

2011 Women's Weekend Itinerary

Guests are encouraged to participate in all Camp Muskoka activities however, if preferred, you are welcome to relax and enjoy the splendour of Muskoka at your leisure.

Additional fees apply - Cash or Cheque

Friday, September 16, 2011

7:00 - 8:30pm	Sign-in and Registration
8:30 - 9:30pm	Welcome and Sign-up for activities. Wine and Cheese in Pine Hall.
9:30pm	Drumming at Camp Fire

Saturday, September 17, 2011

<i>All Day Service*</i>	<i>Reflexology, Indian Head Massage</i>
<i>All Day Service*</i>	<i>Reiki, Facial Rejuvenation, Acupuncture, Bowen Therapy</i>
<i>All Day Service*</i>	<i>Hungarian Wellness Mud Mask</i>
<i>All Day Service*</i>	<i>Massage Therapy</i>
<i>All Day Service*</i>	<i>Psychic/Tarot Card Reader</i>
<i>All Day Service*</i>	<i>Iridology</i>
7:00 - 8:00am	<i>Sunrise Canoe and Kayak</i> <i>5 Tibetan Yoga in the Pavilion</i>
8:30 - 9:30am	<i>Breakfast</i>
9:30 - 10:30am	<i>Mountain Biking</i> <i>Interpretive Hike</i> <i>Canoe/Kayak</i> <i>Low Impact/Core in the Pavilion</i> <i>Fashionomics in Pine Hall* (1 hour)</i>
11:00am	<i>Snack</i>
11:15am	<i>Mountain Biking</i> <i>Interpretive Hike</i> <i>Canoe/Kayak</i> <i>Groove Method Dance in the Pavilion</i>

All the World's a Stage in Pine Hall* (1 hour)

12:30 - 1:30pm

Lunch

2:00 - 3:00pm

Aerial Park*

Open Swim

Horseback Riding (1:45pm)*

Low Ropes

Recording Studio

Groove Method Dance in the Pavilion

Waxed Linen Bracelet Class in Pine Hall* (3:30 pm)

4:00 - 5:30pm

Aerial Park*

Open Swim

Inuit Blanket

Archery

Recording Studio

Waxed Linen Bracelet Class in Pine Hall*

6:00pm

Dinner

7:00 - 8:00pm

Interpretive Hike

Canoe and Kayak

Watercolour with pen/ink in the Pavilion

8:30pm

Karaoke Dance Party - (Saturday night...outrageous outfits and dancing shoes optional!)

9:30pm

Camp Fire

Sunday, September 18, 2011

7:30 - 12:30am

Shop Camp Muskoka! (Local Vendors and Artisans)*

8:30 - 10:00am

Breakfast

9:30 - 10:30am

Pilates in the Pavilion

10:30 - 11:30am

5 Tibetan Yoga in the Pavilion

10:30 - 11:30am

Horseback Riding (10:15am)*

Open Swim

Archery

Mountain Biking

10:30 - 12:30pm	<i>Reflexology, Indian Head Massage - Staff Lounge/Pavilion*</i>
12:30 - 1:30pm	<i>Lunch</i>
2:00pm	<i>Closing Words</i>

What to bring....

Bedding to accommodate a twin mattress.

Towels & Toiletries

Yoga Mat

Closed Toe Shoes/Hiking boots

Bug Spray

Rain gear (if necessary)

Water Bottle

Sun Tan Lotion

Snacks (Nut-Free)

Drums (Friday evening campfire)

Shop Muskoka Vendors:

Camp Muskoka Store

Petticoats

Windows to the North Gallery

Nicole Dunn - Body, Mind, Soul

Moth Jewelry Studio

...and much more!