

CAMP^{-of-the-}WOODS

The schedule and information about activities and excursions is also available on **YourWeek** app (cotw.org/yourweek).

WEEKLY ACTIVITY SCHEDULE

WEEK 4: JULY 17 – 24, 2021

MEAL SCHEDULES

Purdy Center Dining Room or Hill Dining Hall

Breakfast	8:00 a.m. – 9:00 a.m.
Lunch	12:00 p.m. – 1:00 p.m., Saturday 12:00 p.m. – 1:30 p.m.
Dinner	5:30 p.m. – 6:30 p.m.

TRADING POST HOURS

Monday - Saturday:	2:00 p.m. – 5:00 p.m., 7:30 p.m. – 9:30 p.m.
Sunday:	2:00 p.m. – 5:00 p.m.

TEE PEE HOURS

Saturday:	3:00 p.m. – 5:00 p.m., 8:30 p.m. – 10:00 p.m.
Sunday:	2:00 p.m. – 5:00 p.m., 8:00 p.m. – 10:00 p.m.
Monday – Friday:	6:00 a.m. – 8:00 a.m. (Coffee Only), 10:30 a.m. – 5:30 p.m., 8:30 p.m. – 10:30 p.m.

MARINA HOURS

Saturday and Sunday:	2:00 p.m. – 5:00 p.m.
Monday – Friday:	10:30 a.m. – 5:00 p.m.

SONJU SPORTS COMPLEX & RECREATION OFFICE HOURS

Ping Pong, Basketball, Volleyball, Indoor Soccer or Futsal, 9-Square in the Air, Cornhole, Pickleball

Saturday:	1:30 p.m. – 10:00 p.m.
Sunday:	12:00 p.m. - 10:00 p.m.
Monday – Friday:	10:30 a.m. - 10:00 p.m.

FITNESS CENTER HOURS (Located in the Sonju Sports Complex):

During Sonju Sports Complex **Normal Operating Hours** and
Sunday – Friday from 6:30 a.m. – 9:00 a.m.

OUTSIDE RECREATION HOURS

Mini Golf, Shuffleboard, Snookball, Sand Volleyball, Tennis

Saturday:	1:30 p.m. – Dusk
Sunday – Friday:	10:30 a.m. – Dusk

POST OFFICE HOURS (Located at Larsen Lodge)

Monday – Friday :	11:00 a.m. – 12:00 pm; 1:00 p.m. – 3:00 p.m.; 6:00 p.m. – 7:00 p.m.
Saturday:	Call the Customer Service Center for Assistance
Sunday:	Closed

PLANNING FAMILY ACTIVITIES

Your family may sign out equipment and reserve a space (if necessary) for any of the activities listed above.

You may show up and participate in any activity that is not being used. However, if you want to reserve a time and space for your family to participate in a particular activity, you may reserve locations for any of the following:

- Pickleball
- Tennis
- Shuffleboard
- Horseshoes
- Snookball
- Cornhole
- Ping Pong
- Game Room
- A Gymnasium Court for Volleyball, Baseball, Indoor Soccer, Cornhole
- Sand Volleyball

NOTE: Reserving an activity (listed above) must be done with a phone call or in-person at the **Recreation Office Window** at the Sonju Sports Complex and requires a commitment to arrive at that time. Please notify the Recreation Office as soon as possible, either in person or by phone, if you need to cancel your time slot, so your session may be made available to others. **Recreation Office Number: (518) 548-4311 Ext. 239**

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WATERCRAFT

Reservations for boat rides need to be made by phone or in person at the **Marina** (specifically the Point Boat Shack). Daily or weekly rentals of canoes, kayaks, paddleboards, or sailboats are available at the Point Boat Shack. (Hourly rentals are not available). **Marina/Point Boat Shack Number: (518) 548-4311 Ext. 278**

SIGN-UP FOR ACTIVITIES AND EXCURSIONS – Resident Members may start signing up for any activity (with a +) upon arrival at the Recreation Office in the Sonju Sports Complex. Any activities filled to capacity by Sunday at 5:00 p.m. will be closed and use a random Lottery system to select participants from the pool of people who have registered by that time. Lottery results will be available at the Recreation Office after 7:00 p.m. Sunday. Associate Members may start signing up for activities on Sunday after 5:00 p.m. Registration for any activity that did not reach capacity and go to the lottery system will continue to be available in-person to all members after 5:00 p.m. on Sunday when the Recreation Office is open and will continue through Thursday.

FAMILY OUTDOOR EXCURSIONS: On and Off Camp Property

- **Mountain Biking:** Recommended off-the-grounds trail routes are available at the Recreation Office. A limited number of COTW rental mountain bikes are available from the Recreation Office. **Cost: \$30 per day.**
- **Canoes for Personal/Family Excursions:** Individuals or families may reserve all canoe equipment for free through the Recreation Office. (Foam blocks and straps for mounting a canoe on top of your vehicle are available to sign out if you want to do your own family canoe excursion).
- **Canoe Excursions:** Led by COTW Recreation Staff to wilderness rivers and lakes and less than a half-hour drive. The excursions are listed below in the weekly schedule with more details found in the Excursion Sheet.
- **Hiking:** Directions to hiking trails (beginner to advanced levels) in the area are available from the Recreation Office.
- **The “Hiking Challenge”:** The Hiking Challenge provides the opportunity to discover the beauty of the Adirondacks on your own time while earning **Tee Pee Snack Slips** and taking advantage of the numerous public hiking trails surrounding CAMP-of-the-WOODS. The Recreation Office can help you choose **local hikes, trail running, fire tower hikes, or waterfall hikes**. You will receive a card listing specific trail options for each category and an Information Sheet with a brief description of each hike and directions to each trail. Complete the requirements listed on the sheet with a family member, sign each other’s cards, and then cash them in at the Recreation Office for one **Tee Pee Snack Slip** per person for completing the Challenge. You may complete more than one **Hiking Challenge** during the week.
- **“Faces in the Forest Geocache Adventure”:** A family “geocache” adventure. See the information on the **Excursion Sheet**.
- **Disc Golf at Oak Mountain:** Disc sets are available at the Recreation Office. **Free rentals.**

- Not interested in taking a self-led trip? Consider hiring a professional Adirondack guide to lead you, your family, and/or your friends on a customized fishing trip, hike or canoe trip anywhere in Adirondack Park. To discuss pricing or register online, contact **Jamie Frasier at Adirondack Mountain and Stream Guide Service at (518) 251-3762** <https://www.adirondackmountainandstream.com/contact-us.html>

For more ideas and listings of activities (non-COTW) offered throughout the Adirondack Park by different providers, please see the **EXCURSION SHEET**.

- + Indicates an event requiring a reservation made at the Recreation Office at the Sonju Sports Complex (call or sign up one representative per family) Limit one session per week, unless time and space are available after 5:00 p.m. on Sunday, then additional reservations may be made.
- # Indicates that a liability release form (provided at the activity) is required and signed by an adult.
- \$ Indicates an event that must be paid in advance when making a reservation with the company or guide service (before 2:00 p.m. on Monday).

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ACTIVITY SCHEDULE

KIDS' KLUB SCAVENGER HUNT:

Instructions Distributed in Kids' Klub Classrooms

DAILY (MONDAY -- FRIDAY)

7:00 a.m. - 7:30 a.m.
9:30 a.m. - 10:30 a.m.
9:30 a.m. - 10:30 a.m.
10:30 a.m. - 12:00 p.m.
11:00 a.m. - 12:00 p.m.
10:30 a.m. - 12:00 p.m.
1:00 p.m. - 2:30 p.m.
1:30 p.m. - 4:30 p.m.
2:00 p.m. - 5:00 p.m.

EVENTS

Morning Devotions with Chaplain Jim White
Chapel (doors open 9:20 a.m.)
Kids' Klub
Water-Ski/Tubing (\$7.50 per 15 minutes)
Seminar
Kids' Klub Chapter Two
Museum
Arts and Crafts
Water-Ski/Tubing (\$7.50 per 15 minutes)

LOCATION

TeePee Patio (Larsen Lodge Lobby if raining)
Tibbitts Auditorium and Buirkle
See Welcome Packet
Sign up & Meet at Point Boat Shack
Buirkle Center
Jelinek Center
COTW Museum (Adjacent to Tibbitts)
Arts and Crafts in Buirkle Annex
Sign up & meet at Point Boat Shack

SATURDAY

6:30 p.m. - 7:15 p.m.
7:30 p.m. - 8:45 p.m.

First Time Orientation
Saturday Family Concert

Buirkle Center
Tibbitts Auditorium

SUNDAY

9:30 a.m. - 11:00 a.m.
9:30 a.m. - 11:00 a.m.
2:00 p.m. - 5:00 p.m.
3:00 p.m. - 4:00 p.m.
7:00 p.m. - 8:00 p.m.

Morning Worship Service (doors open 9:10 a.m.)
Kids' Klub
Climbing Wall (ages 5+) #
Strings Ensemble in Larsen Lodge
Concert of Praise and Worship

Tibbitts Auditorium and Buirkle
See Welcome Packet
Climbing Wall
Larsen Lodge
Tibbitts Auditorium

MONDAY

10:30 a.m. - 12:00 p.m.
1:30 p.m. - 4:45 p.m.
1:00 p.m. - 3:00 p.m.
1:00 p.m. - 4:00 p.m.
2:00 p.m. - 5:00 p.m.
3:00 p.m. - 4:00 p.m.
6:30 p.m. - 7:10 p.m.
6:45 p.m. - 7:10 p.m.
7:15 p.m. - 7:45 p.m.
7:45 p.m. - 8:45 p.m.
8:00 p.m. - 10:00 p.m.

Baseball Clinic with Mickey Weston
West Branch of Sacandaga River Canoe Trip+
Doubles Shuffleboard Tournament
Sunfish Sailing Clinic (Weather Permitting)
Climbing Wall (ages 5+) #
Jazz on the Beach
Boat Ride (Adult \$3; Child \$2; Family \$10)
Costume Parade
Kids' Klub Praise & Puppets (bring your own chair)
Brass on the Beach
Adult Doubles Pickleball Tournament (16 or older)

Softball Field At Speculator Town Park
Sonju Sports Complex Parking Lot
Shuffleboard Courts
Point Marina
Climbing Wall
Trading Post Pavilion (TeePee if raining)
Sign up & meet at Point Boat Shack
Demarest Parking Lot to Larsen Lodge
Larsen Lodge Beachfront Patio
Trading Post Pavilion (Buirkle if raining)
Sonju Sports Complex Pavilion

1:00 p.m. - 3:00 p.m.
3:15 p.m. - 5:15 p.m.

Introduction to Fly Fishing Workshop \$ (limit 10)
Introduction to Fly Fishing Workshop \$ (limit 10)
Reserve a spot no later than 2:00 p.m. on Sunday

Purdy Center Pond
Purdy Center Pond

Adirondack Mountain and Stream Guide Service (518) 251-3762 or email Jamie Frasier jamiefrasier@frontiernet.net

TUESDAY

6:00 a.m. - 8:00 a.m.
7:45 a.m. - 4:30 p.m.
10:30 a.m. - 12:00 p.m.
1:00 p.m. - 3:30 p.m.
1:15 p.m. - 2:45 p.m.
1:15 p.m. - 4:00 p.m.

2:00 p.m. - 5:00 p.m.
3:30 p.m. - 5:00 p.m.
7:00 p.m. - 8:00 p.m.
8:15 p.m. - 9:15 p.m.
8:05 p.m. - 10:00 p.m.
8:45 p.m. - 10:00 p.m.

Mason Lake Serene Morning Canoe Trip+
White Water Rafting Hudson Gorge (age 5+) \$
Baseball Clinic with Mickey Weston
Zip Line (ages 10+) #
Table Tennis Tournament
Golf Tournament at Lake Pleasant Course + \$
For golf you must call or sign up in person at the Rec Office
Climbing Wall (ages 5+) #
Ultimate Frisbee
CAMPO Session One
CAMPO Session Two
Cornhole Doubles Tournament (16 or older)
Nighttime Zip Line ** (ages 10+)

Meet @ Sonju Sports Complex
Drive to Wild Waters Hudson Base
Softball Field At Speculator Town Park
Zip Line/Challenge Course
Sonju Sports Complex All Star Gym
Meet and pay at LP Golf Course

Climbing Wall
Soccer Field (SSC if raining)
Buirkle Center
Buirkle Center
Sonju Sports Complex Court C
Zip Line/Challenge Course

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WEDNESDAY

6:00 a.m. - 8:00 a.m.
 12:30 p.m. - 5:30 p.m.
 10:30 a.m. – 12:00 p.m.
 1:00 p.m. - 3:00 p.m.
 1:00 p.m. - 3:30 p.m.
 1:00 p.m. - 4:30 p.m.

1:30 p.m. - 4:45 p.m.
 2:00 p.m. - 5:00 p.m.
 2:30 p.m. - 4:30 p.m.
 3:00 p.m. - 5:00 p.m.
 6:30 p.m. - 7:10 p.m.
 7:30 p.m. - 8:30 p.m.
 8:00 p.m. - 10:00 p.m.

8:45 p.m. - 10:00 p.m.

EVENTS

Kunjamuk River & Elm Lake Canoe Trip⁺
 WW Rafting Sacandaga River (age 5+) [§]
 Baseball Clinic with Mickey Weston
 Doubles Horseshoe Tournament
 Zip Line (ages 10+) #
 Mountain Biking w/Jim Hammond
 @ North Creek Ski Bowl (ages 18+) #
 West Branch of Sacandaga River Canoe Trip⁺
 Climbing Wall (ages 5+) #
 Sunfish Sailboat Race ⁺ (sign up in person at Rec Office)
 Men's & Women's Singles Tennis Tournament
 Boat Ride (Adult \$3; Child \$2; Family \$10)
 Hymn Sing (bring your own chair)
 Men's & Women's Singles Pickleball Tournament
 (16 or older)
 Nighttime Zip Line ⁺# (ages 10+)

LOCATION

Sonju Sports Complex Parking Lot
 Drive to Wild Waters Sacandaga Outpost
 Softball Field At Speculator Town Park
 Horseshoe Pit
 Zip Line/Challenge Course
 Mountain Bike Rental Center

Sonju Sports Complex Parking Lot
 Climbing Wall
 Beach between Cayuga & Cheyenne
 Pro Courts
 Sign up & meet at Point Boat Shack
 Trading Post Pavilion (Tibbitts if raining)
 Sonju Sports Complex Pavilion

Zip Line/Challenge Course

THURSDAY

6:00 a.m. - 8:00 a.m.
 7:45 a.m. - 4:30 p.m.
 10:30 a.m. – 12:00 p.m.
 12:30 p.m. - 1:45 p.m.
 1:00 p.m. - 3:30 p.m.
 1:00 p.m. - 5:00 p.m.
 1:00 p.m. - 5:00 p.m.
 1:30 p.m. - 4:45 p.m.
 2:00 p.m. - 4:30 p.m.
 2:00 p.m. - 5:00 p.m.
 6:30 p.m. - 7:10 p.m.
 6:45 p.m. - 7:15 p.m.
 7:30 p.m. - 8:30 p.m.
 8:45 p.m. - 10:00 p.m.

Mason Lake Serene Morning Canoe Trip ⁺
 WW Rafting Hudson Gorge (age 5+) [§]
 Baseball Clinic with Mickey Weston
 Adult/Child Mini-Golf Tournament
 Zip Line (ages 10+) #
 Afternoon @ North Creek: Museum, Market & Gondola [§] Drive Personal Vehicle
 Revolution Rail Bike Ride [§]
 Big Bay Canoe Trip ⁺
 3-on-3 Volleyball Tournament
 Climbing Wall (ages 5+) #
 Boat Ride (Adult \$3; Child \$2; Family \$10)
 Kids' Klub Praise & Puppets (bring your own chair)
 Music Staff Recital
 Nighttime Zip Line ⁺# (ages 10+)

Sonju Sports Complex Parking Lot
 Drive to Wild Waters Hudson Base
 Sonju Sports Complex Pavillion
 Mini-Golf Course
 Zip Line/Challenge Course
 Drive Personal Vehicle
 Drive Personal Vehicle
 Sonju Sports Complex Parking Lot
 Sand Volleyball Court
 Climbing Wall
 Sign up & meet at Point Boat Shack
 Larsen Lodge Beachfront Patio
 Buirkle Center
 Zip Line/Challenge Course

FRIDAY

10:30 a.m. – 12:00 p.m.
 1:00 p.m. - 2:30 p.m.
 1:00 p.m. - 3:15 p.m.
 3:00 p.m. - 4:00 p.m.
 3:00 p.m. - 4:45 p.m.
 3:00 p.m. - 5:00 p.m.
 3:00 p.m. - 5:15 p.m.
 7:30 p.m. - 8:45 p.m.

Baseball Clinic with Mickey Weston
 Doubles Shuffleboard Tournament
 Outdoor Rock Climbing ⁺# (Session 1: ages 8 & up)
 Jazz on the Beach
 Beach and Water Carnival
 Mixed Doubles Tennis Tournament
 Outdoor Rock Climbing ⁺# (Session 2: ages 8 & up)
 Friday Night Concert

Softball Field At Speculator Town Park
 Shuffleboard Courts
 Sonju Sports Complex Parking Lot
 Trading Post Pavilion (TeePee if raining)
 Beach in Front of Tee Pee
 Pro Courts
 Sonju Sports Complex Parking Lot
 Tibbitts Auditorium

SATURDAY

7:45 a.m. - 3:30 p.m.
 9:00 a.m.

WW Rafting Hudson Gorge (age 5+) [§]
 (Sign up by 2:00 p.m. on Monday)
 Check- Out from Camp – *Safe Travels Home!*

Drive to Wild Waters Hudson Base
 After check-out