

WELCOME HOME!

The Lair of the Golden Bear

Women's Wellness Weekend Schedule for 2022

This schedule is subject to change – please use the schedule you receive at camp!

Important Notes

The **Pool** is open 24-Hours a day and there is **NO LIFEGUARD ON DUTY**.

The baby pool is heated and marvelous!

Free private swim lessons will be offered Thursday, Friday, and Saturday. Sign up in Lodge.

Hiking and Kayaking: Sign-up in Lodge when you arrive.

Space is limited by the Forest Service for safety and environmental reasons.

“Meet and Greet” tables will be set for all meals. Join us to meet new friends -- look for the signs.

Quiet Hours in ALL areas in camp are from 10:00 PM to 7:00 AM.

Tents B00 – B12 are in a 24 hour quiet area. Please respect these times and your fellow campers.

Massage offered Thursday – Sunday at Wellness Center, a 5 minute walk from Blue DH. **Reflexology** offered Thursday – Saturday at the Shuffleboard Court. ** **Pre-book treatments at vagarocom/lairofthebear** **

Yoga, Pilates, and Boot camp classes do not require sign-ups!

Mats, blocks and straps will be provided for yoga and Pilates classes, though you’re welcome to bring your own.

Tennis and Pickle ball players: If you wish to play before 8:00am, you may do so at the courts at Camp Gold.

A certified EMT is on-call 24 hours a day. Emergency call boxes are located on the front of the Dining Hall and at the Blue Store. Please find a staff member if you need any assistance.

Please help stop the spread of illness at the Lair by washing your hands frequently, especially before meals.

Schedule of Events for WWW 2022 – subject to change

Updated 7.31.22

Wednesday Afternoon / Evening	2:00-5:00 PM	Camper Greet and Check-In at the Blue Lodge
	3:00-6:00	Camp Blue Store is open!
	5:00	Welcome Mixer at Blue Lodge. Meet your WWW staff and ask us about any program, activity, or ANYTHING planned ahead.
	5:15-6:15	Wellness Program Intro: Grab a beverage at the Mixer and join us in front of the store. Our Wellness Director, Amanda Ragan, will be there to share details about our wellness offerings and to help you book your treatment(s) this weekend.
	5:30-5:45	New Camper Tour. Meet at the stairs in front of the Blue Store.
	6:30-7:30	Dinner at the Blue Dining Hall (hot food served till 7:15pm)
	8:15-8:45	Welcome Wednesday Night Campfire! Meet your 2022 WWW Staff at the Blue Stage for the introductory show.
	9:00	S’mores in the Blue Lodge.
		THURSDAY MORNING
Thursday	7:00 AM	Early Risers Coffee at the Dining Hall
	7:15-7:45	Lap swim and Stroke Technique with Laura at the Blue Pool
	7:30-8:15	Sunrise Yoga with Jill on Tennis Court #1 (nearest the Dining Hall).
	7:45-8:15	Water Exercise with Laura at the Blue Pool
	7:45–9:00	Breakfast (hot food served till 8:45am)

8:45-11:15	Kayaking at Pinecrest Lake. Bring water, towel, and sunscreen. Meet at Blue Office (where you checked in) with your car to drive over together. Sign-up in advance or in the Lodge.
9:15 – 10:15	Boot camp with Ariana! Get your sweat on and let your muscles thank you. This class includes a warm-up, cardio and strength training using body weight, bands, and mats, and a cool down/ stretch section. Modifications will be offered for intensity. Wear exercise clothing, bring water and a towel. Get your heart moving with the short walk to the Teen Lodge, located up the road towards Camp Gold.
9:15-noon	Morning Hike around Pinecrest Lake. A beautiful 4-mile hike, the path is easy to moderate with hills and a few rocky spots. Meet in front of the Blue Office with your car to drive over to the lake. Bring water and wear sunscreen. Back in time for lunch. Limit to 15 people; sign up in advance or in the Lodge.
9:45-10:45	Water Exercise with Laura at Blue Pool.
9:45-10:45	Pilates at Tennis Court #1 with Jill
9:45-11:30	Horseback Riding. Meet at the Lair Office with your car to depart camp promptly at 9:45. Wear long pants, closed toe shoes, sunscreen. Sign up in advance and pay in the store – cost is \$25/person. Limit is 15.
10:00-noon	Blue Store open
10:00-noon	Art Grove is open for tie-dye, lanyards, painting and more. T-shirts for tie-dying can be purchased in the store.
11:00	Tie Dye Demonstration with the Art Directors at the Art Grove.
11:15-noon	Singing with Nancy at Blue Stage. Learn to sing with ease and fun songs to sing together at Saturday lunch. Beginners welcome!
11:00-noon	Swim Lessons with Laura at the Blue Pool. Sign-ups are in the Lodge.
11:00-noon	Meditation with Dorothy on Court #1.
THURSDAY AFTERNOON	
12:15 PM	Lunch – hot food served till 1:00pm
12:45-2:30	Horseback Riding. Eat a quick lunch and meet at the Lair Office with your car to depart camp promptly at 12:45. Wear long pants, closed toe shoes, sunscreen. Sign up in advance and pay in the Blue Store – cost is \$25/person. Limit is 15.
1:30-4:30	Art Grove open
1:30-2:30	Tai Chi with Jill on Tennis Court #1.
1:30-2:30	Swim Lessons with Laura at the Blue Pool. Sign-up in advance or in the Lodge.
2:00-5:00	Welcome Thursday arriving campers – check-in at the Blue Office.
2:00	Tie Dye Demonstration with the Art Directors at the Art Grove.
2:00-6:00	Blue Store open: shop and sign up for massage here!
3:00-4:00	Water Exercise with Laura at Blue Pool.
4:00-5:00	Nail Polish Party! Join us at the Blue Pool where we'll have a selection polish colors and remover to have some fun painting our nails.
THURSDAY EVENING	
5:30	New Camper Tour. Meet at stairs in front of the Blue Store.
5:15-6:15	Crochet & Knitting Lesson with Nancy Hall. Meet at Blue Lodge.
5:30-6:15	Welcome Mixer and Wellness Program Intro: Enjoy a beverage at the Welcome Mixer and wander over near the store to book your massage appointment.
6:30	Dinner – hot food served till 7:15pm
8:15-9:15	Disco Bingo and Dance Party! Come and boogie on down with the camp staff! Wear your best or silliest costume from your favorite decade for a few rounds of

		Disco Bingo, followed by a Decades Dance Party. At the Blue STAGE. Drinks and snacks provided.
	9:15	Let's play games! We've got board games, cards, puzzles, s'mores in the Lodge.
		FRIDAY MORNING
Friday	7:00 AM	Early Risers Coffee at the Dining Hall
	7:15-7:45	Lap swim and Stroke Technique with Laura
	7:30-8:15	Sunrise Yoga with Ana at Court #1
	7:45-8:15	Water Exercise at the Blue Pool with Laura
	7:45-8:30	Peet's Coffee Tasting with Jon in the Dining Hall
	7:45-9:00	Breakfast (hot food served till 8:45am)
	8:45-11:15	Kayaking at Pinecrest Lake. Bring water, towel, and sunscreen. Meet at the Blue Office with your car to drive over together. Sign up in advance or in the Lodge.
	9:15 – 10:15	Boot camp with Ariana! This class includes a warm-up, cardio and strength training using body weight, bands, and mats, and a cool down. Modifications will be offered. Wear exercise clothing, bring water and a towel. Get your heart moving with the short walk to the Teen Lodge, located up the road towards Camp Gold.
	9:15-noon	Morning hike TBD. Bring sunscreen, a hat, good shoes, and water. Meet in front of the Dining Hall to carpool with keys if you can. Sign up in advance or in the Lodge. Limit of 15.
	9:45-10:45	Water Exercise with Laura at Blue Poo.
	9:45-10:45	Pilates with Ana at Tennis Court #1
	9:45-11:30	Horseback Riding. Meet at the Lair Office with your car to depart camp promptly at 9:45. Wear long pants, closed toe shoes, sunscreen. Sign up in advance and pay in the store – cost is \$25/person. Limit is 15.
	10:00-noon	Blue Store open
	10:00-noon	Art Grove is open for tie-dye, lanyards, painting and more. T-shirts for tie-dying can be purchased in the store.
	11:00	Tie Dye Demonstration with the Art Director at the Art Grove
	11:00-12:00	Sound Healing with Amanda: Relax to the healing tones of crystal singing bowls. Vibrational sound creates a resonance in us that encourages well- being and restores balance. Bring any items you may wish to make sitting or lying down more comfortable. At Creekside.
	11:15-noon	Singing with Nancy at Blue Stage. Learn to sing with ease and fun songs to sing together at Saturday lunch. Beginners welcome!
	11:00-noon	Swim Lessons with Laura at the Blue Pool. Sign-ups are in the Lodge.
	11:00-noon	Yoga for All with Ana at Tennis Court #1
12:15 PM	Lunch – hot food served till 1:00pm	
12:45-2:30	Horseback Riding. Eat a quick lunch and meet at the Lair Office with your car to depart camp promptly at 12:45. Wear long pants, closed toe shoes, sunscreen. Sign up in advance and pay in the Blue Store – cost is \$25/person. Limit is 15.	
1:30-4:30	Art Grove is open.	
1:30-2:30	Tai Chi with Jill at Tennis Court #1	
1:30-2:30	Swim Lessons with Laura at the Blue Pool. Sign-ups are in the Lodge.	
2:00	Tie Dye Demonstration with the Art Director at the Art Grove	
2:00-4:00	Blue Store open	
3:00-4:00	Book Club: Come join us to share and discuss books you've enjoyed reading this past year. At Creekside.	

	3:00-4:00	Yoga for All with Ana at Tennis Court #1	
	3:00-4:00	Water Exercise with Laura at Blue Pool.	
	FRIDAY EVENING		
	5:15-6:15	Crochet & Knitting Lesson with Nancy Hall. Meet at Blue Lodge.	
	5:30-6:30	Mixer on the Lodge Deck	
	6:30	Dinner – hot food served till 7:15pm	
	8:00-9:15	Guest Speaker Kate Boyle MacDonald , owner and winemaker at Boyle MacDonald Wines, will speak on intuitive winemaking, vineyard management and the unique opportunities and challenges women face in the industry. Kate brings 23 years of experience and stories, and will present a selection of her favorite wines for you to enjoy around the campfire. At the Blue Stage.	
Saturday	SATURDAY MORNING		
	7:00	Early Risers Coffee at the Dining Hall	
	7:30-7:45	Lap swim and Stroke Technique with Laura	
	7:30-8:15	Sunrise Yoga with Ana at Court #1	
	7:45-8:15	Water Exercise at the Blue Pool with Laura	
	7:45–9:00	Breakfast (hot food served till 8:45am)	
	8:45-11:15	Kayaking at Pinecrest Lake. Bring water, towel, sunscreen. Meet promptly at the Blue Office with your car to drive over together. Sign up in advance or in the Lodge.	
	9:15- 10:15	Boot camp with Ariana! Get your sweat on and let your muscles thank you. Modifications will be offered for intensity. Wear exercise clothing, bring water and a towel. Get your heart moving with the short walk to the Teen Lodge, located up the road towards Camp Gold.	
	9:15–noon	Morning Hike around Pinecrest Lake. A beautiful 4-mile hike, the path is moderate with hills and a few rocky spots. Meet in front of the Blue Office with your car to drive to the lake. Bring water and wear sunscreen. Back in time for lunch. Limit to 15 people; sign up in advance or in the Lodge.	
	9:45-10:45	Water Exercise with Laura at Blue Pool.	
	9:45-10:45	Pilates with Ana at Tennis Court #1	
	9:45-10:45	Refresh your Face -- Skin Care Class with Amanda. Learn tips and tricks on how best to use essential oils as part of your skin care regimen. Sign-up in the Lodge and join us at the outside area to the side of the Lodge.	
	10:00-noon	Blue Store open	
	10:00-noon	Art Grove is open for tie-dye, lanyards, and HENNA! T-shirts for tie-dying can be purchased in the store.	
	11:00-noon	Meditation with Dorothy on Court #1.	
	11:00-noon	Swim Lessons with Laura at the Blue Pool. Sign-ups are in the Lodge.	
	11:15-noon	Singing with Nancy at Blue Stage. Learn singing techniques and songs to sing during Saturday Lunch. Beginners welcome!	
		SATURDAY AFTERNOON	
	12:15 PM	Lunch – hot food served till 1:00pm	
	1:30-4:30	Art Grove is open for tie-dye, lanyards, and more. T-shirts for tie-dying can be purchased in the store.	
	1:30-2:30	Zumba Gold with Ana at Tennis Court #1	
	1:30-2:30	Swim Lessons with Laura at the Blue Pool. Sign-ups are in the Lodge.	
	2:00-4:00	Blue Store open	
3:00-4:00	Water Exercise with Laura at Blue Pool.		
	SATURDAY EVENING		

	5:15-6:15	Crochet & Knitting Lesson with Nancy Hall. Meet at Blue Lodge.
	5:00 – 6:30	Wine Tasting with appetizers on the Blue Lodge Deck: Join us for our tasting party featuring local wines distributed by Quintessential Wines.
	6:30	Dinner – hot food served till 7:15pm
	8:00 – 9:00	Guest Speaker Ronit Matabuena-Lev: Pleasure, Connection and Joy: Loving Ourselves, Embracing our Bodies, and Empowering our Sexualities. What if we believed pleasure was our birthright; we felt ownership of our sexuality, and we found self-expression through loving ourselves & our bodies? At the Blue Stage.
	9:15	Final party! Let’s dance through the decades! Get your groove on with favorite dance songs from the 50s to today. At the Blue STAGE.
Sunday	SUNDAY MORNING	
	7:00	Early Risers Coffee at the Dining Hall
	7:30-8:15	Sunrise Yoga at Tennis Court #1 with Ana
	8:30-10:00	Brunch – hot food served till 9:45am
	9:30-noon	Blue Store is open
	9:45-10:45	Yoga for All at Tennis Court #1 with Ana
	10:00-noon	Finish your art projects before you leave at the Art Grove
	9:45-10:45	Water Exercise with Laura at Blue Pool.
	11:00-noon	Sound Healing with Amanda: Relax to the healing tones of crystal singing bowls. Vibrational sound creates a resonance in us that encourages well- being and restores balance. Bring any items you may wish to make sitting or lying down more comfortable. At Creekside.
	SUNDAY AFTERNOON	
2:00 PM	Check-out time – thanks for joining us! Please sweep out tents and put trash and recyclables in appropriate areas. See you next year! Post your photos on Facebook and Instagram and tag us #lairofthegoldenbear	

Notes and Details About our Programs and Activities

Sunrise Yoga and Yoga for All: Yoga for all levels linking the breath with seated and standing poses. Learn basic poses, relaxation techniques, and become comfortable with yoga.

Pilates: You will learn and do all the basic Pilates techniques to tighten and tone your entire body.

Tai Chi: a combination of the Chinese martial art of Tai Chi and the healing art of Qi Gong; this is a gentle moving meditation.

Gentle Yoga: Get energized with active and relaxing basic yoga poses. Great for all levels!

Meditation: Come learn meditation skills. Meditation is essential to wellness – when you heal the mind, you heal the body.

Water Exercise: This class is performed to music, using noodles and occasional use of floatation belts and devices (provided), and can accommodate non swimmers and those with impact injuries.

Boot camp is a new offering at WWW and will be led by Ariana Heller, an ACSM Certified Group Exercise Instructor and Lair camper. The one-hour class will be an all-levels class with modifications for different skills, abilities, and injuries. Be sure to wear your workout clothes, bring plenty of water and a towel.

Zumba Gold: Zumba is a Latin-inspired dance fitness class that provides a dynamic, fun, and effective workout. It’s a fitness dance party! Wear comfortable clothes.

Crochet & Knitting: Learn how to knit or crochet, or come join us with your current project. Bring knitting needles, crochet hooks and yarn.

Kayaking (offsite): Come kayak on beautiful Pinecrest Lake, a short five minute drive from camp (we'll need drivers to carpool over). All abilities welcomed – no experience necessary. You will get a little wet, so dress accordingly -- a hat and sunscreen are recommended. Also bring a water bottle and a plastic bag for car keys so they don't get wet in the kayak. Please sign-up in the lodge as space is limited, and only sign-up for one session so there are spots for all. No charge for these WWW sessions. Kayaks can be rented on your own at the lake if you wish to go again or stay longer on the lake.

Horseback Riding (offsite): Thursday and Friday only. Enjoy a beautiful one hour trail ride starting at Aspen Meadows Pack Station, about 10 minutes from the Lair (we'll need drivers). Sign up for either session in advance at the Camp Blue Store. Cost is \$25/person, limit of 15 campers per session. Wear closed toe shoes, long pants, hat and sunscreen. The trail has shade for about half of it.

Massage & Reflexology: Massage is offered Thursday – Sunday. Schedule and purchase online at www.vagaro.com/lairofthebear. Rates are \$105/hour massage, tips are not included (you can tip in advance when you book, or tip with cash after your massage). Massages are offered at the Wellness Center, a 5 minute walk from the Blue DH. Reflexology will be offered Thursday - Saturday at the Blue Shuffleboard Court, and you can schedule your reflexology treatment online at www.vagaro.com/lairofthebear as well.

Additional Items to Note

- **Please do NOT switch tents.** Please check first with Lair directors before switching tents. Thank you.
- **Be respectful of free programs that require sign-ups** and take only one spot per activity. If you change your mind about participating, cross your name off the list so another can take your spot.
- **Drivers needed:** A few programs take place offsite, and we always need drivers. If you have a car and can drive other women, please arrive at the program time and location promptly with your car and keys, ready to go. Everyone should bring a mask to wear in the car!
- **Check your CAMP BLUE MAP to know where to meet for each program.**
- **Be on time!** Respect others time so we can start programs promptly and not make others wait. Plan ahead – especially on morning activities. Get your gear together BEFORE breakfast; leave enough time after breakfast for a bathroom stop so you're not holding up the group; prep to avoid going back to your tent before the activity. *There are bathrooms at Pinecrest Lake near the marina so you can use before you get on the lake.*

Optional items to bring to maximize your WWW experience!

- **Costumes** for Disco Bingo (70s wear or any silly costume), and for the Decades Dance Party.
- **Crochet hook, knitting needles, yarn:** we'll have a limited supply of each, yet bring your own if you have.
- **Yoga mat:** we have mats and wipes to clean them, but we encourage you to bring your own.
- **Mattress pad and plenty of blankets or an electric blanket:** Beds are twin-sized, and if you push two together, they are full sized. Mattress pads can make your sleep more comfy. And temperatures can dip at night, so lots of blankets or an electric blanket will guarantee a warm sleep. Electrical outlets are located in the front of the tent, so you may need an extension cord. Don't forget your pillow!