 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 Camp Gold Store. All ages welcome.
	8:00-9:15 PM	<b>Welcome Campfire!</b> Meet your 2019 Camp Gold Staff at the Stage for some laughs and information about your week at our 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 Music Director Ben for relaxing music and inspirational readings by the creek. Camper participation encouraged!
	10:30-11:30 AM	Come to the <b>Wellness Center</b> by the Teen Lodge to learn about our wellness offerings (massage, facials) and 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 Match</b> -- 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 Bob Jacobsen, Dean of Undergraduate Studies:</b> <i>Cal in this Century: What Does it Take to Be Comprehensively Excellent?</i> At the Gold 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. 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 is available for \$10/kid (diaper-grads only).
	8:00-9:00 PM	<b>Guest Speaker Julie Kerekes, Professor in Language and Literacies Education, University of Toronto,</b> <i>Soft Skills and Small Talk in our Plurilingual World.</i> At the Gold 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>Golden Revue!</b> Join Music Director, Ben, at the stage for our camper talent show.
	9:15-10:00 PM	<b>Stargazing</b> at the Softball Field with your Nature Director. Dress warmly!
	10:00 to 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.
Thursday	8:00 PM	<b>The Legendary Hootenanny</b> at the Stage! Yeehaww!
Friday	10:00 AM- noon	<b>Women's Softball Big Game</b> - Gold vs. Blue at the Mike Koll Softball Field at Gold.
	1:30-3:00 PM	<b>Men's Softball Big Game</b> - Gold vs. Blue at the Mike Koll Softball Field at Gold.
	7:45 PM	Athletics Awards and the World Famous <b>Farewell Campfire Show</b> at the Stage.
Saturday	10:30AM	<b>Check Out.</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! We've got freshly brewed hot coffee, tea and cocoa at the Gold Lodge.
	8:00 AM	Hiking Table in the Dining Hall opens for making lunches.
	7:00 AM-12:00 PM	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	Meet with your Camp Gold Hostess, Bre, and your Head Cook, Owen, in the Dining Hall to discuss any dietary needs or concerns.
	7:45-9:00 AM	Breakfast Buffet 7:45 - 9:00 AM Daily
	9:30-10:30AM	Continental Breakfast at the Dining Hall (Sunday - Friday)
	12:15-1:30 PM	<b>NEW:</b> Lunch Buffet with hot food available till 1:30 pm!
	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 Gold 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> In an attempt to avoid long lines during peak hours, the Gold store is also open Saturday evening primarily to sign-up for paid programs including Horseback Riding, Archery, Massage, Vista Lounge dinners, and also 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 Gold 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 store will open at 1:00pm for those campers interested signing up for such programs as Horseback Riding, Archery, Massages, Vista Lounge dinners, and more.
<b>WELLNESS Massage and Facials</b>	10:30-11:30 AM	<b>Sunday:</b> Come to the Wellness Center by the Teen Lodge in Camp Gold to learn about our wellness offerings including massage and facials. We'll be serving complimentary mimosas for those 21 & over.
	10:30-5:00 PM	<b>Sunday:</b> Wellness Center open. Sign up at any of the camp stores or at the Wellness Center.
	9:30-5:00 PM	<b>Mon-Fri:</b> Wellness Center open. Sign up at any of the camp stores or at the 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. 10AM on Monday only. Meet at Gold Store.
	<b>Monday-Friday:</b> 7:15-8:15 AM	Daily morning exercise activities including staff-led jogs to the lake, strength and conditioning classes, 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> Sign up and pay in the store. Lessons will be Monday-Friday at the Archery Range near Teen Lodge.
	<b>Tues and Wed</b> (see times under Athletics)	<b>NEW!</b> Rock climbing wall 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>	3:30-5:30 PM	Nurse Practitioner available at Gold Wounded Bears. Open everyday.
	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	<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 Match</b> -- Campers vs. Staffers at the pool. C'mon campers, show off your athleticism. 18 and over please.
<b>Mon-Fri</b>	7:30-8:15 AM	Lap swim
	9:30-10:30 AM	<b>Water Aerobics.</b> 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 Gold Lodge. Complete and record 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 Camper vs. Staff.
	7:00-8:00 PM	<b>Adult tennis clinic.</b> Meet at the Tennis Courts.
<b>Monday</b>	<b>Tournament brackets posted in Gold Lodge. Complete tournaments by Friday at 6pm</b>	
	7:15-8:15 AM	<b>Sunrise jog</b> to the lake! Join a Gold staffer in front of the store for a quick stretch followed by a beautiful jog to the lake (about 3 miles round trip).
	9:30 AM-noon	<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>Home Run Derby</b> at the Mike Koll Softball Field. (18 and under.)
	3:30-5:00 PM	<b>Women's softball practice</b> at the Mike Koll Softball Field.
	4:00-5:00 PM	<b>Volleyball Clinic.</b> Meet on the volleyball court.
	6:45-7:45 PM	<b>Women's Camper vs. Staff Volleyball</b> at volleyball court.
<b>Tuesday</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 the 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 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.
	10:00 AM-noon	<b>Men's Doubles Tennis</b> Round-Robin Tournament. Meet at the courts with a partner.
	2:00-3:00 PM	Men's Camper vs. Staff 3 on 3 half court <b>Basketball game</b> at the basketball court.
	3:00-4:30 PM	<b>Women's Camper vs. Staff Softball</b> at the Mike Koll Softball Field.
<b>Wednesday</b>	7:15-8:15 AM	<b>Core, Strength and Ab 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! Go climb a rock...</b> or bungee jump 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.
	1:30-2:30 PM	<b>Soccer tournament</b> at the tennis courts! All ages.
	1:00-2:00 PM	<b>Men's softball practice</b> at the Mike Koll Softball Field.
	6:45-7:45 PM	<b>Men's Camper vs. Staff Volleyball</b> at volleyball court.
<b>Thursday</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 the 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 volleyball court.
	11:00 AM-noon	<b>Men's Blue vs. Gold Volleyball</b> at Blue volleyball court.
	3:15-5:00 PM	<b>Men's Camper vs. Staff softball</b> game at the Mike Koll Softball Field.
<b>Friday</b>	7:15-8:15 AM	<b>New Tricampal Oski Trot!</b> Join your 2019 Athletic Directors and trotters from all 3 camps for a race to the lake and back. We'll meet 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. Openings limited to 15 campers per session.
	10:00-11:30 AM	<b>Women's Softball BIG GAME:</b> Blue vs. Gold at Gold softball field. Come cheer on the women and enjoy a mimosa too (21 and 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.**

**\*Sign-ups for hikes will be available at the Nature Shed. Sign-ups are required for all hiking programs and spots are limited\***

<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 learn about the hikes planned for the week, and sign-up for the ones you want.
	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 Gold Store with your car.
<b>Monday</b>	9:00 AM-4:00 PM	<b>Hike!</b> Pack a lunch and plenty of water. Meet at the Gold Store with your car.
	10:00-12:00 PM	<b>Mountain Biking!</b> Join a staff led ride on some local trails. Sign up (free) at the Nature Shed in advance. Meet at the Gold Store with a bike. Don't have one? Rent at the Pinecrest Hub beforehand. Limited to 10 riders.
<b>Tuesday</b>	7:30-9:30 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. Meet at the Gold Store with your car if you can drive.
	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.
	11:00 AM-4:00 PM	<b>Hike!</b> Pack a lunch and plenty of water. Meet at the Gold Store with your car.
<b>Wednesday</b>	9:00 AM-4:00 PM	<b>Hike!</b> Pack a lunch and plenty of water. Meet at the Gold Store with your car.
	9:00-noon; 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 Softball Field 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 at the Gold Store with keys and 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>Hike!</b> Pack a lunch and plenty of water. Meet at the Gold Store with your car.
<b>Friday</b>	7:30-9:30 AM	<b>Morning kayaking</b> on the lake! Free, but please sign up at the store; spots are limited. Meet at the Gold Store with your car at the store if you can drive.

## 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> at the Art Arbor. Note that the rest of the Art Arbor will be closed during this demonstration. Dress appropriately.
	10:00-11:45 AM	Meet the Art Arbor Crew for an introduction to the Art Arbor.
	10:15-11:15 AM	<b>Lanyard time!</b> Learn how to get started on all the different styles.
	3:00-4:30 PM	Art Arbor open!
<b>Monday</b>	9:45-11:45 AM, 1:30-4:00 PM	Open pottery and tile/bisqueware painting at the Art Arbor. Buy tiles and clay at the store. <b>** This is messy work; dress appropriately!**</b> Get started on your hemp bracelets as well!
	2:30-3:30 PM	Focus on lanyards and pick out your favorite colors!
	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 Arbor to tie-dye with the art crew.
	9:45-10:45 AM	Tie-dye demonstration -- Learn the ways of Lair Tie-dye.
	10:45-11:15 AM	Focus on pottery and bisqueware -- get it glazed and finished by TOMORROW!
	1:30-2:30 PM	Lanyard time!
<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!
	10:00-11:00 AM	Finish up your pottery and get it on the shelf!
	1:30-2:30 PM	Work on your tie-dye with fun colors and designs
	2:30-3:30 PM	Start some more lanyards!
<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 softball field.

## Music

<b>Sunday</b>	10:30-11:30 AM	Creekside! Come join the Music Director, Ben, for relaxing music and inspirational readings by the creek. Camper participation encouraged.
<b>Tuesday</b>	11:00 AM-12:00 PM	Auditions for the Golden Revue (camper talent show) at the Stage.
	4:00-5:00 PM	Sing-along at the Stage! Bring your instruments, voices, enthusiasm, and we'll bring the song books.
<b>Wednesday</b>	10:00-11:00 AM	Sing-along with the 6&7's and KK at the Gold Kub Korral.
	2:00-3:00 PM	Auditions for the Golden Revue (camper talent show) at the Stage.
	8:00-9:00 PM	Golden Revue! Join Music Director, Ben, and other camp celebrities at the stage for our awesome camper talent show!
	10:00-11:00 PM	Teen Sing-along at the Teen Lodge. 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	The Legendary Hootenanny at the Stage. Yee-haw!
<b>Friday</b>	10:30 AM-noon	Bring your instruments for mellow music at the Vista Lodge.

## Lair Yoga

**Lair Yoga classes are led by professionally licensed instructors and are entirely free of charge and no sign-ups needed -- just show up! All classes take place at the Yoga Tent next to Vista Lodge unless otherwise noted. We have a limited number of yoga mats available but you are welcome to bring your own.**

<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. Sign-in and sign-out is required. Also be sure to check the rest of this schedule so you don't miss the other good stuff going on for families!**

<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 make and <b>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 DH 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. We'll then 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 <b>Movie Night!</b> Crawl into the DH with the KK crew and the 6&7's for an awesome movie night 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 dance party!
	2:30-4:30 PM <b>Golden Revue Practice!</b> We're going to put together the cutest skit possible for tonight's Golden Revue.
	7:45-9:15 PM <b>The Golden 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 <b>Be a super hero today!</b> Wear your super hero clothes, and we'll paint disguises too. What do super heros love more than anything?? You guessed it! Arts and Crafts! Come make some awesome 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. Parents -- pick up kids in the DH after the parade (parade is at 12:15 pm).
	2:30-4:30 PM <b>Creek walk</b> with the KK! 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

\*\* Kids will be released at the end of the program time unless parents state otherwise at Sunday Intro Meeting (exceptions noted below) \*\*  
Also be sure to check out the rest of our schedule so you don't miss the other good stuff going on for families!

<b>Ready, Set, SUNDAY!</b>	
<b>Sunday</b>	9:45-11:45 AM <b>INTRODUCTORY MEETING</b> at the Kiddie Campfire for parents and kids. Then we're going to walk around and explore camp, and play some games like Silly Showdown at the Stage! Pick up at the Kiddie Campfire.
	3:30-4:30 PM Meet at the Kiddie Campfire and we'll make Lair Journals for the week. Then we'll make and decorate our box cars for tonight's 'Drive-in' Movie!
	7:15-9:15 PM Meet at the Kiddie Campfire for <b>S'MORES</b> followed by the 'Drive-in' movie in the DH! We'll hangout in our box cars and have some popcorn too. Parents: Please pick up kids in the DH after the movie.
<b>Mother Nature Monday!</b>	
<b>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 Kiddie Campfire.
	2:30-4:00 PM <b>Volcano Making!</b> Do you 'lava' science and history as much as we do?? Meet in the Kiddie Campfire for a Dino egg hunt and more!
<b>Time Machine Tuesday!</b>	
<b>Tuesday</b>	9:45-11:45 AM <b>Panning for gold in the creek!</b> Learn how the pioneers used to do it! Meet at the Kiddie Campfire.
	2:30-4:00 PM <b>Rockin' rock art!</b> Afterwards we're going to have story time. Meet at the Kiddie Campfire.
	7:45-9:15 PM <b>Movie Night!</b> Alright you little bears, crawl into the DH for an awesome movie night that would make the Berenstain Bears jealous! Meet in the Dining Hall.
<b>World Famous Wednesday!</b>	
<b>Wednesday</b>	9:45-11:45 AM <b>Shaker making and Sing-along</b> with the Music Director followed by a dance party! Meet at the Kiddie Campfire.
	2:30-4:00 PM You are all going to be stars! <b>Practice for the Golden Revue</b> and we'll head to the stage for some games! Meet at the Kiddie Campfire.
	8:00-9:15 PM <b>The Golden Revue</b> at the Stage! Come strut your stuff with us!!
<b>Olympian Thursday! Dress as your favorite sports star!</b>	
<b>Thursday</b>	9:45-11:30 AM <b>6&amp;7's Olympics!</b> Dress up as your favorite sports star and meet at the Kiddie Campfire. Then we'll walk over to join Blue at the Mike Koll Softball Field! We'll head straight from the Olympics to our 6&7's pool party at Gold, so bring your swimsuit and towel!
	11:30 AM-1:00 PM <b>Pool Party at Camp Gold!</b> If you missed the Olympics (but why?!), then join us at the Camp Gold Pool. Lunch will be provided at the Gold Pool.
	2:30-4:00 PM <b>Cookie Decorating</b> and Banner Making in the Dining Hall. Come meet your Camp Gold Baker! Meet at the Kiddie Campfire.
	6:00-7:00 PM <b>VIP Dinner!</b> Meet at the Dining Hall for our big party!
<b>Fantastic, Fabulous, and Ferocious Friday!</b>	
<b>Friday</b>	9:45 AM-12:15 PM Come to the Kiddie Campfire for some team games! Then we'll head over to the KK to paint faces and make crowns for our special parade in the DH.
	2:30-4:00 PM Join us for a <b>creek walk!</b> Wear shoes and clothes that can get wet. Meet at the Kiddie Campfire. After we explore the creek we'll write in our Lair Journals one last time 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 Kiddie Campfire.

## 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 Softball Field for a short meeting for parents and kids. Then we're going to explore camp followed by kick ball with the Preteens! Don't forget to sign up for horseback riding by 5:00 PM today at the Gold Store.
	8:00-9:15 PM	<b>Marshmallow Roast and Campfire!!</b> Meet at the Bear and we'll walk over to 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 Bear. If you have any pirate clothes, wear 'em!
	2:30-4:00 PM	<b>Chalk Twister and Knockout!</b> Come with your game face on! Meet at the Bear, and we'll head over to the Basketball courts!
<b>Tuesday</b>	9:45 AM-1:15 PM	A hike to the lake for <b>paddleboating</b> and lunch with Camp Blue! Bring a towel and wear a swimsuit and your walkin' shoes. Meet at the Bear. We need parents to pick us up at the lake by the Snack Shack at 1:10 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 Bear.
	7:45-9:15 PM	<b>Movie at the Teen Lodge!</b> Join your 8&9's Directors as well as the 8&9's from Camp Blue for a movie. Meet in front at the Bear.
<b>Wednesday</b>	9:45-11:15 AM	<b>Capture the Flag!</b> Time for our annual game with Camp Blue! Bring your sportsmanship! Meet at the Bear.
	2:30-4:00 PM	Meet at the Bear for <b>Golden Revue practice!</b>
	8:00-9:15 PM	Make yourself famous at the annual <b>Golden Revue!</b>
<b>Thursday</b>	9:45-11:15 AM	<b>Banner making</b> for our VIP dinner party! Maybe we'll make an extra banner to put on one of Camp Gold's golf carts! Meet at the Bear.
	2:15-4:30 PM	<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. Spots are limited and you'll need to sign-up, fill out permission slip and pre-pay at the store by <b>5:00 PM Sunday afternoon. Please be sure to meet at the Store at 2:15 PM.*</b>
	6:00-7:00 PM	<b>8&amp;9's 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> Come check out our awesome Gaga Ball court and let's have some next level fun! Meet at the Bear.
	11:30 AM-1:15 PM	<b>Pool Party!!</b> TropiCAL themed! Wear your blue, gold, Cal, Lair or Hawaiian-wear. At the Gold Pool. Lunch will also be at the Gold Pool.
<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 volleyball court.

## 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 Mike Koll Softball Field. We'll have a quick meeting with parents, and then we'll have some adventures around camp and play games and some kickball!
	7:00-10:15 PM	<b>Movie under the stars at Pinecrest Lake.</b> Meet at the basketball court, dress warmly and we'll walk to the lake! We need parent drivers to pick us up at the lake and bring us to the Gold Lodge after the movie. So parents please join us on the basketball courts 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 outside dining area at the Dining Hall.
	2:15-3:30 PM	<b>Rush-in softball</b> with Camps Blue and Oski! Don't know how to play? It's EASY and no softball experience necessary. If you have a glove, bring it. If you have a baseball cap, wear it. Meet at the softball field.
<b>Tuesday</b>	9:45-11:15 AM	We're going to play a ton of games! Ping pong, KanJam, Spikeball, Cornhole! Then you can go get ready for today's pool party! Meet at the Gold Store.
	11:45 AM-1:00 PM	<b>Preteen Pool Party</b> with Blue!! Lunch served at the Camp Gold pool. Wear a swim suit and your finest tropiCAL attire (anything blue, gold, Hawaiian, Cal or Lair-wear). Meet at the Gold Pool.
	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 outside dining area at the Dining Hall.
	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>	9:45-11:15 AM	Meet at the Stage for <b>Golden Revue Preteen skit practice</b> followed by decorating our banner for Friday's VIP Dinner!
	2:15-4:30 PM	<b>Horseback riding</b> at Aspen Meadows. Meet at the Gold Store. 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>Please be sure to meet at the Store at 2:15 PM.*</b>
	8:00-9:15 PM	Bust a move at the annual <b>Golden Revue</b> at the Gold 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!
	2:40-4:00 PM	<b>Capture the Flag!</b> Time for our annual game with Camp Blue! Bring your sportsmanship! Meet at the Gold Store. Wear closed toe shoes!
<b>Friday</b>	9:30 AM-1:00 PM	The biggie of the week...a day at the lake including <b>paddle boating!</b> Meet at the Gold Store 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>Preteens VIP Dinner Party</b> in the Dining Hall!
<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 volleyball court.

## 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>	10:00-11:00 AM	<b>INTRODUCTORY MEETING for all teens!</b> Come up to the Teen Lodge to meet and hang with teens from all three camps!
	7:00-10:30 PM	<b>Young Teens -- ages 13 - 15:</b> Let's walk to Pinecrest Lake to watch a movie under the stars. Dress warmly and meet on the volleyball court. We need parent drivers to pick up at the lake after the movie, so please come at 7pm to arrange rides. Thanks!
	8:45-10:00 PM	<b>Old Teens -- ages 16 &amp; 17:</b> Night swim at Gold with the Blue and Oski teens! Meet at the Gold Pool. Bring your swim suit and a towel.
<b>Monday</b>	10:00 AM-1:00 PM	<b>Tri-Camp All Teen Rush-In Softball</b> , 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 Gold. Meet at the softball field. Bring your bathing suit and a towel. Bring your scuba gear too, if you remembered to pack it.
	2:30-4:00 PM	<b>Tie-dye Teen-only</b> session with all 3 camps! Bring some of the things you want to tie-dye or buy a shirt at the store to tie-dye. 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.
	3:00-4:00 PM	<b>1970's themed Teen Blue vs. Gold Volleyball</b> at Gold. Meet at the Volleyball courts. 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 Blue and Oski young teens! Grab a burger and have some fun, OR ELSE! Meet at the Teen Lodge.
	8:45-9:30 PM	<b>Young Teen Night Swim</b> with Blue and Oski young teens at the Gold Pool. Put on your swim suit, bring a towel and meet at the Gold Pool.
	6:00-7:15 PM	<b>Old Teen BBQ</b> at Pinecrest Lake with Blue and Oski old teens! Followed by Old Teen Movie night at the Lake! Meet at the volleyball court to walk over. We'll need parent drivers to pick us up from the lake after the movie so please join us at the volleyball court to arrange rides. 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>	9:30AM -noon	<b>Teen kayaking</b> on Pinecrest Lake -- \$15/person. Sign-up at the store by Monday afternoon. Meet at the store, and we'll walk over and back, so wear good shoes and clothes that can get wet.
	3:30-4:45 PM	<b>Teen Ultimate Frisbee</b> with Blue! Meet at the Mike Koll Softball Field and 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	<b>Cleo's Bath</b> time! Meet at the volleyball court for a gorgeous hike to a fun watering hole. Make and bring your own lunch from the DH at breakfast. Wear good walking shoes, bring a towel, hat & sunscreen. We need to arrange parents to drive to the Lake.
	9:30-10:30 PM	<b>Family-Wed</b> --COME ON DOWN!! Teen and Parent Family Wed at the stage following the Hoot.
<b>Friday</b>	9:30 AM-noon	<b>Teen party boats</b> at the Pinecrest Lake! We'll meet up with Blue 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.
	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 teens 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 #lairrofthegoldenbear and say goodbye to everyone. Meet at the Bear. :(