

Family Week July 27, 2024

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 available in the Lounge.
- **Classes are limited based on equipment availability.**
- **Classes and activities begin on time and last 45 minutes unless noted otherwise.**

SATURDAY | July 27

- 6:15 Mountain Hike: Professor's Hike (3.5 miles) Gazebo
- 6:45 Woodlands Hike (2 miles) Gazebo
- 9:00 Stretch Oaktree
- 10:00 Meditation Milagro
- Circuit Training Azteca
- 11:00 Yoga: All Levels Montaña
- 11:30 – 2:00 **Fitness Concierge** Dining Hall
A fitness specialist is available to answer all questions.
- 2:00 FAMILY Labyrinth Labyrinth
- FAMILY Stretch Montaña
- 3:00 FAMILY Water Volleyball Central Pool
- FAMILY Sound Healing Oaktree
- 5:00 FAMILY Ranch Tour for New Families Departs from Gazebo
- 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

SUNDAY | July 28

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

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| RANCH CAMP FOR CHILDREN & TWEENS |
| 8:30 <input type="checkbox"/> Ranch Camp Drop-off Pinetree (8:30 on SUNDAY ONLY) |
| 12:15 <input type="checkbox"/> Ranch Camp pick up Pinetree |

- 9:00 FAMILY Stretch with David (Su,T,W,F) Montaña
- FAMILY Cardio Strength Circuit with Brooke & Emily Tolteca
- FAMILY Painting the Mural with Erin Gaffill (Su-Th) 60 mins Art Studio
- CHILDREN & TWEENS Tennis Clinic - Dan & Jaimi (Su,T,Th, F) Tennis Courts
- TEENS Aerial Yoga: Gentle, Low hammock with Kirstin please wear socks and sleeves (Su,Th at 3:15) Kuchumaa
- TEENS Soccer Training with Sasha (Su,T) Basketball Court
- Full Body Strength: Level 2 (Su,W) Olmecca
- Introduction to Circuit Training (Su) Azteca
- Introduction to Pilates Mat: Fundamentals Progressive (Su) Arroyo
- Meditation (Su,T,Th,F) Oaktree
- Nature Walk with Rob Larson Meet at Gazebo
- 10:00 Complimentary Shiatsu or Reflex Massage (Ages 10+) (5 mins/10am – 12:30pm) Villas Pool
- 10:15 FAMILY Water Circuit with Emily & Brooke Activity Pool
- CHILDREN Rubber Band Jewelry with Mallory Pinetree
- CHILDREN & TWEENS Intro to Gymnastics & Tumbling with Andrew (also W at 9am) Olmecca
- TEENS Pilates Matwork with Sarah (Su) Arroyo
- Dance: Latin Fusion Kuchumaa
- Introduction to Circuit Training (Su) Azteca
- Pickleball: Beginners (Su also 9am Th) Pickleball Court
- Tennis Clinic: Level 2 (Su,W) Tennis Courts
- Yoga Fundamentals (Su,M,Th,F) Montaña
- Women's Personal Safety: How to feel confident, safe, and in your power (Su,T,Th) Tolteca
- 11:30 FAMILY Water Volleyball with Milagros Central Pool
- FAMILY Songwriting with Roy Lindquist 60 mins (M-Th) Oaktree
- CHILDREN & TWEENS Pickleball with Dan & Jaimi Pickleball Court
- TEENS Spin Class with Brooke (Su,W) Pai Pai
- Ranch Barre (Su,Th) Olmecca
- Stretch (Su,T,Th) Arroyo
- Shallow Water Workout (Su,T,W) Activity Pool
- TRX: Fundamentals (Su) Tolteca
- Yoga: Level 2 60 mins (Su,M,T,Th,F) Montaña

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| RANCH CAMP FOR CHILDREN & TWEENS |
| 1:50 <input type="checkbox"/> Drop-off Pinetree |
| 5:15 <input type="checkbox"/> Camp pick up Activity Pool |

- 2:00 FAMILY Prayer Arrows with Tim Hinchliff Main Lounge
- FAMILY Dance: Cardio Dance with Kirstin Kuchumaa
- FAMILY Improv with Aurora Lindquist (60 mins) (M,T at 4:30p) Oaktree
- FAMILY Explore Rancho La Puerta's Night Sky – Lecture, with Scott Marrone Tolteca
- TEENS 2nd Annual RLP Cake Boss Challenge: Quinceañera Fruit "Cakes" Tamara SIGN UP REQUIRED Los Olivos
- TWEENS Basketball with Thomas Basketball Court
- Deep Water Training (Su,T,Th) Activity Pool
- Pilates Reformer: Fundamentals (Su,F) Pilates Studio
- Ranch Ropes HIIT: 30 mins Olmecca
- 3:15 FAMILY Sound Healing with Jeny (Su,M,Th,F) Oaktree
- CHILDREN & TWEENS Mermaid Swim Class with Kirstin Activity Pool
- CHILDREN & TWEENS Pick-up games Grass outside Pinetree
- TEENS Silk Scarf Tie Dye, with Mallory Art Studio
- How to Break up with Your Phone, with Catherine Price Olmecca
- Pilates Reformer: Fundamentals Pilates Studio
- Spinal Mobility: Bye Bye Back Pain with Traci (Su, Mo, Tu, We) Tolteca
- Tai Chi (Su,T) Montaña
- 4:30 FAMILY Water Noodle Polo with Jenny Activity Pool
- FAMILY Sand Volleyball with Thomas Sand Volleyball Court
- The Power of Fun: What is Fun, and Why is It Good For Us?, with Catherine Price Olmecca
- TEENS Cardio Drum Dance with Kirstin Kuchumaa
- Restorative Yoga (Su,Th) Montaña

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| 5:15 <input type="checkbox"/> CHILDREN & TWEENS Ranch Camp pick up Activity Pool |
| 6:00 <input type="checkbox"/> TEENS Reception & Dinner West side of Dining Hall Patio |
- 7:00 FAMILY Social Chess and Lessons with Alex Freuman – All ages (under 9 with parent), all levels welcome, Tolteca
 - FAMILY Get Your Nature Groove On! with Judie Lincer Olmecca
 - 8:00 FAMILY The Family Week Opening Concert with Royce & Aurora Oaktree

MONDAY | July 29

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

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| RANCH CAMP FOR CHILDREN & TWEENS |
| 8:45 <input type="checkbox"/> Ranch Camp drop-off (M-F) Pinetree |
| 12:15 <input type="checkbox"/> Ranch Camp pick up Pinetree |

- 9:00 FAMILY Strength Training with Emily Olmecca
- FAMILY Bird Nest Building, with Judie Lincer Meet at Gazebo
- FAMILY Painting the Mural with Erin Gaffill (Su-Th) 60 mins Art Studio
- CHILDREN & TWEENS Soccer Training/Sasha (M,W,F) Basketball Court
- TEENS Tennis Clinic with Dan & Jaimi (M,W) Tennis Courts
- Barbell Strength: Level 2 (M,F) Tolteca
- Circuit Training (M-F) Azteca
- Pickleball: Intermediate (M) Pickleball Court
- Pilates Mat: Fundamentals (M-F) Arroyo
- Ranch Cycling (M) Pai Pai
- Stretch (M,Th) Montaña
- 10:00 Complimentary Shiatsu or Reflex Massage (Ages 10+) (5 mins/10 am – 12:30pm) Villas Pool
- Complimentary Back & Shoulders Massage (Ages 10+) (5 mins/10 am – 12:30pm) Central Pool
- 10:15 FAMILY 80's Hi/Lo Aerobics with Traci (M) Kuchumaa
- FAMILY Pickleball with Jaimi & Dan Pickleball Court
- FAMILY Songwriting with Roy Lindquist (60 mins) M-Th Oaktree
- TWEENS Rubber Band Jewelry with Mallory Gazebo
- TEENS Cross Fit Training with Brooke (M) Tolteca
- Circuit Training (M-F) Azteca
- Pilates Mat Level 2 (M,W,F) Arroyo
- Functional Strength: Level 2 Olmecca
- Water Jogging (M,W) Activity Pool
- Yoga Fundamentals (Su,M,Th,F) Montaña
- 5 Ways to Keep Children Safe and Stay Connected at Any Age, with Katie Sasso and David Williams Library Lounge

- 11:30 CHILDREN & TWEENS Open Pool Time Central Pool
- CHILDREN Close Up Magic Tricks w/Alex Freuman Tolteca
- FAMILY Water Circuit with Brooke & Emily Activity Pool
- FAMILY StageKids! Prepare for talent show on Thursday! Oaktree
- TEENS Pilates with Sarah (M) Arroyo
- Cardio Drum Dance (M, also W at 2) Kuchumaa
- Cycle 30: Sprint Interval Training 30 mins (M) Pai Pai
- Full Body Strength: Level 1 (M) Olmecca
- Yoga: Level 2 60 mins (Su-F) Montaña
- Drawing with Jennifer (1.5 hours) Art Studio

- 1:00 Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas Tolteca

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| RANCH CAMP FOR CHILDREN & TWEENS |
| 1:50 <input type="checkbox"/> Drop-off Pinetree |
| 5:15 <input type="checkbox"/> Camp pick up Activity Pool |

- 2:00 FAMILY Yarn Painting Workshop, Tim Hinchliff Dining Hall Balcony
- CHILDREN & TWEENS: Ninja Obstacle Course with Sarah (also Th at 10:15) Olmecca
- TWEENS Jewelry Making with Ashley(M) Art Studio
- TWEENS TEENS Clever Card Tricks with Alex Freuman Library Lounge
- TWEENS TEENS ADULTS Macrame: Make Your Own Water Bottle Holder with Janita Pinetree
- TEENS Self-Defense (M,T,W,Th) Tolteca
- TEENS & ADULTS: Food & Nutrition Pub Trivia Competition, with Tamara Duker Freuman, RD Arroyo
- Dance: Move, Groove and Funk (M) Kuchumaa
- H2O Boot Camp (M) Activity Pool
- Release & Mobilize please wear socks (M,W,F) Oaktree
- Watercolor, with Jennifer 2 hours Art Studio

- 3:15 FAMILY Water Volleyball with Dave (M) Central Pool
- FAMILY Sound Healing with Jeny (Su,M,Th,F) Oaktree
- CHILDREN & TWEENS Weaving: Making a Pillow Pet, with Janita Pinetree
- CHILDREN & TWEENS Pick-up games Grass outside Pinetree
- TWEENS Self-Defense (M,T,W,Th) Arroyo
- TEENS Circuit with Thomas (M,Th) Azteca
- TEENS Silk Scarf Tie Dye, with Mallory Art Studio
- TWEENS TEENS ADULTS How to Create Screen/Life Balance as a Family, with Catherine Price Olmecca
- Pilates Reformer: Level 2 (M,W) Pilates Studio
- Spinal Mobility: Align the Spine with Traci (Su,M,T,W) Tolteca
- 4:30 FAMILY The Great BLOW-UP Animal Race with Jenny Activity Pool
- FAMILY Dodge Ball with Emily (M) Sand Volleyball Court
- FAMILY Improv with Aurora Lindquist (60 mins) M,T Oaktree
- TEENS Meditation with Ashley (M) Milagro
- The Funtervention: How to Have More Fun as a Family/Catherine Price Olmecca
- Stretch & Relax (M,W) Montaña

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| 5:15 <input type="checkbox"/> CHILDREN & TWEENS Ranch Camp pick up Activity Pool |
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- 5:00 FAMILY Rancho La Puerta *Chill Time: Relax and Enjoy All invited!* Gazebo
 - 7:00 FAMILY Social Chess and Lessons with Alex Freuman – All ages (under 9 with parent), all levels welcome, Tolteca
 - 7:15 FAMILY Drumming for All (Sign up) with Karl Anthony Kuchumaa
 - FAMILY Let's Get Batty! Bat viewing & facts, with Judie Lincer Meet at Gazebo
 - 8:45 FAMILY Star Gazing/Scott Marrone (Sign up 25 max) Running Track in front of Pilates Studio

TUESDAY | July 30

- 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
- 6:30 Sunrise Yoga: Outside 60 mins (T) Montaña
- 7:00 FAMILY Woodlands Hike 2 Miles (Su,T,Th) Gazebo
- 8:30 TEENS Meetup (Su - F) Gazebo

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| RANCH CAMP FOR CHILDREN & TWEENS |
| 8:45 <input type="checkbox"/> Ranch Camp drop-off (M-F) Pinetree |
| 12:15 <input type="checkbox"/> Ranch Camp pick up Pinetree |
| 8:45 CHILDREN Comp Cooking Class & Lunch at La Cocina/Chefs Marcelo and Reyna. Meet at Pinetree. Register by Monday 12 pm to save your space! Ext. 631, 640 or at Health Centers. Pick up 1 pm Pinetree |

- 9:00 FAMILY Stretch with Traci (Su,T,W,F) Montaña
- FAMILY Painting the Mural with Erin Gaffill (Su-Th) 60 mins Art Studio
- FAMILY Nature Scavenger Hunt, with Judie Lincer Gazebo
- CHILDREN & TWEENS Tennis Clinic/Jaimi (Su,T,Th,F) Tennis Courts
- TEENS Soccer Training with Sasha (Su,T) Basketball Court
- TEENS Pickleball with Dan Pickleball Court
- Bosu Fit: Level 2 (T,Th) Olmecca
- Circuit Training (M-F) Azteca
- Meditation (Su,T,Th,F) Oaktree
- Pilates Mat: Fundamentals (M-F) Arroyo
- Nature Walk with Rob Larson Meet at Gazebo

- 10:00 Comp Shiatsu or Reflex Massage (Ages 10+) (5 mins/10a – 12:30p) Villas Pool
- 10:15 FAMILY Intro to Salsa Kuchumaa
- FAMILY Pickleball with Dan Pickleball Court
- FAMILY Songwriting with Roy Lindquist (60 mins) (M-Th) Oaktree
- CHILDREN & TWEENS Silk Scarf Tie Dye, with Mallory Art Studio
- CHILDREN Animal Yoga Fun with Ashley (T) Montaña
- Circuit Training (M-F) Azteca
- Pilates on the Ball: Level 2 Olmecca
- Ranch Cycling: All Levels (T,Th) Pai Pai
- Water Aerobics with Emily & Brooke (T) Activity Pool
- Women's Personal Safety: How to feel confident, safe, and in your power (Su,TuTh) Tolteca

- 11:30 FAMILY Pickleball with Jaimi Pickleball Court
- FAMILY StageKids! Prepare for Thursday's Talent Show! with Tom Oaktree
- CHILDREN & TWEENS Open Pool Time Central Pool
- TWEENS TEENS Make your own Pom Poms with CeCe Sign up (T) Art Studio
- Booty Blast: 30 mins (T,F) Olmecca
- Stretch (Su,T,Th) Arroyo
- Shallow Water Workout (Su,T,W) Activity Pool
- Yoga: Level 2 60 mins (Su,M,T,Th,F) Montaña
- Landscape Sketching, with Jennifer 120 mins Juice Bar

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| 1:00 <input type="checkbox"/> FAMILY Viva Vivaldi! with Scott Marrone Oaktree |
| RANCH CAMP FOR CHILDREN & TWEENS |
| 1:50 <input type="checkbox"/> Drop-off Pinetree |
| 5:15 <input type="checkbox"/> Camp pick up Activity Pool |

- 2:00 FAMILY Yarn Painting Workshop with Tim Hinchliff Dining Hall Balcony
- FAMILY Fun Balance & Coordination with Brooke(T) Olmecca
- CHILDREN Jewelry Making with Ashley Art Studio
- TWEENS 4th Annual Great Guacamole Throwdown, with Tamara Los Olivos
- TWEENS TEENS POM SQUAD Dance (Bring your pom poms) (T) Kuchumaa
- TEENS Aqua Board (T,Th) Central Pool
- TEENS Self-Defense (M,T,W,Th) Arroyo
- Circuit Training (T,Th) Azteca
- Deep Water Training (Su,T,Th) Activity Pool
- Watercolor Collage Cards with Jennifer 2 hours Art Studio

- 3:15 CHILDREN & TWEENS Pick-up games Grass outside Pinetree
- CHILDREN & TWEENS Weaving: Making a Pillow Pet, with Janita Pinetree
- TWEENS Self-Defense (M,T,W,Th) Arroyo
- TEENS Sound Bath with Jeny (W) Oaktree
- TEENS Basic Crochet & Granny Squares, with Mallory Gazebo
- Aerial Yoga: Gentle, Low hammock please wear socks & sleeves(T,W) Kuchumaa
- Aqua Board (T,Th) Central Pool
- Spinal Mobility: Tech Neck No More with Traci (S, Mo, Tu, We) Tolteca
- Stability Ball / 30 mins (T,Th) Olmecca
- Tai Chi (Su,T) Montaña

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| 4:30 pm TEENS (13-17) Complimentary Hands on Cooking Class & Dinner with Sabrina Falquier, MD, CCMS, DipABLM
Meeting place: Admin Bldg. Departure 4:00pm; back 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 Mon 12pm Ext 631, 640 to reserve your space. |
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- 4:30 FAMILY Water BeachBall Volleyball, with Jenny Activity Pool
- FAMILY Sand Volleyball with Marcos Sand Volleyball Court
- FAMILY Improv with Aurora Lindquist (60 mins) M,T Oaktree
- TEENS Jewelry Making with Ashley Art Studio
- TEENS Drumming with Karl Anthony Kuchumaa
- Foam Roller Recovery (T,Th)Tolteca
- Wine & Chocolate. Enjoy a tasting of Guadalupe Valley Wines & artisanal Oaxaca chocolate.\$25 p/person. Sign up Lounge (Ages 21+) Bazar Sol

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| 5:15 <input type="checkbox"/> CHILDREN & TWEENS Ranch Camp pick up Activity Pool |
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- 5:30 Tuesday Fiesta! Ranch Band till 7:30 pm Dining Hall Patio
 - 7:00 FAMILY Prayer Arrows, with Tim Hinchliff (until 8:30 pm) Main Lounge
 - FAMILY Social Chess & Lessons with Alex All ages (under 9 with parent) all levels Tolteca
 - 8:00 FAMILY Bingo with CeCe Olmecca
 - 8:45 FAMILY Star Gazing with Scott Marrone (Sign up 25 max) Running Track in front of Pilates Studio

WEDNESDAY | July 31

- 6:10 **FAMILY** Organic Garden Breakfast Hike (4 miles / Sign up) (T-F) Gazebo
 - 6:15 Mountain Hike: Pilgrim (3.5 miles) (Su,W) Gazebo
 - 6:30 Dove Meditation Hike 1.2 Miles (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 & Lunch at La Cocina que Canta with Chefs Marcelo and Reyna. Meet at Pinetree. Register by Tuesday 12 pm to save your space – Ext. 631, 640 or at Health Center. **Pick up time 1 pm** at Pinetree
- 9:00 **FAMILY** Stretch with CeCe (Su,T,W,F) Montaña
 - FAMILY** Whose Scat is That & Signs of Wildlife/Judie (Field Experience) Gazebo
 - FAMILY** Painting the Mural with Erin Gafill (Su-Th) 60 mins Art Studio
 - CHILDREN & TWEENS** Pickleball with Dan Pickleball Court
 - CHILDREN & TWEENS** Soccer Training/Sasha (M,W,F) Basketball Court
 - CHILDREN & TWEENS** Intro to Gymnastics & Tumbling with Andrew (W) Tolteca
 - TEENS** Tennis Clinic with Jaimi (M,W) Tennis Courts
 - Cardio Kickboxing (W) Kuchumaa
 - Circuit Training (M-F) Azteca
 - Full Body Strength: Level 2 (Su,W) Olmecca
 - Pilates Mat: Fundamentals (M-F) Arroyo
 - 10:00 Complimentary Back & Shoulders Massage (Ages 10+) (5 mins/10 am – 12:30pm) Central Pool
 - 10:15 **FAMILY** Yoga with Hazel (W) Montaña
 - FAMILY** Aerobic 80's Dance with Sarah (W) Kuchumaa
 - FAMILY** Songwriting with Roy Lindquist (60 mins) (M-Th)Oaktree
 - CHILDREN & TWEENS** Arm Knitting, with Mallory Pinetree
 - TEENS** Bootcamp with Stephanie (W) Olmecca
 - Circuit Training (M-F) Azteca
 - Pilates Mat Level 2 (M,W,F) Arroyo
 - Tennis Clinic: Level 2 (Su,W) Tennis Courts
 - Water Jogging (M,W) Activity Pool
 - 11:30 **FAMILY** Tennis with Dan & Jaimi Tennis Courts
 - FAMILY** StageKids! Prepare for Thursday's Talent Show! with Tom Oaktree
 - CHILDREN & TWEENS** Cardio Boxing with Emily & Brooke (W) Kuchumaa
 - CHILDREN & TWEENS** Open Pool Time Central Pool
 - TEENS** Spin Class with CeCe (Su,F) Pai Pai
 - Kettlebells 30 mins (W,F) Tolteca
 - Pickleball: Intermediate (W) Pickleball Court
 - Shallow Water Workout (Su,T,W) Activity Pool
 - Yoga Sculpt: Level 2 60 mins (W) Olmecca
 - 12 Step Meeting – Patio outside Library Lounge
 - Painting Demonstration, with Jennifer Art Studio
 - 12:30 **FAMILY** Tim Hinchliff's Dining Room Art Tour Meet at Dining Room entrance
 - 1:00 Musical Miniatures (Piano), with Scott Marrone Oaktree
- RANCH CAMP FOR CHILDREN & TWEENS**

 - 1:50 Drop-off Pinetree
 - 5:15 Camp pick up Activity Pool
- 2:00 **FAMILY** Yarn Painting Workshop, Tim Hinchliff Dining Hall Balcony
 - FAMILY** Aqua Groove with Kirstin Activity Pool
 - CHILDREN** Jewelry Making with Ashley Sign up Art Studio
 - CHILDREN** 4th Annual Great Guacamole Throwdown, with Tamara Los Olivos
 - TWEENS TEENS** ADULTS Macrame: Make Your Own Water Bottle Holder with Janita Pinetree
 - TEENS** Self-Defense (M,T,W,Th) Arroyo
 - Cardio Drum Dance (W) Kuchumaa
 - Release & Mobilize please wear socks (M,W,F) Oaktree
 - 3:15 **FAMILY** Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
 - CHILDREN & TWEENS** Mermaid Swim Class with Kirstin Activity Pool
 - CHILDREN & TWEENS** Pick-up games Grass outside Pinetree
 - CHILDREN & TWEENS** Weaving: Making a Pillow Pet, with Janita Pinetree
 - TWEENS** Self-Defense (M,T,W,Th) Arroyo
 - TEENS** Basic Crochet & Granny Squares, with Mallory Gazebo
 - Aerial Yoga: Gentle, Low hammock please wear socks & sleeves(T,W) Kuchumaa
 - Pilates Reformer: Level 2 (M,W) Pilates Studio
 - Spinal Mobility: Posture Circuit with Traci (Su,M,T,W) Tolteca
 - Sound Healing (W) Oaktree
- 4-7:30 pm TEENS** (13-17) Complimentary Hands on Cooking Class & Dinner with Sabrina Falquier, MD, CCMS, DipABLM. Meeting place: Admin. Bldg. Please REGISTER by Tuesday 12pm Ext 631, 640 to reserve your space. Prompt departure at 4:00pm; back at the Ranch approx. 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 Tue12 pm.
- 4:30 **FAMILY** Water Lacrosse, with Jenny Activity Pool
 - FAMILY** Dodge Ball with Brooke (W) Sand Volleyball Court
 - Inner Journey: Guided Meditation (W,F) Milagro
 - Stretch & Relax (M,W) Montaña
- 5:15 **CHILDREN & TWEENS** Ranch Camp pick up Activity Pool
- 7:00 **FAMILY** Prayer Arrows, with Tim Hinchliff (until 8:30 pm) Main Lounge
 - FAMILY** Social Chess and Lessons with Alex Freuman – All ages (under 9 with parent), all levels welcome, Olmecca
 - 8:30 **FAMILY** Star Gazing/Scott Marrone (Sign up 25 max) Running Track in front of Pilates Studio
 - 8:30 **FAMILY** Let's Get Batty! Bat viewing & facts, with Judie Lincer Meet at Gazebo
 - 9:00 **TEENS** Pool Party with CeCe Activity Pool

THURSDAY | August 1

- Please sign up or confirm your return transportation at 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
 - 6:10 Mountain Hike: 7 Mile Breakfast Advanced with prerequisites, Sign up (Th) Gazebo
 - 6:15 **FAMILY** Mountain Hike: Professor's Hike (3.5 miles, prerequisite: Alex's Oak Comfortably; Moderately paced Hike) (Th) 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
- 9:00 **FAMILY** Country Line Dance with Emily & Brooke (Th, also F at 10:15) Kuchumaa
 - FAMILY** Birding with Binoculars, with Judie Lincer (Field Experience) Gazebo
 - FAMILY** Painting the Mural with Erin Gafill (Su-Th) 60 mins Art Studio
 - CHILDREN & TWEENS** Tennis Clinic with Dan (Su,T,Th, F) Tennis Courts
 - Bosu Fit: Level 2 (T,Th) Olmecca
 - Circuit Training (M-F) Azteca
 - Meditation (Su,T,Th,F) Oaktree
 - Pickleball: Beginners (Su also 9am Th) Pickleball Court
 - Pilates Mat: Fundamentals (M-F) Arroyo
 - Stretch (M,Th) Montaña
 - Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Larson Meet at Gazebo
 - 10:15 **FAMILY** Pilates Matwork with Emily (Th) Arroyo
 - FAMILY** Zumba with CeCe (Th) Kuchumaa
 - FAMILY** Songwriting with Roy Lindquist 60 mins (M-Th) Oaktree
 - CHILDREN & TWEENS:** Ninja Obstacle Course with Sarah (Th, also F 3:15pm) Olmecca
 - TEENS** Pickleball with Jaimi (Th) Pickleball Courts
 - Circuit Training (M-F) Azteca
 - Ranch Cycling (T,Th) Pai Pai
 - Yoga Fundamentals (Su,M,Th,F) Montaña
 - Women's Personal Safety: How to feel confident, safe, and in your power (Su,T,Th) Tolteca
 - 11:30 **FAMILY** Water Circuit with Emily & Brooke (Th) Activity Pool
 - FAMILY** StageKids! Prepare for Thursday's Talent Show! with Tom Oaktree
 - CHILDREN & TWEENS** Open Pool Time Central Pool
 - TEENS** Paint Your Rock, with Mallory Art Studio
 - Ranch Barre (Su,Th) Olmecca
 - Stretch (Su,T,Th) Arroyo
 - TRX Strength HIIT (Th, also F at 10:15) Tolteca
 - Yoga: Level 2 60 mins (Su,M,T,Th,F) 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 by Koi Pond/Sign up in Main Lounge
- RANCH CAMP FOR CHILDREN & TWEENS**

 - 1:50 Drop-off Pinetree
 - 5:15 Camp pick up Central Pool
- 2:00 **FAMILY** Hula Hoop with Hazel (Th) Kuchumaa
 - FAMILY** Cardio Strength Circuit with Brooke & Emily (Th) Tolteca
 - CHILDREN TWEENS TEENS** Make Popsicles with Chef Vivian Juice Bar
 - CHILDREN & TWEENS** Pick up SOCCER /Sasha Basketball Court
 - TWEENS TEENS** ADULTS Macrame: Make Your Own Water Bottle Holder with Janita Pinetree
 - TEENS** Aqua Board (T,Th) Central Pool
 - TEENS** Self-Defense (M,T,W,Th) Arroyo
 - TEENS** Jewelry Making with Ashley Art Studio
 - Circuit Training (T,Th) Azteca
 - Deep Water Training (Su,T,Th) Activity Pool
 - The Surprising Science of Gut Health, with Tamara Duker Freuman, RD Olmecca
 - Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
 - 3:15 **FAMILY** Sound Healing with Tom (Su,Th,F) Oaktree
 - CHILDREN & TWEENS** Weaving: Making a Pillow Pet, with Janita Pinetree
 - TWEENS** Self-Defense (M,T,W,Th) Arroyo
 - TEENS** Aerial Yoga: Gentle, Low hammock with Kirstin please wear socks and sleeves (Th) Kuchumaa
 - TEENS** Circuit with Ashley (M,Th) Azteca
 - Aqua Board (T,Th) Central Pool
 - GOLF Mobility Workshop (Th) Tolteca
 - Stability Ball / 30 mins (T,Th) Olmecca
 - 4:00 **FAMILY** Dinner at La Cocina Que Canta with Sabrina Falquier, MD, CCMS, DipABLM, Chef Reyna and Chef Marcelo. REGISTER at ext 631, 640. Fee. 3.5 hrs. Meet at the Administration Bldg. PROMPT departure at 4:00pm; return by 7 pm
 - 4:30 **FAMILY** Pool Bingo with Jenny Central Pool
 - FAMILY** Foam Roller with CeCe(Th) Tolteca
 - FAMILY** Deconstructing Hollywood's Famous Chess Games / Alex Library Lounge
 - TEENS** Summer Contest: Paint Your Own Tote Bag! 20 Guests Max. \$35. 60 min. Includes tote bag, paint, refreshing drink & a prize for each participant Bazar del Sol Restorative Yoga (Su,Th) Montaña
- 5:15 **CHILDREN & TWEENS** Ranch Camp pick up Central Pool
- 8:00 **FAMILY** RLPGT SHOW! Oaktree
 - 9:15 **TEENS** Movie Night Olmecca

FRIDAY | August 2

- * 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
 - 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 **TWEENS & TEENS** Soccer Game with Sasha at Professor's Park. Prompt departure 7 am; back by 8:30 am for breakfast. Sign up. Meet at Administration Bldg.
 - 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** Fun Bootcamp with Traci & Barry Sand Volleyball Court
 - FAMILY** Stretch with CeCe(Su,T,W,F) Montaña
 - FAMILY** Ethnobotany-How Native Americans use Plants for Food, Shelter, Medicines and More! with Judie Lincer (Field Experience) Gazebo
 - CHILDREN & TWEENS** Tennis Clinic with Jaimi (Su,T,Th,F) Tennis Courts
 - CHILDREN & TWEENS** Soccer Training/Sasha (M,W,F) Basketball Court
 - CHILDREN & TWEENS** Rubber Band Jewelry with Mallory Pinetree
 - TEENS** Cross Fit Training with Brooke (F) Olmecca
 - Barbell Strength: Level 2 (M,F) Tolteca
 - Circuit Training (M-F) Azteca
 - Meditation (Su,T,Th,F) Oaktree
 - Pilates Mat: Fundamentals (M-F) Arroyo
 - 10:00 Complimentary Back & Shoulders Massage (Ages 10+) (5 mins/10 am 12:30pm) Central Pool
 - 10:15 **FAMILY** Dance with Kirstin (F) Kuchumaa
 - FAMILY** Water Aerobics with Brooke & Emily (T,F) Activity Poo
 - TEENS** Pickleball with Dan Pickleball Court
 - Circuit Training (M-F) Azteca
 - Pilates Mat Level 2 (M,W,F) Arroyo
 - TRX HIIT Strength (F) Tolteca
 - Yoga Fundamentals (Su,M,Th,F) Montaña
 - 11:30 **FAMILY** Water Volleyball with Emily Central Pool
 - CHILDREN TWEENS** Pickleball with Jaimi Pickleball Court
 - TEENS** Aerial Yoga: Gentle, Low hammock with Kirstin please wear socks & sleeves (F) Kuchumaa
 - Booty Blast: 30 mins (T,F) Olmecca
 - Deep Water Training (F) Activity Pool
 - Kettlebells 30 mins (W,F) Tolteca
 - Yoga: Level 2 60 mins (Su,M,T,Th,F) Montaña
 - Make an Ancestor Altar, with Jennifer (1.5 hours) Art Studio
- RANCH CAMP FOR CHILDREN & TWEENS**

 - 1:50 Drop-off Pinetree
 - 4:30 Camp pick up Tolteca
- 2:00 **FAMILY** Water Polo on the Noodle with Jenny Activity Pool
 - CHILDREN & TWEENS** Open Pool Time Central Pool
 - TEENS** Tik Tok Dance with CeCe Kuchuma
 - Pilates Reformer: Fundamentals (Su,F) Pilates Studio
 - Release & Mobilize please wear socks (M,W,F) Oaktree
 - Mandala with Jennifer (60 mins) Art Studio
 - 3:15 **FAMILY** Sound Healing with Tom (Su,M, Th,F) Oaktree
 - FAMILY** Foam Roller Recovery with Sarah (F) Tolteca
 - CHILDREN & TWEENS** Pick-up games Grass outside Pinetree
 - CHILDREN & TWEENS** Weaving: Making a Pillow Pet, with Janita Pinetree
 - TEENS** Yoga with Kirstin Montaña
 - Core Challenge / 30 mins (F) Olmecca
- 4:30 **CHILDREN & TWEENS** Ranch Camp pick up Tolteca (Activity Pool not monitored on Friday 4 pm)
- 4:30 **FAMILY** Indigenous Wisdom Walk with Norma Meza, Kumeyaay, 90 mins Meet Outside Kuchumaa Gym
 - FAMILY** Camp Closing Ceremony Tolteca
 - Inner Journey: Guided Meditation (W,F) Oaktree
 - Stretch and Relax (F) Montaña
 - 6:30 Dance to the Music of the Rancho La Puerta Fiesta Band!! (120 mins) Dining Hall Patio