



Adventure Camps

for Women, by Women Adventure Camps
2011-2012
Schedule of Events

Day 1

8:00 – 9:00	Meet in <i>Last Chair</i> Bar and Grill upstairs for registration, introductions, and orientation; muffins, coffee, and juice will be served
9:00 – 12:00	Skiing with your coach
12:00 – 1:00	Lunch with the ladies (meal not included)
1:00 – 4:00	Skiing with your coach
4:00 - ?	Après Ski Social at <i>Last Chair</i> ; appetizers and wine will be served

Day 2

8:00-8:45	YOGA in the Mountaineers Room
9:00	Meet in <i>Last Chair</i>
9:00 – 12:00	Skiing with your coach
12:00 – 1:00	Lunch with the ladies (meal not included)
1:00 – 4:00	Skiing with your coach
5:00 – 6:30	Rest!
6:30 – 7:00	No-host cocktails at local restaurant
7:00 - ?	Complimentary Dinner on <i>Alpine Meadows</i> at <i>River Grill</i> or <i>Jake's on the Lake</i> (Location varies depending on camp)

Day 3

8:00-8:45	YOGA in the Mountaineers Room
9:00	Meet in <i>Last Chair</i>
9:00 – 12:00	Skiing with your coach
12:00 – 1:00	Celebratory Lunch with the ladies (SPECIAL SURPRISE!) (meal not included)
1:00 – 3:30	Skiing with your coach

***Video analysis** will be done throughout the day at the coach's discretion

Thank You – Have a Safe Trip Home

This is a tentative itinerary. Times, locations and events subject to change.