

ACTIVITIES SCHEDULE 2020 – WEEKS 1 – 4

(Tentative and subject to change)

SONJU SPORTS COMPLEX HOURS

Sat: 4:00 p.m. – 11:00 p.m.
Sun-Fri: 12:00 noon - 11:00 p.m.

RECREATION OFFICE HOURS *For making reservations*

(518) 548-4311 x 239
Sat: 4:00 p.m. - 9:00 p.m.
Sun-Fri: 12:00 noon - 9:00 p.m.
And for call in reservations only:
Monday 9:00 a.m.-10:00 a.m. & 11:00 a.m. – 12:00 noon

OUTSIDE REC HOURS (Mini Golf, Shuffleboard, Tennis, Sand Volleyball)

12:00 noon - dusk

DAILY (MON-FRI) EVENTS

10:15 a.m. – 11:00 a.m.	Chapel
2:30 p.m. – 3:15 p.m.	Seminar
Time TBD	Kids' Klub
11:15 a.m. – 12:30 p.m.	Water-skiing/Tubing (\$7.50 per 15 minutes per person)
2:00 p.m. – 5:00 p.m.	Water-skiing/Tubing (\$7.50 per 15 minutes per person)
Anytime Thurs – Sun	Disc Golf at Oak Mt (Discs available at COTW Rec Office)

LOCATION

Live on your device
Live on your device
View on your device
Sign up & meet at Point Boat Shack
Sign up & meet at Point Boat Shack
Oak Mountain Ski Center, Speculator

Enjoy your time at CAMP-of-the-WOODS and the beautiful Adirondacks this summer centered on family-focused activities. Stop by the Recreation Office in the Sonju Sports Complex for fun ideas and information on visiting area attractions, scheduling family activities, or planning your own self-guided family excursions (such as local hikes). You have many great options available here for creating memorable experiences with those closest to you.

Dr. John and Kathy Winkler are working creatively with a small ensemble of musicians to provide chapel music and events unique to this summer, within the state health guidelines.

FAMILY WEEKLY EVENTS

THE HIKING CHALLENGE: Want to see more of the Adirondacks during your week at Camp while building some wonderful memories? Try the Hiking Challenge. This challenge provides you the opportunity to discover the beauty of the Adirondacks on your own time with earning TeePee snack slips, providing an encouraging reward, to take advantage of the numerous available trails surrounding CAMP-of-the-WOODS. Head to the Recreation Office in the Sonju Sport Complex and there you can choose from four categories: Local Hikes, Trail Running, Fire Tower Hikes, or Waterfall Hikes. Once you decide, you will receive a card listing several specific trails options for your category and an information sheet with a brief description of each hike and directions to each trail. Complete the required minimum of the options listed on the sheet with a family member and sign each other's cards, then cash them in at the recreation office for one TeePee snack slip per person completing the challenge. You may complete more than one Hiking Challenge to spend more quality family time at the TeePee.

FACES IN THE FOREST GEOCACHE ADVENTURE: See the information on the Excursion Sheet.

HORSE TRAIL RIDES: See the information on the Excursion Sheet.

KIDS' KLUB SCAVENGER HUNT: Instructions to be announced.

CUSTOM FAMILY RECREATION: Your family may sign up for a reservation-only session in any of the following activities (indicated in the list below in bold font, with a ⁺). Send only one family member to the Recreation Office in the Sonju Sports Complex at your convenience starting Saturday 4:00 p.m. – 9:00 p.m., or either Sunday or Monday from 12:00 noon – 9:00 p.m. Even though the Sonju Sports Complex will be closed for cleaning in the mornings, you may call from the convenience of your phone and the Recreation Office will also be open Monday morning from: 9:00 a.m.-10:00 a.m. and 11:00 a.m. – 12:00 noon. to receive phone call reservations.

Reservations Only

- **a Night Zip Line session** ⁺ #
- **a Canoe Trip** ⁺
- **Virtual 5K** ^{+\$}
- **Tapawingo Island Family Canoe Race** ⁺

⁺ indicates an event requiring a reservation at Sonju Sports Complex (call or sign up one representative per family). Limit of one session per week, unless time and space is available after Monday, then additional reservations may be made.

indicates that a liability release form is required and signed by an adult – provided at the activity

\$ indicates an event that **must** be paid for in advance (by Monday) when signing up at the Recreation Office in the Sonju Sports Complex or at the venue

Your family may also simply show up and participate in any activity that is available upon arrival, however, if you want to ensure to have a time and space for your family to participate in an activity, you may reserve any of the following:

- a pickleball court (pavilion)
- a tennis court
- a shuffleboard court
- horseshoes
- snookball court
- corn hole game(s) (this is the year of cornhole)
- ping pong table
- the game room
- a gymnasium court for volleyball, basketball, indoor soccer or corn hole or other activity
- sand volleyball court

Call (518) 548-4311 extension 239 or send only one family member to the Recreation Office in the Sonju Sports Complex.

Reserving an activity requires a commitment to arrive at that time. In consideration of others, if you have a change in plans and have to cancel a reservation and please notify the Recreation Office with as much advance notice as possible, either by stopping in or calling, so that your session may be made available for others.

BOATS: Reservations water skiing/tubing need to be made at the Point Boat Shack. Daily or weekly rentals of canoes, kayaks, SUPs, or sailboats are available at the Point Boat Shack. Hourly rentals will not be available.

SATURDAY

4:00 p.m. - 9:00 p.m. **Sign-up for weekly activities** (only required for those marked ⁺) Sonju Sports Complex Rec Office

SUNDAY

10:15 a.m. - 11:00 a.m. Morning Worship Service Live on your device
12:00 noon - 9:00 p.m. **Sign-up for weekly activities** (only required for those marked ⁺) Sonju Sports Complex Rec Office
Anytime COTW Virtual 5K ^{+\$} (\$3.25 registration fee) Sonju Sports Complex Rec Office
Information is available at the Rec Office on how to register and the new 5K course in Camp

SUNDAY EVENING

6:30 p.m. - 7:10 p.m. **Boat Ride (Adult \$3.00; Child \$2.00; Family \$10.00)** Sign up & meet at Point Boat Shack

MONDAY AFTERNOON

12:00 noon - 9:00 p.m. **Sign-up for weekly activities** (only required for those marked ⁺) Sonju Sports Complex Rec Office
2:00 p.m. - 2:20 p.m. Daily Children's Book Reading Online – instructions from KK staff
2:00 p.m. - 4:00 p.m. Tapawingo Island Family Canoe Race⁺ (use canoes provided) Point Marina
3:00 p.m. - 3:30 p.m. **Boat Ride (Adult \$3.00; Child \$2.00; Family \$10.00)** Sign up & meet at Point Boat Shack
3:15 p.m. - 4:15 p.m. Horse Trail Rides ^{+\$} (\$40 paid at SCC by Monday at 1:00) Piseco – see excursion sheet

MONDAY EVENING

7:00 p.m. - 7:30 p.m. Costume Parade Purdy Parking Lot to Larsen Lodge
7:45 p.m. - 9:30 p.m. Cornhole Doubles Tournament A (16 or older, limit 16 teams) SSC Pavilion

TUESDAY MORNING

5:30 a.m. - 8:15 a.m. Trail Run w/ Tim Trezise (for runners: 5 - 7 miles) – **Strenuous** ⁺ SSC Parking Lot
6:00 a.m. - 7:45 a.m. Lake Pleasant-Cherry Creek Canoe Trip - **Novice** ⁺ Point Marina

TUESDAY AFTERNOON

12:30 p.m. - 3:30 p.m. Family Zip Line Sessions (ages 10+) [#] Zip Line/Challenge Course
12:45-1:45, 2:00-3:00, 3:15-4:15 Horse Trail Rides ^{+\$} [#] (\$40 paid at SCC by Monday at 1:00) Piseco – see excursion sheet
1:00 p.m. - 5:00 p.m. West Branch of Sacandaga Canoe Trip Sonju Sports Complex Parking Lot
1:15 p.m. - 4:00 p.m. Golf Tournament at Lake Pleasant Course ^{+\$} (\$12.00) Meet and pay at Golf Course
2:00 p.m. - 2:20 p.m. Daily Children's Book Reading Online – instructions from KK staff
2:00 p.m. - 4:45 p.m. Elm Lake Canoe Trip – **Moderate** ⁺ Sonju Sports Complex Parking Lot

TUESDAY EVENING

6:30 p.m. - 7:10 p.m. **Boat Ride (Adult \$3.00; Child \$2.00; Family \$10.00)** Sign up & meet at Point Boat Shack
8:45 p.m. - 10:00 p.m. Nighttime Zip Line (ages 10+) [#] Zip Line/Challenge Course

WEDNESDAY MORNING

5:30 a.m. - 8:00 a.m.	Mason Lake "Nature" Canoe Trip – Novice ⁺	Sonju Sports Complex Parking Lot
6:00 a.m. - 7:45 a.m.	Lake Pleasant-Cherry Creek Canoe Trip – Novice ⁺	Sonju Sports Complex Parking Lot

WEDNESDAY AFTERNOON

12:30 p.m. - 3:30 p.m.	Family Zip Line Sessions (ages 10+) [#]	Zip Line/Challenge Course
12:30 p.m. - 5:30 p.m.	WW Family Rafting Sacandaga River (ages 5+) ^{+\$} ^(\$ Sign by Mon. at 1:00) SSC Parking Lot	
12:45-1:45, 2:00-3:00, 3:15-4:15	Horse Trail Rides ^{+\$#} ^(\$40 paid at SCC by Monday at 1:00) Piseco – see excursion sheet	
1:00 p.m. - 3:00 p.m.	Doubles Horseshoe Tournament	Horseshoe Pits
1:30 p.m. - 5:00 p.m.	Big Bay Canoe Trip – Novice ⁺	Sonju Sports Complex Parking Lot
2:00 p.m. - 2:20 p.m.	Daily Children's Book Reading	Online – instructions from KK staff
2:00 p.m. - 4:45 p.m.	Elm Lake Canoe Trip – Moderate ⁺	Sonju Sports Complex Parking Lot
2:30 p.m. - 3:00 p.m.	Puppet Show	Online – instructions from KK staff
3:00 p.m. - 3:30 p.m.	Boat Ride (Adult \$3.00; Child \$2.00; Family \$10.00)	Sign up & meet at Point Boat Shack

WEDNESDAY EVENING

7:00 p.m. - 10:00 p.m.	Cornhole Doubles Tournament B & Championship (16 or older, limit 16 teams)	SSC Pavilion
8:45 p.m. - 10:00 p.m.	Nighttime Zipline ^{+\$#} (ages 10+)	Zip Line/Challenge Course

THURSDAY MORNING

5:30 a.m. - 8:00 a.m.	Mason Lake "Nature" Canoe Trip – Novice ⁺	Sonju Sports Complex Parking Lot
5:30 a.m. - 8:15 a.m.	Trail Run w/ Tim Trezise (for runners: 5 - 7 miles) - Strenuous ⁺ SSC Parking Lot	

THURSDAY AFTERNOON

12:30 p.m. - 3:30 p.m.	Family Zip Line Sessions (ages 10+) [#]	Zip Line/Challenge Course
12:30 p.m. - 4:00 p.m.	Adult/Child Mini-Golf Tournament	Mini-Golf Course
12:45-1:45, 2:00-3:00, 3:15-4:15	Horse Trail Rides ^{+\$#} ^(\$40 paid at SCC by Monday at 1:00) Piseco – see excursion sheet	
1:00 p.m. - 5:00 p.m.	West Branch of Sacandaga Canoe Trip	Sonju Sports Complex Parking Lot
1:00 p.m. - 5:30 p.m.	North Creek Tour: Museum & Market	Sonju Sports Complex Parking Lot
2:00 p.m. - 2:20 p.m.	Daily Children's Book Reading	Online – instructions from KK staff
2:30 p.m. - 5:00 p.m.	Kunjamuk Bay-Sacandaga River Canoe Trip – Novice ⁺	Sonju Sports Complex Parking Lot

THURSDAY EVENING

6:30 p.m. - 7:10 p.m.	Boat Ride (Adult \$3.00; Child \$2.00; Family \$10.00)	Sign up & meet at Point Boat Shack
8:45 p.m. - 10:00 p.m.	Nighttime Zipline ^{+\$#} (ages 10+)	Zip Line/Challenge Course

FRIDAY MORNING

5:30 a.m. - 8:15 a.m.	Trail Run w/ Tim Trezise (for runners: 5 - 7 miles) – Strenuous ⁺ SSC Parking Lot	
5:45 a.m. - 8:00 a.m.	Sunrise Sacandaga Canoe Trip – Moderate ⁺ (no Breakfast)	Sonju Sports Complex Parking Lot

FRIDAY AFTERNOON

12:30 p.m. - 3:30 p.m.	Family Zip Line Sessions (ages 10+) [#]	Zip Line/Challenge Course
1:45 p.m. - 4:00 p.m.	Beach and Water Carnival	Front Beach
2:00 p.m. - 4:00 p.m.	Kunjamuk Bay-Sacandaga River Canoe Trip – Novice ⁺	Sonju Sports Complex Parking Lot
3:00 p.m. - 3:30 p.m.	Boat Ride (Adult \$3.00; Child \$2.00; Family \$10.00)	Sign up & meet at Point Boat Shack
3:15 p.m. - 4:15 p.m.	Horse Trail Rides ^{+\$} ^(\$40 paid at SCC by Monday at 1:00) Piseco – see excursion sheet	

FRIDAY EVENING

6:30 p.m. - 7:10 p.m.	Boat Ride (Adult \$3.00; Child \$2.00; Family \$10.00)	Sign up & meet at Point Boat Shack
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EXCURSIONS (Activities occurring off Camp property) – SUMMER 2020

(Tentative and subject to change)

Sign up for the events below by Monday in the Sonju Sports Complex (SSC). Most activities are free. With the exception of white water rafting, sign-ups will continue throughout the week during Rec Office hours (see hours in main packet).

If you cannot attend an activity that you signed up for, please notify the Rec Office (518-548-4311 x239). No refunds for white water rafting trips.

⁺ indicates an event requiring advanced sign-up Monday from 10:30 a.m. -Noon at Sonju Sports Complex

^{\$} indicates an event that **must** be paid for in advance when signing up at the Rec Office in the Sonju Sports Complex or at the venue

[#] indicates that a liability release form is required and signed by an adult – provided at the activity

1. **TRAIL RUNS** ^{+ #}: Tuesday and Thursday, 5:30 – 8:15am – return in time for the end of breakfast. Meet at the SSC parking lot with your own car and follow the COTW van to the trailhead. This is a **STRENUOUS** 5-7 mile out-and-back run on one of the local trails where you can run at your own pace. It may involve some hills, stream crossings, muddy and slippery conditions. The choice of trail depends on the weather, current trail conditions, the group's fitness levels and their desires. Prerequisite: Must currently run a minimum of 3 times per week with a minimum total distance of 14 miles per week, maintaining a minimum pace of 10-minute mile or less (on roads). Must have good running shoes. Recommend lightweight wicking shorts if you decide to jump in the water for a quick swim at the turn-around if running to Long Pond (most popular run). The running pace will be around a 9-12-minute mile on the trails. SIGN-UP LIMIT:10 A longer trail run on a different day is possible upon request.
2. **LAKE PLEASANT-CHERRY CREEK MORNING CANOE TRIPS** ⁺: Tuesday and Wednesday 6:00 a.m. – 7:45 a.m. Meet at the Point Marina. This is a **NOVICE** canoe trip involving paddling across open water then a tight turning small creek to the first beaver dam. SIGN-UP LIMIT: 18
3. **WEST BRANCH OF SACANDAGA RIVER CANOE TRIPS** ⁺: Tuesday and Thursday 1:00 p.m. – 5:00 p.m. Meet at the Sonju Sports Complex parking lot in front of the tennis courts. Drive your own car caravan-style about 25 miles to the put-in. Enjoy the beautiful scenery of the marshland and surrounding mountains as you paddle downstream over eight miles on calm flat-water. Perfect opportunity to enjoy watching birds and other wildlife! This trip is made for those who prefer a quiet, peaceful extended experience in a beautiful wilderness setting. This is a **MODERATE** level canoe trip requiring strong paddling skills. SIGN-UP LIMIT: 18
4. **ELM LAKE CANOE TRIPS** ⁺: Tuesday and Wednesday 2:00 p.m. – 4:45 p.m. Meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts and drive your own car caravan-style over 3.5 miles to a secluded canoe put-in nearby. Members will experience beautiful scenery as they paddle less than a mile up the Kunjamuk River to Elm Lake and back. This is a **MODERATE** canoe trip involving getting out of the canoe and carrying canoes over 3 beaver dams and navigating river current and tight turns. Have appropriate footwear to allow feet to get wet and muddy. SIGN-UP LIMIT: 16
5. **MASON LAKE “NATURE” CANOE TRIPS** ⁺: Wednesday and Thursday at 5:30 a.m. – 8:00 a.m. Members meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts and drive your own car caravan-style just over 9 miles north to Mason Lake to explore at their own leisure. Return back to Camp by 8:00 a.m. This trip is for those who prefer a quiet, peaceful experience in a beautiful natural setting not far from Camp. This is a great lake for small mouth bass for those who have a fishing license. A **NOVICE** canoe trip. SIGN-UP LIMIT: 16
6. **BIG BAY CANOE TRIP** ⁺: Wednesday 1:30 p.m. – 5:00 p.m. Meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts. Members drive caravan-style about 13 miles to Big Bay, a wonderful wilderness lake. Paddle across the lake to the narrows and explore the lake on the return back. This is a **NOVICE** canoe trip, however paddling against strong wind may be encountered. SIGN-UP LIMIT: 18
7. **FAMILY WHITEWATER RAFTING TRIPS ON THE SACANDAGA RIVER** ^{+\$#}: COTW Discounted Prices of more than 25% off! Class II rapids, 3 miles (Novice-Intermediate). Wednesday 12:30 p.m., paid at sign up (preferably by check), and gratuities for guides (optional). Must sign up for a family raft (up to 8 people) by Monday by 1:00 p.m. Price to be determined. Minimum age is 5. Meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts and drive your own car caravan-style to Lake Luzerne, where you board a bus and are taken to the river. Footwear is mandatory: sport sandals, wet shoes or old sneakers are recommended. Pregnant women in 2nd & 3rd trimesters not allowed. Return to Camp by dinnertime (5:30). Drive time is 1 hr, 20 min. each way. Whitewater Rafting is provided by *Wild Waters Outdoor Center*.
8. **NORTH CREEK DEPOT MUSEUM, MARKET & GONDOLA RIDE** ⁺: Thursday at 1:00 p.m. meet at the Sonju Sports Complex parking lot lined up in front of the tennis courts and drive your own car caravan-style about 50 minutes to North Creek to visit the historic railroad museum (*Admission is FREE – Donations are encouraged and gladly accepted*), followed with visiting/shopping at the open-air market and shops in the village or *Projected to start Week 3*: ride the gondola up Gore Ski Mountain for the COTW reduced group rate of \$14.00 for ages 13-69 and \$8.00 for ages 7 – 12 – must show your COTW parking pass for the discount. NO # LIMIT.
9. **SUNRISE SACANDAGA RIVER CANOE TRIP** ⁺: Friday. Meet at the SSC parking lot at 5:45 a.m. lined up in front of the tennis courts and drive your own car caravan-style over a mile east to the put-in on Route 30. A bird watchers delight! Begin paddling through Kunjamuk Bay and explore up the Sacandaga River. Return back to Camp by 8:00 a.m. for breakfast in the dining hall. This trip is for those who prefer a quiet, peaceful experience in a beautiful natural setting close to Camp. This is a **MODERATE** level canoe trip as it requires ability to navigate many tight turns and current. SIGN-UP LIMIT: 18
10. **KUNJAMUK BAY-SACANDAGA RIVER CANOE TRIP** ⁺: Thursday at 2:30 p.m. – 5:00 p.m. and Friday at 2:00 p.m. – 4:00 p.m. Meet at the Sonju Sports Complex parking lot and line up in front of the tennis courts. Drive your own car caravan-style, about 1 mile to the put-in off of Route 30. Enjoy the beautiful scenery of the open marshes along the river as you paddle about a mile and a half up stream towards Speculator, then turn around with the current to return to your car (total of 2-3 miles). Perfect opportunity to enjoy watching birds! This is a **NOVICE** level canoe trip. SIGN-UP LIMIT: 18

Other Activities:

11. **GOLF TOURNAMENT** ^{+\$}: At Lake Pleasant Golf Course, Tuesday 1:15 p.m. – 4:00 p.m. \$12/person, paid at golf course. Members must sign up in advance and are assigned a tee time. Prizes for longest drive, closest to the pin, and low score. SIGN UP LIMIT: 48
12. **DISC GOLF at OAK MOUNTAIN**: A fun way to get a good hike and workout in with the challenging course that spans the ski mountain. Drive to the four corners in Speculator and turn right on Elm Lake Road. The turn into Oak Mountain Ski Center less than a half mile down the road on the left. Disc Golf can be played for free anytime Thurs – Sun. Just check in at the main office to pick up a score card. Discs are available to sign out at the Rec office in the Sonju Sports Complex.
13. **GEOCACHE EXCURSIONS:**
 - a. **“Faces in the Forest” geocache adventure:** Get a family group of 4 or less then get information at the Rec Office in the Sonju Sports Complex to search for the mysterious faces hidden on trees around the nature trail area at COTW. Enter the coordinates in your GPS on your phone and let the hunt begin. If you find all the faces, each person receives a \$1 off slip for the TeePee.
 - b. **Other fun local geocaches:** Register and get information on www.geocaching.com
14. **HORSE TRAIL RIDES**^{+\$#}: Reservations made and paid at the Rec Office at the Sonju Sports Complex by Monday at 1:00 p.m. for the following sessions: Monday and Friday at 3:15 p.m.-4:15 p.m. and Tuesday, Wednesday, & Thursday at 12:45-1:45, 2:00-3:00, 3:15-4:15. **\$40 per person, paid to Yoder Stables either cash or check (no credit card)** Arrive 5 minutes early to Yoder Stables for your session at 110 David's Way, Lake Pleasant, NY 12108. Yoder Stables phone: (518) 548-3251. The drive takes about 10-12 minutes. Go to 4 corners in Speculator, turn left and drive about 8-10 minutes, turn right on Oxbow Road, take it to David's Way.
15. **MOUNTAIN BIKING:** (for those who have their own equipment) - Numerous trails are available at Garnet Hill Ski & Bike Center, North Creek Ski Bowl, Oak Mountain Ski Center, Speculator Tree Farm. Rentals are available at Garnet Hill. Information sheet is available at the Rec Office in the Sonju Sports Complex.
16. **SACANDAGA RIVER WALK (in Speculator):** A short- self-guided (with signs) flat nature trail system of flat walking on a dirt/gravel path and boardwalk through the woods and marshes and along the Sacandaga River. Go to the park in town on the left just past the bridge. Walk on the path along the left side of the pavilion to go to the trailhead.