

Week of July 25, 2026 - Family Week

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 Building.
- **Sign-ups for classes** are posted on the Main Lounge clipboards.
- **Proper footwear is essential**: hiking boots with lugs for our hikes, court shoes for Pickleball and Tennis, and close-toed shoes for our strength classes are strongly recommended.
- **Classes are on a 1st come; 1st served** based on equipment availability.
- **Classes and activities begin on time and last 45 minutes** unless noted otherwise.
- **Level 2 classes are an advanced difficulty level**; previous experience with the format is essential to your safety and guest experience. Please choose a Fundamentals / Level 1 option if you are new to a discipline

SATURDAY | JULY 25

- 6:15

☐ Mountain Hike: Professor's Hike with Kelly & Junior (3.3 miles) Gazebo
- 6:45

☐ Woodlands Hike with Kim & Coco (2 miles) Gazebo
- 9:00

☐ Stretch with Kim Montaña

☐ Meditation with Kelly Milagro
- 10:00

☐ Circuit Training with Coco Azteca

☐ Pilates Mat: All Levels with Kelly Kuchumaa
- 11:00

☐ Pickleball Open Play Unsupervised, please use court shoes.

☐ Pickleball Courts

☐ Strength & Stretch with Stick Mobility with Coco Kuchumaa

☐ Yoga: All Levels with Kim Montaña
- 1:00

☐ Fitness Concierge (60 Min) Dining Hall
- 2:00

☐ FAMILY Aqua: Deep Water Training with Kelly Activity Pool

☐ FAMILY Strength Training with Pete Olmeca
- 3:00

☐ FAMILY Sound Healing with Kim Oaktree

☐ FAMILY Stretch with Pete Montaña
- 5:00

☐ FAMILY Ranch Tour for New Families with Pete Departs from Gazebo
- 5:30

☐ FAMILY Week UPDATE/Orientation for All Families with Counselor Team Tolteca
- 8:00

☐ FAMILY The Presenters Present: Come See What’s in Store for Your Amazing Week! Oaktree

Meal Hours: Saturday

Breakfast 7:00 am to 9:00 am

Lunch 11:30 am to 3:30 pm

Dinner 5:30 pm to 7:30 pm

Snack Times: Sunday- Friday

Fruit 10:30 am Main Lounge & Camp Pinetree

Smoothies 2:45 pm Juice Bar

Fruit 3:30 pm Camp Pinetree

Veggies/Juice 4:30 pm Main Lounge

Bazar Del Sol: Saturday- Friday

6:00 am to 9:00 pm

Juice Bar: Sunday- Friday

9:00 am to 12:00 pm & 1:00 pm 4:00 pm

SUNDAY | JULY 26

Class spaces are limited to first come first served

- 6:15

☐ TEENS & ADULTS Mountain Hike: Pilgrim led by Ivan (3.5 or 4.5 Miles) Gazebo
- 6:30

☐ FAMILY Mountain Hike: Alex Oak Trail with Kelly & Junior 2 miles Gazebo
- 7:00

☐ FAMILY Woodlands Hike with Milagros & Holly (2 miles) Gazebo

☐ FAMILY Nature Walk with Rob Meet at Gazebo
- 8:00

☐ Pilates Concierge with Kelly (15 Min) Pilates Studio at Arroyo
- 8:15

☐ Fitness Concierge with Connie (30 Min) Dining Hall
- RANCH CAMP FOR CHILDREN & TWEENS

8:30 ☐ Ranch Camp Drop-Off Pinetree (SUNDAY ONLY; 8:45 rest of week)

12:00 ☐ Ranch Camp Pick-Up Pinetree
- 9:00

☐ FAMILY Stretch with Manuel Montaña

☐ FAMILY Painting the Mural with Erin (60 Min) Art Studio

☐ CHILDREN & TWEENS Sports Conditioning with Stephanie Tolteca

☐ CHILDREN & TWEENS Soccer Training with Jamie Basketball Court

☐ TEENS Teen Summit: Morning Kickoff with Jake Gazebo

☐ TEENS & ADULTS Pilates Mat: Fundamentals Progressive with Kelly Kuchumaa

☐ TEENS & ADULTS Full Body Strength: Level 2 with Pete Olmeca

☐ ADULTS Introduction to Circuit Training with Connie & Brooke Azteca

☐ ADULTS Pickleball Clinic: All Levels with Milagros & Emily Pickleball Courts

☐ ADULTS Meditation with Kim Oaktree
- 10:00

☐ FAMILY Dance: Latin Fusion with Manuel Kuchumaa

☐ FAMILY Run Away with the Circus! with Matt Oaktree

☐ FAMILY Painting the Mural with Erin (60 Min) Art Studio

☐ CHILDREN & TWEENS Ninja Obstacle Course with Sarah Olmeca

☐ CHILDREN & TWEENS Rugby Drills & Game Play with Pete Dining Hall Lawn

☐ TEENS Pickleball with Mitch & Milagros Pickleball Courts

☐ TEENS Volleyball: Elevate Your Game with Liam Sand Volleyball Court

☐ TEENS & ADULTS Introduction to Circuit Training with Audri & Stephanie Azteca

☐ ADULTS Pilates Reformer Level 1 with Holly Sign up begins at 8:00am in Arroyo

☐ ADULTS Yoga Level 1 with Kim Montaña
- 11:00

☐ FAMILY Water Circuit with Brooke & Emily Activity Pool

☐ FAMILY Singing with Cheryl Lin Fielding Oaktree

☐ CHILDREN & TWEENS Pickleball with Mitch & Milagros Pickleball Court

☐ CHILDREN & TWEENS Marbled Paper Project with Brent Art Studio

☐ TEENS & ADULTS Mini Trampoline Express with Andrew (30 Min) Kuchumaa

☐ TEENS & ADULTS Strength for Longevity with Pete Olmeca

☐ ADULTS Pilates Reformer Level 2 with Sarah Sign up begins at 8:00 am in Arroyo

☐ ADULTS Yoga Level 2 Slow Flow with Audri (75 Min) Montaña
- 12:30

☐ FAMILY Yarn Painting Demo with Tim Hinchliff Dining Hall
- RANCH CAMP FOR CHILDREN & TWEENS

1:50 ☐ Drop-Off Pinetree

5:00 ☐ Camp Pick-Up Activity Pool
- 2:00

☐ FAMILY Prayer Arrows with Tim Hinchliff Main Lounge

☐ FAMILY Singing with Cheryl Lin Fielding Oaktree

☐ CHILDREN & TWEENS Basketball with Thomas Basketball Court

☐ CHILDREN & TWEENS Dance: BollyPop Choreography with Aakansha Kuchumaa

☐ TEENS & ADULTS Aqua: Deep Water Training with Holly Activity Pool

☐ TEENS & ADULTS Guided Chakra Meditation with Kelly Milagro

☐ TEENS & ADULTS Spinal Mobility: Bye-Bye Back Pain with Traci Olmeca

☐ ADULTS Pilates Reformer Level 1 with Emily Sign up begins at 8:00 am in Arroyo

☐ ADULTS Marbled Paper Project with Brent Art Studio
- 3:00

☐ FAMILY Sound Healing with Kim & Maureen Oaktree

☐ FAMILY Water Volleyball with Traci Central Pool

☐ TEENS PLYOGA Bodyweight Conditioning with Stephanie Montaña

☐ ADULTS Pilates Reformer Level 1 with Kelly Sign up begins at 8:00 am in Arroyo

☐ ADULTS Ranch Ropes HIIT with Pete (30 Min) Olmeca
- 4:00

☐ FAMILY Pool Lacrosse, with Coach Turk Activity Pool

☐ FAMILY Mindfulness for all Ages with River, Bija & Jasper Oaktree

☐ FAMILY Volleyball Pick-up Game with Liam Sand Volleyball Court

☐ TEENS Chant with Kim Milagro

☐ TEENS & ADULTS Foam Roller Recovery with Maureen Tolteca

☐ ADULTS Restorative Yoga with Connie Montaña
- 5:00

☐ CHILDREN & TWEENS Ranch Camp Pick-Up Activity Pool
- 6:00

☐ TEENS Teen Summit: Daily Wrap-Up with Jake Gazebo
- 6:00

☐ TEENS Reception & Dinner West Side of Dining Hall Patio
- 7:00

☐ FAMILY Chess Lessons & Chess Tournament All Levels* with Alex Freuman

*All ages welcome, children under 9 accompanied by a parent. Tolteca

☐ FAMILY What Do Beavers, Wolves, Bison, and Humans Have in Common? A Case for Hope for the Future! with Eden Vardy Olmeca

☐ TEENS Tennis with Jamie Tennis Courts

☐ FAMILY Art, Stories and Poetry with Tim Hinchliff Bazar del Sol
- 8:00

☐ CHILDREN TWEENS & TEENS Dance & Sing-Along Party! with Coach Turk Kuchumaa

MONDAY | JULY 27

Class spaces are limited to first come first served

- 6:15

☐ TEENS & ADULTS Mountain Hike: Professor's Hike led by Martin (3.3 miles) Gazebo
- 6:30

☐ FAMILY Mountain Hike: Alex Oak Trail with Pete & Kelly 2 miles Gazebo
- 7:00

☐ FAMILY Quail Hike led by Milagros 2 or 2.5 Miles Gazebo
- 8:00

☐ Pilates Concierge with Kelly (15 Min) Pilates Studio at Arroyo
- RANCH CAMP FOR CHILDREN & TWEENS

8:45 ☐ Ranch Camp Drop-Off Pinetree (SUNDAY ONLY; 8:45 rest of week)

12:00 ☐ Ranch Camp Pick-Up Pinetree
- 9:00

☐ FAMILY Mindfulness for All Ages with River, Bija & Jasper Oaktree

☐ FAMILY Painting the Mural with Erin (60 Min) Art Studio

☐ CHILDREN & TWEENS Tennis with Jamie Tennis Courts

☐ CHILDREN & TWEENS Intro to Gymnastics & Tumbling with Stephanie Olmeca

☐ TEENS Teen Summit: Morning Kickoff with Jake Gazebo

☐ TEENS & ADULTS Pilates Mat: Fundamentals Progressive with Kelly Kuchumaa

☐ TEENS & ADULTS Stretch with Hazel Montaña

☐ ADULTS Barbell Strength: Level 2 with Pete Tolteca

☐ ADULTS Circuit Training with Connie & Maureen Azteca

☐ ADULTS Pickleball: Beginner's Clinic Milagros & Emily Pickleball Courts
- 10:00

☐ FAMILY Pickleball with Mitch & Milagros Pickleball Court

☐ FAMILY Run Away with the Circus! with Matt Tipai

☐ FAMILY Painting the Mural with Erin (60 Min) Art Studio

☐ CHILDREN & TWEENS Children's Yoga with Audri & Maureen Montaña

☐ CHILDREN & TWEENS Impress Yourself with Running with Thomas Meet at the Track

☐ TEENS Cycle 45 Spin Class with Brooke Pai Pai

☐ TEENS & ADULTS Pilates Mat Level 2 with Sarah Kuchumaa

☐ TEENS & ADULTS Circuit Training with Connie & Stephanie Azteca

☐ ADULTS Aqua Strength & Tone (Shallow Water) with Monica Activity Pool

☐ ADULTS Total Body Strength with Bands with Pete Olmeca
- 10:30

☐ Mercado Craft Fair ongoing until 2:00 p.m. • Mercado Patio
- 11:00

☐ FAMILY Dance: 80's Hi/Lo Aerobics with Traci & Sarah Kuchumaa

☐ FAMILY StageKids! Preparing for Thursday's Talent Show with Tom Oaktree

☐ CHILDREN & TWEENS Open Pool Time Central Pool

☐ CHILDREN & TWEENS Marbled Paper Project with Brent Art Studio

☐ TEENS Pilates Reformer Level 2 with Kelly Sign up begins at 8:00 am in Arroyo

☐ TEENS Become a Pull-Up Pro with Thomas Tolteca

☐ TEENS & ADULTS Aqua: Liquid Drums with Manuel Activity Pool

☐ TEENS & ADULTS Your Body is Talking, Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge

☐ ADULTS Pickleball Intermediate Clinic with Milagros & Emily Pickleball Courts

☐ ADULTS Yoga: Level 2 with Audri (75 Min) Montaña
- RANCH CAMP FOR CHILDREN & TWEENS

1:50 ☐ Drop-off Pinetree

5:00 ☐ Camp Pick-Up Activity Pool
- 2:00

☐ FAMILY Yarn Painting Workshop, with Tim Hinchliff Dining Hall Balcony

☐ FAMILY Singing with Cheryl Lin Fielding Oaktree

☐ FAMILY Leading Together: Building and Aligning Family Leadership Skills (Series) with Jake Gazebo

☐ TEENS & ADULTS 'Hot Ones': A Spicy Trivia Competition! Tamara Freuman, RD. Tipai

☐ TEENS & ADULTS Release & Mobilize with Hazel Please wear socks Tolteca

☐ TEENS & ADULTS Spinal Mobility: Align the Spine with Traci Olmeca

☐ ADULTS Aqua: Deep Water Training with Monica Activity Pool

☐ ADULTS Pilates Jump Board with Kelly Sign up begins at 8:00 am in Arroyo
- 3:00

☐ FAMILY Sound Healing with Connie & Brooke Oaktree

☐ CHILDREN & TWEENS Weaving: Making a Pillow Pet with Janita Pinetree

☐ CHILDREN & TWEENS Pick-Up Games Grass outside Pinetree

☐ TEENS Circuit with Pete Azteca

☐ TEENS & ADULTS Core Express with Stephanie (30 Min) Olmeca

☐ ADULTS Gentle Aerial Yoga (Low Hammock) with Hazel Kuchumaa

☐ ADULTS Pilates Reformer Level 1 with Holly Sign up begin at 8:00 am in Arroyo
- 4:00

☐ FAMILY Noodle Water Polo with Coach Turk Activity Pool

☐ FAMILY Dodge Ball with Brooke & Emily Sand Volleyball Court

☐ TEENS Jewelry Making with Monica Art Studio

☐ ADULTS Stretch & Relax with Connie Montaña
- 5:00

☐ CHILDREN & TWEENS Ranch Camp Pick-Up Activity Pool
- 5:00

☐ TEENS Teen Summit: Daily Wrap-Up with Jake Gazebo
- 5:15

☐ CHILDREN TWEENS TEENS and the Children of Rancho La Puerta Employees Come Together for a BollyPop Choreography with Aakansha Grass Area in Front of the Dining Hall
- 7:00

☐ FAMILY Chess Lessons & Chess Tournament All Levels* with Alex Freuman

*All ages welcome, children under 9 accompanied by a parent. Tolteca

☐ TEENS Soccer Pick-up Game with Jamie Basketball Court
- 7:15

☐ FAMILY Prayer Arrows, with Tim Hinchliff (until 8:30 pm) Main Lounge
- 8:00

☐ FAMILY Sensory “Circuit Training” Competition: Local Foods of Mexico! with Tamara Freuman, RD Tolteca

TUESDAY | JULY 28

- 6:10

☐ FAMILY Organic Garden Breakfast Hike with Fernando & Daniel (4 miles / Sign up with Concierge) Gazebo
- Optional: Stay for Harvest Your Health – Workshop: Explore the farm with Eden during a guided family tour and enjoy interactive cultivation activities. Return by 9:30 am.
- 6:15

☐ TEENS & ADULTS Mountain Hike: Coyote led by Martin Advanced 5.5 or 4 Miles. Gazebo
- 6:30

☐ FAMILY Sunrise Yoga with Audri (60 Min) Montaña
- 7:00

☐ FAMILY Woodlands Hike with Monica & Coco 2 Miles. Gazebo
- 8:00

☐ Pilates Concierge with Holly (15 Min) Pilates Studio at Arroyo
- RANCH CAMP FOR CHILDREN & TWEENS

8:45 ☐ Ranch Camp Drop-Off Pinetree (SUNDAY ONLY; 8:45 rest of week)

12:00 ☐ Ranch Camp Pick-Up Pinetree
- 9:00

☐ FAMILY Stretch with Traci Montaña

☐ FAMILY Painting the Mural with Erin (60 min) Art Studio

☐ FAMILY Nature Walk with Rob Meet at Gazebo

☐ CHILDREN & TWEENS Soccer Training with Jamie Basketball Court

☐ TEENS Teen Summit: Morning Kickoff with Jake Gazebo

☐ TEENS & ADULTS Pilates Mat: Fundamentals Progressive with Sarah Kuchumaa

☐ TEENS & ADULTS Cardio Muscle Blast with Coco Azteca

☐ TEENS & ADULTS Barre with Brooke Olmeca

☐ ADULTS Meditation with Audri Oaktree

☐ ADULTS Pickleball: Beginners Clinic with Milagros & Alejandro Pickleball Courts
- 10:00

☐ FAMILY Yoga with Maureen Montaña

☐ FAMILY Painting the Mural with Erin (60 Min) Art Studio

☐ CHILDREN & TWEENS Run Away with the Circus! with Matt Oaktree

☐ CHILDREN & TWEENS Rugby Drills & Game Play with Pete Dining Hall Lawn

☐ TEENS & ADULTS Dance: Cardio Drumming with Alejandro Kuchumaa

☐ TEENS & ADULTS Aqua: Shallow Water with Monica Activity Pool

☐ TEENS & ADULTS Circuit Training with Coco & Brooke Azteca

☐ ADULTS Pickleball: Intermediate Clinic with Milagros & Emily Pickleball Courts

☐ ADULTS Pilates Reformer: Level 1 with Holly Sign up begins at 8:00 am in Arroyo
- 10:30

☐ Mercado Craft Fair, ongoing until 2:00 p.m. • Mercado Patio
- 11:00

☐ FAMILY Pickleball with Mitch & Milagros Pickleball Court

☐ FAMILY StageKids! Preparing for Thursday's Talent Show with Tom Oaktree

☐ CHILDREN & TWEENS Open Pool Time Central Pool
- ☐ TWEENS Calling All Tween Chefs! 🍳👩🍳FREE Cooking Adventure + Lunch! with Chef Vivian Meeting place: Admin Bldg. Departure 11 am; back by 1:45 pm. Register by Monday 12 pm to save your van space – Ext. 631, 640 or at Health Centers.
- ☐ TEENS Increase Your Running Speed in 30 minutes with Thomas Olmeca

☐ TEENS & ADULTS 90's STEP Aerobics with Sarah & Traci Kuchumaa

☐ TEENS & ADULTS Aqua: H2O Boot Camp (Deep Water) with Monica Activity Pool

☐ ADULTS Pilates Reformer Level 2 with Emily Sign up begins at 8:00 am in Arroyo

☐ ADULTS Yoga: Level 2 (75 Min) with Hazel Montaña

☐ ADULTS Marbled Paper Project with Brent Art Studio
- RANCH CAMP FOR CHILDREN & TWEENS

1:50 ☐ Ranch Camp Drop-Off Pinetree

5:00 ☐ Ranch Camp Pick-Up Activity Pool
- 2:00

☐ FAMILY Yarn Painting Workshop with Tim Hinchliff Dining Hall Balcony

☐ FAMILY BollyPop Choreography with Aakansha Kuchumaa

☐ FAMILY Singing with Cheryl Lin Fielding Oaktree

☐ FAMILY Leading Together: Building and Aligning Family Leadership Skills (Series) with Jake Gazebo

☐ CHILDREN Jewelry Making with Monica Art Studio

☐ TEENS Surfing Pop Up Class on the Aqua Boards with Audri (30 Min) Central Pool

☐ TEENS & ADULTS Spinal Mobility: Tech Neck No More with Traci Olmeca

☐ TEENS & ADULTS Cardio Lab: From Zone 2 to HIIT with Pete Azteca

☐ ADULTS Pilates Tower Level 1 with Sarah Sign up begins at 8:00 am in Arroyo

☐ ADULTS Aqua: Deep Water Training with Holly Activity Pool
- 3:00

☐ FAMILY Ranch Ropes with Brooke & Emily (30 Min) Olmeca

☐ FAMILY The Amazing Ranch Race with Traci & Sarah Gazebo

☐ CHILDREN & TWEENS Pick-up Games Grass outside Pinetree

☐ CHILDREN & TWEENS Weaving: Making a Pillow Pet with Janita Pinetree

☐ TEENS Marbled Paper Project with Brent Art Studio

☐ TEENS Sound Healing with Hazel & Maureen Oaktree

☐ ADULTS Pilates Tower Level 1 with Kelly Arroyo

☐ ADULTS Surfing Pop Up Class on the Aqua Boards with Audri (30 Min) Central Pool
- 4:00

☐ FAMILY The Great Animal Blow-Up Race, with Coach Turk Activity Pool

☐ FAMILY Sand Volleyball with Stephanie & Thomas Sand Volleyball Court

☐ TEENS & ADULTS Foam Roller Recovery with Hazel Tolteca

☐ TEENS Escape Room! with Alex (60 Mins) Olmeca
- 5:00

☐ CHILDREN & TWEENS Ranch Camp Pick-Up at Activity Pool
- ☐ TEENS Teen Summit: Daily Wrap-Up with Jake Gazebo
- 5:30

☐ Tuesday Fiesta! Ranch Band till 7:30 pm Dining Hall Patio
- 7:00

☐ FAMILY Chess Lessons & Chess Tournament All Levels* with Alex Freuman

*All ages welcome, children under 9 accompanied by a parent. Tolteca

☐ TEENS Soccer pick-up game with Coach Jamie Basketball Court
- 8:00

☐ FAMILY Bingo Olmeca

WEDNESDAY | JULY 29

6:10	☐	FAMILY Organic Garden Breakfast Hike with Barbara & Carlos (4 miles / Sign up with Concierge) Gazebo Optional: From Plant to Pantry: The Art of Herbal Transformation with Eden. Learn to clean, prepare, and dry freshly harvested herbs using simple techniques that preserve their flavor, potency, and healing properties. Return by 9:30 am.
6:15	☐	TEENS & ADULTS Mountain Hike: Pilgrim led by Ivan 3.5 or 4.5 Miles Gazebo
6:30	☐	ADULTS Rolling Hills Meditation Hike with Hazel & Milagros 2 Miles Gazebo
7:00	☐	FAMILY Quail Hike led by Alejandro 2 or 2.5 Miles Gazebo
8:00	☐	Pilates Concierge with Sarah (15 Min) Pilates Studio at Arroyo
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 Stephanie Montaña
	☐	FAMILY Painting the Mural with Erin (60 Min) Art Studio
	☐	CHILDREN & TWEENS Soccer with Jamie Basketball Courts
	☐	CHILDREN & TWEENS Cardio Strength Training with Emily & Brooke Olmeca
	☐	TEENS Teen Summit: Morning Kickoff with Jake Gazebo
	☐	TEENS & ADULTS Barbell Strength Level 2 with Maureen Tolteca
	☐	TEENS & ADULTS Pilates Mat: Fundamentals Progressive with Sarah Kuchumaa
	☐	ADULTS Circuit Training with Thomas Azteca
	☐	ADULTS Pickleball: Beginner's Clinic Milagros & Alejandro Pickleball Courts
10:00	☐	FAMILY Yoga with Hazel Montaña
	☐	FAMILY Painting the Mural with Erin (60 Min) Art Studio
	☐	CHILDREN & TWEENS Pickleball with Mitch & Milagros Pickleball Court
	☐	TEENS CASE Method (Core, Agility, Strength, Endurance) with Stephanie Olmeca
	☐	TEENS Run Away with the Circus! with Matt Oaktree
	☐	TEENS & ADULTS Aqua Strength & Tone (Shallow Water) with Monica Activity Pool
	☐	TEENS & ADULTS Circuit Training with Alejandro & Audri Azteca
	☐	ADULTS Cycle Hip Hop with Maureen (30 Min) Pai Pai
	☐	ADULTS Pilates Mat Level 2 with Holly Kuchumaa
10:30	☐	Mercado Craft Fair ongoing until 2:00 p.m. • Mercado Patio
11:00	☐	FAMILY Dance: Cardio Country Line with Emily & Brooke Kuchumaa
	☐	FAMILY StageKids! Preparing for Thursday's Talent Show, with Tom Oaktree
	☐	CHILDREN & TWEENS Marbled Paper Project with Brent Art Studio
	☐	CHILDREN & TWEENS Open Pool Time Central Pool
	☐	TEENS The Secret of a Noticeably Strong Core with Thomas Olmeca
	☐	TEENS & ADULTS Yoga Level 2 with Audri (75 Min) Montaña
	☐	TEENS & ADULTS Shallow Water Workout with Holly Activity Pool
	☐	ADULTS Pickleball Intermediate Clinic with Milagros & Alejandro Pickleball Courts
	☐	ADULTS Pilates Reformer Leve 2 with Sarah Sign up begins at 8:00 am in Arroyo
	☐	ADULTS Friends of Bill W. 12 Step Meeting – Patio outside Library Lounge
RANCH CAMP FOR CHILDREN & TWEENS		
1:50	☐	Drop-off Pinetree
5:00	☐	Camp Pick-Up Activity Pool
2:00	☐	FAMILY Yarn Painting Workshop with Tim Hinchliff Dining Hall Balcony
	☐	FAMILY BollyPop Choreography with Aakansha Kuchumaa
	☐	FAMILY Singing with Cheryl Lin Fielding Oaktree
	☐	FAMILY Leading Together: Building and Aligning Family Leadership Skills (Series) with Jake Gazebo
	☐	CHILDREN & TWEENS Animal Yoga with Maureen Montaña
	☐	CHILDREN & TWEENS 6 th Annual Great Guacamole Throwdown with Tamara Los Olivos
	☐	TEENS Soccer Pick-up Game with Jamie Basketball Court
	☐	TEENS & ADULTS Spinal Mobility: Posture Circuit with Traci Olmeca
	☐	TEENS & ADULTS Release & Mobilize with Audri Please wear socks. Tolteca
	☐	ADULTS Aqua: Deep Water Training with Monica Activity Pool
	☐	ADULTS Pilates Jump Board with Sarah Sign up beings at 8:00 am in Arroyo
3:00	☐	FAMILY Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
	☐	FAMILY Water Volleyball with Brooke & Emily Central Pool
	☐	CHILDREN & TWEENS Weaving: Making a Pillow Pet with Janita Pinetree
	☐	CHILDREN & TWEENS Fun Sports Conditioning with Stephanie Tolteca
	☐	TEENS Marbled Paper Project with Brent Art Studio
	☐	ADULTS Pilates Reformer Level 1 with Holly Sign up begins at 8:00 am in Arroyo
	☐	ADULTS Sound Healing with Hazel Oaktree
4:00	☐	FAMILY Beach Ball “Keepy Uppy” Challenge! with Coach Turk Activity Pool
	☐	TEENS Kermes by Chef Vivian and Teen Summit: Daily Wrap-Up with Jake, back by 7 pm (sign up for van transportation by Tuesday 12 pm) Meet at Front Desk to go to La Cocina que Canta
	☐	TEENS & ADULTS Stretch & Relax with Monica Montaña
	☐	ADULTS Inner Journey: Guided Meditation with Hazel Milagro
5:00	☐	CHILDREN & TWEENS Ranch Camp Pick-Up Activity Pool
5:00	☐	TEENS Teen Summit: Daily Wrap-Up with Jake Gazebo
7:00	☐	FAMILY Prayer Arrows, with Tim Hinchliff (until 8:30 pm) Main Lounge
	☐	FAMILY Chess Lessons & Chess Tournament All Levels* with Alex Freuman *All ages welcome, children under 9 accompanied by a parent. Tolteca
8:00	☐	FAMILY Outdoor Movie -- popcorn on us! In front of Central Pool
8:30	☐	TEENS Pool Party Activity Pool

THURSDAY | JULY 30

6:10	☐	FAMILY Organic Garden Breakfast Hike with Barbara & Daniel (4 miles / Sign up with Concierge) Gazebo *Option for today: Ride the Van to and from the Ranch.
6:15	☐	FAMILY Mountain Hike: Professor's Hike led by Ivan (3.3 miles) Gazebo * Prerequisite: Alex's Oak Comfortably; Moderately paced hike, advanced
6:30	☐	FAMILY Sunrise Yoga with Maureen (60 Min) Montaña
7:00	☐	FAMILY Woodlands Hike with Angel & Holly (2 miles) Gazebo
8:00	☐	Pilates Concierge with Sarah (15 Min) Pilates Studio at Arroyo
RANCH CAMP FOR CHILDREN & TWEENS		
8:45	☐	Ranch Camp Drop-Off (M-F) Pinetree
12:00	☐	Ranch Camp Pick-Up Pinetree
9:00	☐	FAMILY Fun Strength Training with Thomas & Stephanie Tolteca
	☐	FAMILY Painting the Mural with Erin (60 min) Art Studio
	☐	FAMILY Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Gazebo
	☐	CHILDREN & TWEENS Soccer Training with Jamie Basketball Court
	☐	TEENS Teen Summit: Morning Kickoff with Jake Gazebo
	☐	TEENS & ADULTS Cardio Muscle Blast with Connie Azteca
	☐	TEENS & ADULTS Meditation with Audri Oaktree
	☐	TEENS & ADULTS Pilates Mat: Fundamentals Progressive with Sarah Kuchumaa
	☐	ADULTS Pickleball: Beginners Clinic with Alejandro & Andrew Pickleball Courts
	☐	ADULTS Stretch with Maureen Montaña
10:00	☐	FAMILY The Amazing Ranch Race with Traci & Sarah Gazebo
	☐	FAMILY Painting the Mural with Erin (60 Min) Art Studio
	☐	CHILDREN & TWEENS Impress Yourself with Running with Thomas Running Track
	☐	CHILDREN & TWEENS Run Away with the Circus! with Matt Oaktree
	☐	TEENS Spin Class with Brooke Pai Pai
	☐	TEENS & ADULTS Gentle Aerial Yoga: Low Hammock with Kim. Please wear socks & sleeves. Kuchumaa
	☐	TEENS & ADULTS Pilates Reformer Level 1 with Emily Sign up starts at 8:00 am in Arroyo
	☐	TEENS & ADULTS Yoga Level 1 with Maureen Montaña
	☐	ADULTS Circuit Training with Connie & Monica Azteca
	☐	ADULTS Pickleball: Intermediate Clinic with Alejandro & Andrew Pickleball Courts
10:30	☐	Mercado Craft Fair ongoing until 2:00 p.m. • Mercado Patio
11:00	☐	FAMILY Intro to Salsa with Alejandro Kuchumaa
	☐	FAMILY StageKids! Preparing for Tonight's Talent Show with Tom Oaktree
	☐	CHILDREN & TWEENS Open Pool Time Central Pool
	☐	CHILDREN & TWEENS Pickleball with Mitch Pickleball Courts
	☐	CHILDREN & TWEENS Marbled Paper Project with Brent Art Studio
	☐	TEENS (13-17) Complimentary Hands-on Cooking Class with Chef Vivian Mercado. Master pro cooking skills, create delicious Mexican dishes, and chat with Chef Vivian. Meeting place: Admin Bldg. Back by 2:30pm. REGISTER by Wednesday at 12:00 pm using Ext. 631 or 640 to reserve your space.
	☐	TEENS 3 Fitness Lies to Beat with Thomas Olmeca
	☐	TEENS & ADULTS Aqua: H2O Boot Camp (Deep Water) with Monica Activity Pool
	☐	ADULTS Pilates Reformer Level 2 with Holly Arroyo
	☐	ADULTS Yoga: Level 2 (75 Min) with Kim Montaña
12:00	☐	Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community. Dining Hall Patio Terrace
RANCH CAMP FOR CHILDREN & TWEENS		
1:50	☐	Drop-Off Pinetree
5:00	☐	Camp Pick-Up Central Pool
2:00	☐	FAMILY Dandiya Dance Workshop with Aakansha Kuchumaa
	☐	FAMILY Singing with Cheryl Lin Fielding Oaktree
	☐	FAMILY Playing with your Values: How do your values show up in Team-building games and adventure? with Jake Gazebo
	☐	CHILDREN & TWEENS Basketball Drills and Game Place with Thomas. Basketball Court
	☐	TEENS Pilates Reformer Level 1 with Emily Sign up begins at 8:00 am Arroyo
	☐	TEENS Aqua Boards with Andrew Central Pool
	☐	TEENS & ADULTS Epic Nutrition Wins and Fails from Social Media with Tamara Freuman, RD Tipai
	☐	TEENS & ADULTS Functional Movement Patterns with Traci Olmeca
	☐	ADULTS Aqua: Deep Water Training with Monica Activity Pool
	☐	ADULTS Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
3:00	☐	FAMILY Parent & Child Yoga with Audri Montaña
	☐	FAMILY Marbled Paper Project with Brent Art Studio
	☐	CHILDREN & TWEENS Weaving: Making a Pillow Pet with Janita Pinetree
	☐	CHILDREN & TWEENS Aqua Boards with Andrew Central Pool
	☐	TEENS & ADULTS Gentle Aerial Yoga: Low Hammock with Kim Please wear socks & sleeves. Kuchumaa
	☐	ADULTS Sound Healing with Connie Oaktree
	☐	ADULTS Pilates Tower Level 1 with Emily Sign up begins at 8:00 am in Arroyo
4:00	☐	FAMILY Kids vs. Grown-Ups Noodle Water Polo with Coach Turk Activity Pool
	☐	FAMILY Foam Roller with Sarah Tolteca
	☐	TEENS Soccer Pick-up Game with Jamie Basketball Court
	☐	TEENS & ADULTS Restorative Yoga with Audri Montaña
5:00	☐	CHILDREN & TWEENS Ranch Camp pick up Activity Pool
5:00	☐	TEENS Teen Summit: Daily Wrap-Up with Jake Gazebo
7:00	☐	FAMILY Let's Get Batty! Bat Viewing & Fun Facts with Judie Lincer (35 min) Gazebo
8:00	☐	FAMILY RLPGT SHOW! Oaktree
9:15	☐	TEENS Movie Night Olmeca

FRIDAY | JULY 31

*Please confirm your return transportation at Admin Building or Concierge Desk		
6:15	☐	TEENS & ADULTS Mountain Hike: Coyote Hike led by Ivan (Option to do 5.5 or 4 mi) Gazebo
6:30	☐	FAMILY Mountain Hike: Alex Oak Trail with Alejandro & Monica 2 miles 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 Fun Outdoor Bootcamp Challenge with Alejandro Sand Volleyball Court
	☐	FAMILY Stretch with Kim Montaña
	☐	FAMILY Harvest Your Health: Make Your Own Lip Balm and Salt Scrub with Locally Harvested Herbs! with Eden Gazebo
	☐	CHILDREN & TWEENS Tennis Clinic with Jamie Tennis Courts
	☐	CHILDREN & TWEENS Intro to Gymnastics & Tumbling with Stephanie Olmeca
	☐	TEENS Teen Summit: Morning Kickoff with Jake Gazebo
	☐	TEENS & ADULTS Pilates Mat: Fundamentals with Kelly Kuchumaa
	☐	ADULTS Circuit Training with Coco Azteca
	☐	ADULTS Barbell Strength Level 2 with Emily Tolteca
10:00	☐	FAMILY Aqua: Shallow Water with Monica Activity Pool
	☐	FAMILY Marbled Paper Project with Brent Art Studio
	☐	FAMILY Pilates Mat All Levels with Sarah Kuchumaa
	☐	CHILDREN & TWEENS Pickleball with Mitch & Alejandro Pickleball Courts
	☐	TEENS Circuit Training Coco & Brooke Azteca
	☐	TEENS Next Level Volleyball with Liam Sand Volleyball Court
	☐	TEENS & ADULTS Total Body Strength with Bands with Maureen Olmeca
	☐	TEENS & ADULTS Yoga Level 1 with Audri Montaña
	☐	ADULTS Women's Cycling Sprint Intervals (30 Min) with Traci Pai Pai
10:30	☐	Mercado Craft Fair ongoing until 2:00 p.m. • Mercado Patio
11:00	☐	FAMILY Mini Trampoline Express with Kelly (30 Min) Kuchumaa
	☐	FAMILY Pickleball with Mitch Pickleball Courts
	☐	CHILDREN & TWEENS Run Away with the Circus! with Matt Oaktree
	☐	TEENS Simple Changes for Endurance with Thomas Olmeca
	☐	TEENS & ADULTS Liquid Drums (Shallow Water) with Alejandro Activity Pool
	☐	TEENS & ADULTS Yoga: Level 2 (75 Min) with Kim Montaña
	☐	ADULTS Kettlebells with Maureen (30 Min) Tolteca
	☐	ADULTS Pilates Reformer Level 2 with Emily Sign up begins at 8:00 am in Arroyo
RANCH CAMP FOR CHILDREN & TWEENS		
1:50	☐	Drop-Off Pinetree
4:00	☐	Camp Pick-Up Tolteca
2:00	☐	FAMILY Dandiya Dance Workshop with Aakansha Kuchumaa
	☐	FAMILY Playing with your Values: How do your values show up in Team-building games and adventure? with Jake Gazebo
	☐	CHILDREN & TWEENS Open Pool Time Central Pool
	☐	CHILDREN & TWEENS Pick up Soccer with Jamie Basketball Court
	☐	TEENS Volleyball with Liam Sand Volleyball Court
	☐	TEENS PLYOGA Bodyweight Conditioning with Stephanie Montaña
	☐	TEENS & ADULTS Release & Mobilize with Traci Please wear socks. Tolteca
	☐	TEENS & ADULTS Barre with Kim Olmeca
	☐	ADULTS Aqua: Deep Water Training with Monica Activity Pool
3:00	☐	FAMILY Sound Healing with Kim Oaktree
	☐	CHILDREN & TWEENS Pick-up Games Grass outside Pinetree
	☐	CHILDREN & TWEENS Weaving: Making a Pillow Pet with Janita Pinetree
	☐	TEENS All the Way Abs! with Brooke & Emily (30 Min) Olmeca
	☐	TEENS & ADULTS Reformer Level 1 with Kelly Sign up begins at 8:00 am in Arroyo
4:00	☐	CHILDREN & TWEENS Ranch Camp pick up Pinetree (Activity Pool will not be monitored on Friday 4 pm)
4:00	☐	FAMILY Indigenous Wisdom Walk with Norma Meza, Kumeyaay (60 Min) Meet Outside Kuchumaa Gym
	☐	FAMILY Mindfulness for All Ages with River, Bija & Jasper Oaktree
	☐	TEENS Game on: Rancho Volleyball, with Liam Sand Volleyball Court
	☐	TEENS & ADULTS Stretch and Relax with Coco Montaña
5:00	☐	TEENS Teen Summit with Jake Gazebo
5:30	☐	Great Big Family Celebration! Outdoor Dinner Featuring Rancho La Puerta Fiesta Band! Dining Hall Patio
7:00	☐	FAMILY Let's Get Batty! Bat Viewing & Fun Facts with Judie Lincer Gazebo (35 min)