

Family Week

July 31, 2021

Your week begins...

Stay flexible... in more ways than one! After you secure your spa appointments, try sketching out your personal program for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You'll soon discover many "don't miss!" experiences that inspire schedule changes.

Seek a balance when considering the many options for movement, nutrition, relaxation, entertainment and learning.

Keep in mind a few guidelines for the week:

- We are a "digital noise-free environment". Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Bldg.
- "Progressive" classes are a continuum over several days. Your knowledge of that particular discipline *and* your fitness level will grow with each passing day. If you miss the first day, don't despair; you can still drop in on subsequent days.
- **Sign up** for classes are posted in the main lounge cork board.
- **Classes are limited** based on social distancing and equipment availability.
- **Classes and activities begin on time and last 45 minutes unless noted otherwise.**

SATURDAY | July 31

- 6:15 Mountain Hike: Professor's Hike (3.5 miles) Gazebo
- 6:45 Woodlands Hike (2 miles) Gazebo
- 9:00 Stretch Montaña
- 10:00 Meditation 30 mins Milagro
- 11:30 Yoga Fundamentals: All Levels Montaña
- 11:30 – 2:00 Fitness Concierge Dining Hall
A fitness specialist is available to answer all questions.
- 2:00 FAMILY Water Volleyball Central Pool
- FAMILY Sound Healing Oaktree
- 3:15 FAMILY Stretch Montaña
- FAMILY Labyrinth Labyrinth
- 5:00 FAMILY Ranch Tour for New Families Departs from Main Lounge
- 5:30 FAMILY Week UPDATE/Orientation for All Families Tolteca
- 8:00 FAMILY The Presenters Present: Come see what's in store for your extraordinary week! Lawn in front of Dining Hall

COLOR CODE FOR CLASSES

FAMILY - All Ages: 7 to Adult

CHILDREN - 7 to 9

TWEENS - 10 to 12

TEENS - 13 to 17

- ⇒ Classes NOT highlighted are 13 and up (Teens & Adults).
- ⇒ Children and Tweens please attend classes highlighted for your age group: Family, Children & Tweens.
- ⇒ Teens classes are just for Teens (no adults unless indicated).
- ⇒ No gym access outside of class hours.
- ⇒ Activity Pool closed at 7:00 p.m. Jacuzzis closed at 8:00 p.m.
- Pools are only monitored during scheduled classes.

MEAL HOURS

SATURDAY

- Breakfast 6:30 am to 9:00 am
- Lunch 11:30 am to 3:30 pm
- Dinner 5:30 pm to 7:30 pm

SUNDAY THROUGH FRIDAY

- Breakfast 7:30 to 9:00 am
- Lunch 12:00 pm to 1:30 pm
- Dinner 5:30 pm to 7:30 pm

SNACK TIMES

Sunday through Friday

CHILDREN & TWEENS - outside Pinetree
10:30am and 4:00 pm

FAMILY – Main Lounge

Fruit 10:30am/Veggies 4:00 pm

FAMILY – Juice Bar

Smoothies 2:45 pm

SUNDAY | August 1

Class spaces are limited to first come first served

- 6:15 Mountain Hike: Pilgrim (3.5 miles) (Su,W) Gazebo
- 6:30 FAMILY Mountain Hike: Alex Oak Trail (Su,M,F) 2 miles Gazebo
- 7:00 FAMILY Woodlands Hike (2 miles) (Su,T,Th) Gazebo
- 8:15 Fitness Concierge 30 mins (Su) Dining Hall
- 8:30 TEENS Meetup (Su - F) Gazebo

RANCH CAMP FOR CHILDREN & TWEENS

- 8:30 Ranch Camp Drop-off Pinetree (8:30 on SUNDAY ONLY)
- 12:15 Ranch Camp pick up Pinetree
- 9:00 FAMILY Stretch with Mike (Su,T,W,F) Montaña
- FAMILY Dodgeball with Brooke & Emily Sand Volleyball Court
- CHILDREN & TWEENS Tennis Clinic/Nic Phu (Su,T,Th, F) Tennis Courts
- TEENS Meditation with David (Su,F) Milagro
- TEENS Soccer Training with Sasha (Su,T,Th) Basketball Court
- Introduction to Circuit Training (Su) Azteca
- Introduction to Pilates Mat: Fundamentals Progressive (Su) Arroyo
- Sculpt and Strengthen: Level 2 (Su,W) Olmeca
- Feldenkrais® (Su) Oaktree
- 10:15 FAMILY Happy Dance Vibes with Sarah Kuchumaa
- FAMILY Nature Walk, with Peter Kerr Gazebo
- CHILDREN & TWEENS Cardio Strength Training with Brooke (Su,T) Olmeca
- TEENS Pilates Matwork with Emily (Su) Arroyo
- Tennis Clinic: Level 2 (Su also 11:30 a T) Tennis Courts
- Introduction to Circuit Training (Su) Azteca
- Pickleball: Beginners (Su also 7am Th) Pickleball Court
- Ranch Cycling: All Levels (Su,T,Th) Pai Pai
- Yoga Fundamentals (Su,M,T,Th) Montaña
- 11:30 FAMILY Fun Bootcamp with Emily & Brooke Tolteca
- CHILDREN & TWEENS Open Pool Time Central Pool
- CHILDREN Tennis with Vicki (Su, also 10:15a M,T,Th)Tennis Courts
- TWEENS Pickleball with Travis & Natalie (Su also 10:15a M,T & 9a W) Pickleball Court
- TEENS Aerial Yoga: Gentle, Low hammock with Kirstin please wear socks and sleeves (Su) Kuchumaa
- Release & Mobilize please wear socks (Su,T,Th) Arroyo
- The Wave (Su,M,Th) Activity Pool
- Yoga: Level 2 (Su-F) Montaña
- 12:00 FAMILY Yarn Painting Demo, with Tim Dining Hall

RANCH CAMP FOR CHILDREN & TWEENS

- 1:50 Drop-off Pinetree
- 5:15 Camp pick up Activity Pool
- 2:00 FAMILY Prayer Arrows with Tim Main Lounge
- FAMILY Dance: Jazz with Kirstin Kuchumaa
- TWEENS Gymnastics: Conditioning, Strength & Basic Tumbling with Sarah (Su,T,W) Tolteca
- CHILDREN & TWEENS Pick-Up Games (S,M,F) grassy area outside Pinetree
- CHILDREN Sound Healing with Denise Oaktree
- TEENS Labyrinth with Jill Labyrinth
- Deep Water Training (Su,M,T,Th) Activity Pool
- Feldenkrais (Su) Arroyo
- 3 Ways to Keep Your Children Safe (staying connected during the teen years) with André Salvage and Associates Library Lounge
- WATSU® WaterDance® Demonstration: Swim attire required (S) South Pool
- 3:15 CHILDREN Gymnastics: Conditioning, Strength & Basic Tumbling with Sarah (Su,M,W) Tolteca
- CHILDREN & TWEENS Making Rubber Band Bracelets / Catherine & Mallory (S,Tu,F) Art Studio
- TWEENS Sound Healing with Denise Oaktree
- TEENS (Adults welcome) What Should Your Eat? with Tamara Duker Freuman, RD Arroyo
- Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (Su also 4:30p W,Th) Kuchumaa
- Pilates Reformer: Fundamentals (Su,T) Pilates Studio
- Ranch Barre (Su) Olmeca
- 4:30 FAMILY Water Noodle Polo with Jenny Activity Pool
- FAMILY Sand Volleyball with Mike Sand Volleyball Court
- Sound Healing (Su) Oaktree
- Stretch and Relax (Su,Th) Montaña
- Ranch Reset- Juice It Up! Lecture and Juice with Regina Montalvo, MS, LAc Library Lounge

5:15 CHILDREN & TWEENS Ranch Camp pick up Activity Pool

- 6:00 TEENS Reception & Dinner West side of Dining Hall Patio
- 7:00 FAMILY Social Chess Games – All ages (under 9 with parent), all levels welcome, with Alex Freuman Tolteca
- 8:00 FAMILY Concert under the Stars! The Great American Piano Music from Scott Joplin and George Gershwin to Billy Joel, with George Lopez Lawn in front of Dining Hall

MONDAY | August 2

Class spaces are limited to first come first served

- 6:15 Mountain Hike: Professor's Hike (3.5 miles) (M) Gazebo
- 6:30 FAMILY Mountain Hike: Alex Oak Trail (Su,M,F) 2 miles Gazebo
- 7:00 FAMILY Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 8:30 TEENS Meetup (Su - F) Gazebo

RANCH CAMP FOR CHILDREN & TWEENS

- 8:45 Ranch Camp drop-off (M-F) Pinetree
- 12:15 Ranch Camp pick up Pinetree
- 9:00 FAMILY Strength Training with Emily Olmeca
- CHILDREN & TWEENS Soccer Training/Sasha (M,W,F) Basketball Court
- TEENS Tennis Clinic with Nic Phu (M,W) Tennis Courts
- Circuit Training (M-F) Azteca
- Meditation (M,T,W) Milagro
- Pickleball: Intermediate (M,F) Pickleball Court
- Pilates Mat: Fundamentals (M-F) Arroyo
- Pump It: Level 2 (M,F) Tolteca
- Stretch (M,Th) Montaña
- 10:15 FAMILY Happy Dance Vibes with Sarah Kuchumaa
- CHILDREN Tennis with Vicki (M,T,Th also 10:15a W) Tennis Courts
- CHILDREN & TWEENS Mermaid Swim Class with Kirstin (M,Th) Activity Pool
- CHILDREN & TWEENS Art Class with Mallory Art Studio
- TWEENS Pickleball with Travis & Natalie (M,T also 9a W) Pickleball Court
- TEENS Cross Fit Training with Brooke (M,W) Olmeca
- Drawing with Jennifer 2 hours Art Studio Outdoors
- Circuit Training (M,W,Th,F) Azteca
- Pilates Mat Level 2 (M,W,F) Arroyo
- TRX Fundamentals (M) Tolteca
- Yoga Fundamentals (Su,M,T,Th) Montaña
- 11:30 FAMILY Introduction to the Game of Chess (under 9 with parent) w/Alex Olmeca
- CHILDREN & TWEENS Open Pool Time Central Pool
- CHILDREN Pickleball with Travis & Natalie (M,T) Pickleball Court
- TWEENS Sound Healing with Denise Oaktree
- TEENS Knitting for Wellness with David Gazebo
- Cycle 30: All Levels 30 mins (M,F) Pai Pai
- Stretch (M,W,F) Arroyo
- The Wave (Su,M,Th) Activity Pool
- TRX: HIIT Circuit (M,W) Tolteca
- Yoga: Level 2 (Su-F) Montaña

RANCH CAMP FOR CHILDREN & TWEENS

- 1:50 Drop-off Pinetree
- 5:15 Camp pick up Activity Pool
- 2:00 FAMILY Groove Dance with Brooke Kuchumaa
- FAMILY Yarn Painting Workshop, Tim Dining Hall Balcony
- CHILDREN THE GREAT GUACAMOLE THROWDOWN, with Tamara Duker Freuman, RD Dining Room Patio
- CHILDREN & TWEENS Pick-Up Games (S,M,F) grass outside Pinetree
- TEENS Self-Defense (M,T,W,Th) Arroyo
- Travel Journaling, with Jennifer 2 hours Art Studio Outdoors
- Deep Water Training (Su,M,T,Th) Activity Pool
- Pilates Reformer: Fundamentals (M,F) Pilates Studio
- 3:15 FAMILY Water Volleyball with Mike (M) Central Pool
- CHILDREN Gymnastics: Conditioning, Strength & Basic Tumbling with Sarah(Su,M,W) Tolteca
- CHILDREN Rhythm Machine, with George Lopez Oaktree
- CHILDREN & TWEENS Scarf Making/ Catherine & Mallory (M,WTh) Art Studio
- TWEENS Self-Defense (M-F) Arroyo
- Tai Chi (M,W) Montaña
- 4:30 FAMILY The Great BLOW-UP Animal Race with Jenny Activity Pool
- FAMILY Dodge Ball with Mike (M) Sand Volleyball Court
- Restorative Yoga (M,W,F) Montaña
- WOMAN'S Personal Safety Class: How to feel confident, safe, and in your power (M 4:30 pm; also W, Thu 9 am) Tolteca

5:15 CHILDREN & TWEENS Ranch Camp pick up Activity Pool

- 5:00 FAMILY Rancho La Puerta Food/Music/Art Festival -- All invited! with Karl Anthony and Jennifer Brandt Gazebo
- 7:00 FAMILY Social Chess Games – All ages (under 9 with parent), all levels welcome, with Alex Freuman Tolteca
- 8:00 FAMILY Living a Life of Peace: The Peace Pledge, with Jill McManigal and Hana Craft Olmeca

TUESDAY | August 3

Class spaces are limited to first come first served

- 6:10 FAMILY Organic Garden Breakfast Hike (4 miles / Sign up) (T-F) Gazebo
- 6:15 Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T, F) Gazebo
- 7:00 FAMILY Woodlands Hike 2 Miles (Su,T,Th) Gazebo
- 8:30 TEENS Meetup (Su - F) Gazebo

RANCH CAMP FOR CHILDREN & TWEENS

- 8:45 Ranch Camp drop-off (M-F) Pinetree
- 12:15 Ranch Camp pick up Pinetree
- 8:45 TWEENS Complimentary Cooking Class. Meet at Pinetree. Register by Monday 12 pm to save your space – Ext. 626, 631, 640 - Cooking Class & Lunch at La Cocina que Canta with Chef Palma Bellinghieri. Pick up time 1 pm at Pinetree
- 9:00 FAMILY Stretch with Hazel (Su,T,W,F) Montaña
- CHILDREN & TWEENS Nature Scavenger Hunt with Peter Kerr Meet at Gazebo
- CHILDREN & TWEENS Tennis Clinic/Nic Phu (Su,T,Th, F) Tennis Courts
- TEENS Soccer Training with Sasha (Su,T,Th) Basketball Court
- Bird Walk (Tu) Gazebo
- Bosu Fit: Level 2 (Tu) Olmeca
- Circuit Training (M-F) Azteca
- Meditation (M,T,W) Milagro
- Pilates Mat: Fundamentals (Su-F) Arroyo
- 10:15 FAMILY Pilates Matwork with Sarah (T) Arroyo
- CHILDREN Tennis with Vicki (M,T,Th also 10:15a W) Tennis Courts
- CHILDREN & TWEENS Cardio Strength Training with Brooke & Emily (Su,T) Olmeca
- CHILDREN & TWEENS Art Class with Mallory Art Studio
- TWEENS Pickleball with Travis & Natalie (M,T also 9a W) Pickleball Court
- TEENS TRX with Jenny Tolteca
- Watercolor with Jennifer 2 hours Art Studio Outdoors
- Dance: Latin Fusion Kuchumaa
- Ranch Cycling: All Levels (Su,T,Th) Pai Pai
- Yoga Fundamentals (Su,M,T,Th) Montaña
- 11:30 CHILDREN Pickleball with Travis & Natalie (M,T) Pickleball Court
- CHILDREN & TWEENS Open Pool Time Central Pool
- TWEENS Music in Motion, with George Lopez Oaktree
- TEENS Aqua Board with Alejandro Central Pool
- Gyrokinesis® (T,W) Kuchumaa
- TRX Fundamentals Tolteca
- Ranch Ropes (T) Olmeca
- Release & Mobilize please wear socks (Su,T,Th) Arroyo
- Tennis Clinic: Level 2 (T also 10:15 Su) Tennis Courts
- Yoga: Level 2 (Su-F) Montaña

RANCH CAMP FOR CHILDREN & TWEENS

- 1:50 Drop-off Pinetree
- 5:15 Camp pick up Activity Pool
- 2:00 FAMILY Yarn Painting Workshop with Tim Dining Hall Balcony
- FAMILY Dance: Zumba with Alejandro Kuchumaa
- CHILDREN & TWEENS Pick-Up Games (S,M,F) grass outside Pinetree
- TWEENS Gymnastics: Conditioning, Strength & Basic Tumbling with Sarah (Su,T,W) Tolteca
- TWEENS FOOD & NUTRITION JEOPARDY! with Tamara Duker Freuman, RD Library Lounge
- TEENS Self-Defense (M,T,W,Th) Arroyo
- Watercolor Card Making / Jennifer 2 hours Art Studio Outdoors
- Aqua Board (T,Th) Central Pool
- Circuit Training (T,Th) Azteca
- Deep Water Training (Su,M,T,Th) Activity Pool
- Bean-to-Bar Chocolate class – a delicious experience. 90 mins. Register at ext. 626, 631 or 640/ Feel Departs from Admin Bldg.
- 3:15 CHILDREN & TWEENS Making Rubber Band Bracelets / Catherine & Mallory (S,Tu,F) Art Studio
- CHILDREN & TWEENS Cardio Kickboxing with Brooke & Emily Kuchumaa
- TWEENS Self-Defense ((M-F) Arroyo
- TEENS Power Magnets, with Jill and Hana Library Lounge
- Core Challenge / 30 mins (T,F) Olmeca
- Pilates Reformer: Fundamentals (Su,T) Pilates Studio
- Sound Healing (T,W,Th) Oaktree
- 4:00 Hands-on Cooking Class at La Cocina Que Canta with visiting Chef Palma Bellinghieri. REGISTER at ext 626, 631, 640. Fee. 3.5 hrs. Meet at the Administration Bldg. PROMPT departure at 4:00pm; return approx. 7:30pm.
- 4:30 FAMILY Beachball Pool Volleyball with Jenny Central Pool
- TEENS Jewelry Making with Alejandro Sign up Art Studio
- Inner Journey: Guided Meditation (T,F) Oaktree
- Foam Roller (T,Th)Tolteca
- 5:15 CHILDREN & TWEENS Ranch Camp pick up Activity Pool

7:00 FAMILY Prayer Arrows, with Tim Hinchliff (ongoing until 8:30 pm) Gazebo

- TEENS The Great BLOW UP Animal Race with Jenny Activity Pool
- 8:00 FAMILY Bugs in our World and at Rancho La Puerta (Talk and Visual Presentation) with Peter Kerr Olmeca

WEDNESDAY | August 4

- 6:10 **FAMILY** Organic Garden Breakfast Hike (4 miles / Sign up) (T-F) Gazebo
Option 8 to 9 am: Stay on for **Natural Serigraphy Workshop and return by van.**
- 6:15 **Mountain Hike: Pilgrim** (3.5 miles) (Su,W) Gazebo
- 7:00 **FAMILY** Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 8:30 **TEENS** Meetup (Su - F) Gazebo

RANCH CAMP FOR CHILDREN & TWEENS
 8:45 Ranch Camp drop-off (M-F) Pinetree
 12:15 Ranch Camp pick up Pinetree
 8:45 **TWEENS** Complimentary Cooking Class. Meet at Pinetree. Register by Tuesday 12 pm to save your space – Ext. 626, 631, 640 - Cooking Class & Lunch at La Cocina que Canta with Chef Palma Bellinghieri. Pick up time 1 pm at Pinetree

- 9:00 **FAMILY** Stretch with Sarah (Su,T,W,F) Montaña
- CHILDREN & TWEENS** Soccer Training/Sasha (M,W,F) Basketball Court
- TWEENS** Pickleball with Natalie & Travis (W also 10:15a M,T) Pickleball Court
- TEENS** Cardio Kickboxing with Alejandro (W) Kuchumaa
- TEENS** Tennis Clinic with Nic Phu (M,W) Tennis Courts
- Circuit Training (M-F) Azteca
- Meditation (Su,W, F) Milagro
- Pilates Mat: Fundamentals (Su-F) Arroyo
- Sculpt and Strengthen: Level 2 (Su,W) Olmecca
- WOMAN'S Personal Safety Class: How to feel confident, safe, and in your power (M 4:30 pm; also W, Thu 9 am) Tolteca
- 10:15 **FAMILY** Happy Dance Vibes with Sarah Kuchumaa
- FAMILY** Yoga with Adam (W) Montaña
- CHILDREN** Pickleball with Vicki (W,F) Pickleball Courts
- TWEENS** Tennis Clinic/Nic Phu (W) Tennis Courts
- TWEENS** The Great Kindness Challenge, with Jill and Hana Library Lounge
- TEENS** Cross Fit Training with Brooke (M,W) Olmecca
- Landscape Sketching/Jennifer 2 hours Art Studio/Outdoors
- Circuit Training (M,W,Th,F) Azteca
- Pilates Mat Level 2 (M,W,F) Arroyo
- 11:30 **FAMILY** Water Circuit with Emily & Brooke (W) Activity Pool
- CHILDREN & TWEENS** Open Pool Time Central Pool
- CHILDREN** Kindness Unites Paperchain with Jill and Hana Library Lounge/?
- CHILDREN,TWEENS, TEENS** Bring your Talents - songs & skits, jokes & dancing, juggling & mime. Get ready for the show! W, Th Oaktree
- TEENS** Pickleball with Vicki (W,F) Pickleball Courts
- Gyrokinesis® (T,W) Kuchumaa
- Stretch (M,W,F) Arroyo
- TRX HIIT Circuit (M,W) Tolteca
- Yoga: Level 2 (Su-F) Montaña
- 12 Step Meeting – Patio outside Library Lounge
- 11:30 Tim Hinchliff's Dining Room Art Tour Meet at Dining Room entrance

RANCH CAMP FOR CHILDREN & TWEENS
 1:50 Drop-off Pinetree
 5:15 Camp pick up Activity Pool

- 2:00 **FAMILY** Yarn Painting Workshop, Tim Dining Hall Balcony
- CHILDREN & TWEENS** Pick-up Games Grass area by Pinetree
- TWEENS** Jewelry Making with Alejandro Sign up Art Studio
- TWEENS** Gymnastics: Conditioning, Strength & Basic Tumbling with Sarah (Su,T,W) Tolteca
- TEENS** Self-Defense (M,T,W,Th) Arroyo
- TEENS** Water Volleyball with Brooke & Emily (W) Central Pool
- Travel Journaling with Jennifer 2 hours Art Studio Outdoors
- Pilates Reformer: Level 2 (W) Pilates Studio
- The Wave (W) Activity Pool
- The Care & Feeding of Your Gut Microbiota/Tamara Duker Freuman Olmecca
- 3:15 **CHILDREN & TWEENS** Scarf Making/ Catherine & Mallory (MWTh) Art Studio
- FAMILY** Strength training with Emily Olmecca
- CHILDREN** Gymnastics: Conditioning, Strength & Basic Tumbling with Sarah (Su,M,W) Tolteca
- TWEENS** Self-Defense ((M-F) Arroyo
- TEENS** The Bounce 30 mins with Alejandro (W) Kuchumaa
- Sound Healing (T,W,Th) Oaktree
- Tai Chi (M,W) Montaña

TEENS Hands on Cooking Class and Dinner (13 to 17) - Complimentary
 4 to 7:30 **Make Your Own Menu** — Get creative with what's in the garden as Chef Lia guides the teens in teams to concoct their own creations.
 Meeting place: Administration Bldg. Please REGISTER by Tuesday 12pm extension 626, 631, 640 to reserve your space.
 Prompt departure at 4:00pm; back at the Ranch approximately by 7:30pm.
OPTIONAL: Family can join for dinner- \$45 adults; no charge for children. 5:30 pm departure from Ranch. Space limited. First come, first served. REGISTER by Tuesday 12 pm.

- 4:30 **FAMILY** Pool Olympics with Jenny Activity Pool
- FAMILY** Sand Volleyball with Barry (T,W,Th) Volleyball Court
- TEENS** The Art of the Stage with George Lopez Oaktree
- Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (W,Th also 3:15p Su) Kuchumaa
- Restorative Yoga (M,W,F) Montaña

5:00 **CHILDREN & TWEENS** Ranch Camp pick up Activity Pool

- 7:00 **FAMILY** Night Crawler Discovery Walk/ Peter Kerr Meet in front of Dining Hall
- 8:00 **FAMILY** Family Hang out Night!
Music Gazebo/ Chess Tolteca/ Prayer Arrows Main Lounge

THURSDAY | August 5

- ! Please sign up or confirm your return transportation at the Admin Building or Concierge Desk
- 6:10 **FAMILY** Organic Garden Breakfast Hike Option today Th: to ride the van to and from the Ranch (4 miles / Sign up) (T-F) Gazebo
- 7 Mile Mountain Breakfast Hike** (sign up) (Th) Gazebo
- 6:15 **FAMILY** Mountain Hike: Professor's Hike (3.5 miles, prerequisite Alex's Oak comfortably, Moderately paced Hike) (F) Gazebo
- 7:00 **FAMILY** Woodlands Hike (2 miles) (Su,T,Th) Gazebo
- Pickleball: Beginners (Th also 10:15a Su) Pickleball Court
- 8:30 **TEENS** Meetup (Su-F) Gazebo

RANCH CAMP FOR CHILDREN & TWEENS
 8:45 Ranch Camp drop-off (M-F) Pinetree
 12:15 Ranch Camp pick up Pinetree

- 9:00 **FAMILY** Fun Bootcamp with Emily & Brooke Volleyball Court
- FAMILY** Bird Walk with Rob (Th) Gazebo
- CHILDREN** Pickleball with Vicki (Th also 10:15a W,F) Pickleball Courts
- CHILDREN & TWEENS** Tennis Clinic/Nic Phu (Su,T,Th, F) Tennis Courts
- TEENS** Soccer Training with Sasha (Su,T,Th) Basketball Court

TEENS Hands-on Cooking Class and Lunch (13 to 17) Complimentary
 9 to 1:00 pm **Make Your Own Menu** — Get creative with what's in the garden as Chef Lia guides the teens in teams to concoct their own creations. Meeting place: Administration Bldg.
 Please REGISTER by Wednesday 12 pm, Ext. 626, 631, 640
 Prompt departure at 9:00am; back at the Ranch approximately by 1:00 pm

- Circuit Training (M-F) Azteca
- Yoga Sculpt: Level 2 60 mins (Th) Olmecca
- Pilates Mat: Fundamentals (M-F) Arroyo
- Stretch (M,Th) Montaña
- WOMAN'S Personal Safety Class: How to feel confident, safe, and in your power (M 4:30 pm; also W, Thu 9 am) Tolteca
- 10:15 **FAMILY** Pilates Matwork with Emily (Th) Arroyo
- CHILDREN** Tennis with Vicki (M,T,Th also 10:15a W) Tennis Courts
- CHILDREN & TWEENS** Mermaid Swim Class / Kirstin (M,Th) Activity Pool
- TEENS** Tennis Clinic with Nic Phu (Th) Tennis Courts
- Circuit Training (M,W,Th,F) Azteca
- Dance: Move, Groove & Funk Kuchumaa
- Ranch Cycling (Su,T,Th) Pai Pai
- Yoga Fundamentals (Su,M,T,Th) Montaña

- 11:30 CHILDREN, TWEENS, TEENS Bring your Talents - songs & skits, jokes & dancing, juggling & mime. Get ready for the show! W, Th Oaktree
- CHILDREN & TWEENS** Open Pool Time Central Pool
- TWEENS** Pickleball with Vicki (Th) Pickleball Court
- Mandala with Jennifer 45 mins Art Studio
- Release & Mobilize please wear socks (Su,T,Th) Arroyo
- The Wave (Su,M,Th) Activity Pool
- TRX Fundamentals (T,Th) Tolteca
- Yoga: Level 2 (Su-F) Montaña

RANCH CAMP FOR CHILDREN & TWEENS
 1:50 Drop-off Pinetree
 5:15 Camp pick up Activity Pool

- 2:00 **FAMILY** Floor Barre with Kirstin Kuchumaa
- FAMILY** Singing Affirmations with Jill and Hana Oaktree
- CHILDREN & TWEENS** Pick up SOCCER /Sasha Basketball Court
- TWEENS WITH PARENTS** Smoothie Demo /Interactive with Torie Borrelli Juice Bar
- TEENS** Self-Defense (M,T,W,Th) Arroyo
- TEENS** Jewelry Making with Alejandro Sign up Art Studio
- Watercolor Card Making with Jennifer 2 hours Art Studio Outdoors
- Aqua Board (T,Th) Central Pool
- Circuit Training (T,Th) Azteca
- Deep Water Training (Su,M,T,Th) Activity Pool
- Bean-to-Bar Chocolate class – a delicious experience. 90 mins. Register at ext. 626, 631 or 640/ Fee/ Departs from Admin Bldg.
- DOCUMENTARY:** Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
- Energy Medicine, with Jonelle Rutkauskas Tolteca
- 3:15 **FAMILY** Great Chess Games Played by the Masters – All ages
- FAMILY** Dodge Ball with Brooke & Emily Sand Volleyball Court
- CHILDREN WITH PARENTS** Smoothie Demo / Interactive with Torie Borrelli Juice Bar
- CHILDREN & TWEENS** Scarf Making/ Catherine & Mallory (MWTh) Art Studio
- TWEENS** Self-Defense ((M-F) Arroyo
- The Bounce 30 mins (Th) Kuchumaa
- Aqua Board (Th also 2p T,Th) Central Pool
- Sound Healing (T,W,Th) Oaktree

- 4:00 **Bean-to-Bar Chocolate class** – a delicious experience. 90 mins. Register at ext. 626, 631 or 640/ Fee/ Departs from Admin Bldg.
- Hands-on Cooking Class at La Cocina Que Canta with visiting Chef Lia Huber.** REGISTER at ext 625. Fee. 3.5 hrs. Meet at the Administration Bldg. PROMPT departure at 4:00pm; return approx. 7:30pm.
- 4:30 **FAMILY** Pool Ping Pong Bingo with Jenny Central Pool
- FAMILY** Sand Volleyball with Alejandro (T,W,Th) Volleyball Court
- Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (W,Th also 3:15p Su) Kuchumaa
- Foam Roller (T,Th)Tolteca
- Stretch and Relax (Su,Th) Montaña
- Art Exhibition with resident artists Jennifer Brandt, José Ignacio Castañeda & Tim Hinchliff 90 mins Bazar del Sol

5:15 **CHILDREN & TWEENS** Ranch Camp pick up Activity Pool

- 8:00 **FAMILY** RLPGT SHOW! Lawn in front of Dining Hall
- 9:15 **TEENS** Movie Night Library Lounge

FRIDAY | August 6

! Please find a time in your schedule to sign up or confirm your return transportation at the Admin Building or Concierge Desk

- 6:10 **FAMILY** Organic Garden Breakfast Hike (4 miles / Sign up) (T-F) Gazebo
Option 8 to 9:00 am: Stay on for **Natural Serigraphy Workshop and return by van.**
- 6:15 **Mountain Hike: Coyote Hike** (Option to do 5.5 miles or 4 miles) (T,F) Gazebo
- 6:30 **FAMILY** Mountain Hike: Alex Oak Trail (Su,M,F) 2 miles Gazebo
- 7:00 **FAMILY** Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 8:30 **TEENS** Meetup (Su-F) Gazebo

RANCH CAMP FOR CHILDREN & TWEENS
 8:45 Ranch Camp drop-off (M-F) Pinetree
 12:00 Ranch Camp pick up Pinetree

- 9:00 **FAMILY** Stretch with Brooke (Su,T,W,F) Montaña
- FAMILY** Strength training with Emily Olmecca
- CHILDREN & TWEENS** Tennis Clinic/Nic Phu (Su,T,Th, F) Tennis Courts
- CHILDREN & TWEENS** Soccer Training/Sasha (M,W,F) Basketball Court
- TEENS** Meditation with David (Su,F) Milagro
- Circuit Training (M-F) Azteca
- Pickleball: Intermediate (M,F) Pickleball Court
- Pilates Mat: Fundamentals (M-F) Arroyo
- Pump It: Level 2 (M,F) Tolteca

- 10:15 **FAMILY** Yoga with Hazel (W,F) Montaña
- FAMILY** Water Volleyball with Emily (F) Central Pool
- CHILDREN** Pickleball with Vicki (W,F) Pickleball Courts
- TEENS** Pilates on the Ball with David Olmecca
- Circuit Training (M,W,Th,F) Azteca
- Pilates Mat Level 2 (M,W,F) Arroyo
- TRX HIIT Circuit (F) Tolteca

- 11:30 **FAMILY** Happy Dance Vibes with Sarah Kuchumaa
- CHILDREN & TWEENS** Open Pool Time Central Pool
- TEENS** Pickleball with Vicki (W,F) Pickleball Courts
- Cycle 30: All Levels 30 mins (M,F) Pai Pai
- Deep Water Training (F) Activity Pool
- Stretch (M,W,F) Arroyo
- Yoga: Level 2 (Su-F) Montaña
- Nutrition: Mexican Superfoods Demo and Tasting, with Torie Borrelli Juice Bar

RANCH CAMP FOR CHILDREN & TWEENS
 1:50 Drop-off Pinetree
 4:30 Camp pick up Tolteca

- 2:00 **FAMILY** Water Circuit with Brooke & Emily Activity Pool
- FAMILY** Happy Dance Vibes with Sarah Kuchumaa
- CHILDREN & TWEENS** Open Pool Time Central Pool
- CHILDREN & TWEENS** Pick-Up Games(S,M,F)grass outside Pinetree
- TWEENS** Jewelry Making with Alejandro Sign up Art Studio
- TEENS** Knitting for Wellness with David Gazebo
- Mandala/Metta Meditation with Jennifer 2 hours Meet at Art Studio (may go to Labyrinth)
- Pilates Reformer: Fundamentals (F) Pilates Studio

- 3:15 **FAMILY** Water Noodle Polo Emily Activity Pool
- FAMILY** Sound Healing (F) Oaktree
- CHILDREN & TWEENS** Making Rubber Band Bracelets / Catherine & Mallory (S,Tu,F) Art Studio
- TWEENS** Self-Defense ((M-F) Arroyo
- Core Challenge / 30 mins** (T,F) Olmecca

4:30 **CHILDREN & TWEENS** Ranch Camp pick up Tolteca (Activity Pool not monitored on Friday 4 pm)

- 4:30 **FAMILY** Camp Closing Ceremony Tolteca
- Inner Journey: Guided Meditation** (T,F) Oaktree
- Restorative Yoga (M,W,F) Montaña

- 6:30 **Dance to the music of the Rancho La Puerta Fiesta Band!!**
Outdoor Dining Area

- 7:30 **FAMILY** Movie Olmecca