



Activities Schedule

Friday, 10/7

2 PM - Sign-up for select Saturday and Sunday activities in the Get Down Lounge
(Freeberg) opens

Saturday, 10/8

7 AM - Run

7 AM - Yoga

9-10 AM - Paddle**

9-10 AM - Guided Mountain Bike Ride**

9-10 AM - Arts and Crafts

10-11 AM - Paddle**

10-11 AM - Guided Mountain Bike Ride**

10-11 AM - Gruffalo Story Walk

11-12 PM - Paddle**

11-12 PM - Guided Mountain Bike Ride**

11-12 PM - Arts and Crafts

1-2 PM - Rockwall

1-2 PM - Pamper Pole**

1-2 PM - Arts and Crafts

2-3 PM - Rock Wall

2-3 PM - Pamper Pole**

2-3 PM - Gruffalo Story Walk

3-4 PM - Rockwall

3-4 PM - Pamper Pole**

3-4 PM - Arts and Crafts

4-5 PM - Rockwall

4-5 PM - Pamper Pole

4-5 PM - Arts and Crafts

Sunday, 10/9

7 AM - Run

7 AM - Yoga

9-10 AM - Paddle**

9-10 AM - Guided Mountain Bike Ride**

9-10 AM - Arts and Crafts

10-11 AM - Paddle**

10-11 AM - Guided Mountain Bike Ride**

10-11 AM - Gruffalo Story Walk

11-12 PM - Paddle**

11-12 PM - Guided Mountain Bike Ride**

11-12 PM - Arts and Crafts

Additional Information:

** - indicates that sign up and fee is required

There are limited slots available for each
paddle, guided mountain bike ride, and
pamper pole time slot

Fees will vary based on activity