



#### **Recreation Centre**

Indoor Swimming Pool Outdoor & Indoor Hot Tubs | Steam Room & Dry Sauna | Lounge | Fitness Facility | Tennis Courts Games Room | Kids Play Area



#### **On-site Amenities**

Laser Battles
Beach Volleyball
|Playgrounds
Basketball Court
Badminton Area
Tennis Courts | Horseshoe Pit | Archery
Range



#### **Nearby Attractions**

Golfing | Skiing Natural Hot Springs Wetlands | Beaches & Boating | Hiking Trails Dining | Shopping | Fishing | Rock Climbing Rafting | Horseback Riding | Kayaking & Canoeing

June 28—July 5

# **Activities Guide**





# You must sign-up in advance for starred ★ activities. Please register in the Games Room.



Friday	Saturday	Sunday	Monday
June 28	June 29	June 30	July 1
8:45—10:00 AM Pancake Breakfast See Food   All ages  9:30 AM (Thu, Fri, Sat) Fairmont to Windermere Paddle See Outdoors   All Ages  10:30 AM Bubble Babies See Sports   Ages 0-3  10:30 AM Golf Clinic IV: Putting & Overall Review See Sports   Age 16+  10:45 AM Hot Spring Hike See Outdoors   All Ages  11:00 AM String Art * See Crafts   Ages 7+  1:30 PM Dodgeball See Sports   Ages 8+  3:30 PM CD Scratchers * See Crafts   Ages 7+  4:30 PM Beeswax Candles * See Crafts   Ages 3-9  5:00—8:00 PM Climbing Gym See Sports   All Ages	9:45 AM Playdough * See Crafts   Ages 2-6 10:00 AM Drop-in Badminton 55+ See Sports   Ages 55+ 10:30 AM Bubble Babies See Sports   Ages 0-3 10:45 AM Mountain Creek Hike See Outdoors   All Ages 11:00 AM Drop-in Badminton See Sports   All Ages 1:30 PM Hemp Bracelet * See Crafts   Ages 9+ 5:00—8:00 PM Climbing Gym See Sports   All Ages 6:45 PM (Offered Daily) Scenic Floats See Outdoors   All Ages 7:00 PM Board Games Night See Games   All Ages	10:00-2:00 PM Sunday Brunch & Soak Fairmont Hot Springs Resort Call 250-345-6015  10:45 AM Unguided Hoodoos Hike See Outdoors   All Ages  11:00 AM Wetlands Paddle See Outdoors   All Ages  11:00 AM Drop-in Tennis See Sports   Ages 14+  5:00—8:00 PM Climbing Gym See Sports   All Ages  7:00 PM Mini Masterpiece ★ See Crafts   Ages 12+  11:59 PM Canada Day Fireworks Invermere, Eddie Mountain Arena	9:45 AM Tukats Hike See Outdoors   All Ages  10:00 AM Mirror Mosaics * See Crafts   Ages 7+  10:00 AM Tennis Lesson * See Sports   Age 14+  11:30 AM Archery * See Sports   Ages 8+  11:30—1:00 PM Canada Day Toonie Barbeque (on-site) See Events   All Ages  12:00—3:00 PM Canada Day Celebrations Fairmont Lodge Call 250-345-6049  12:45 AM Archery * See Sports   Ages 8+  2:00—2:30 PM Root Beer Floats See Food   All Ages
9:00 PM The Laugh Shop (Comedy) Jebb Fink & Guests Mountainside Clubhouse Call 250-345-6019	Yoga and Wellness Programs  Numerous yoga, meditation, and wellness programs are offered at the Hot Spring Studio.  See the Wellness section for more details		2:30 PM Stomp Rocket Start See Games   All ages  3:20 PM Family Golf Tourney * See Events   All Ages  4:30—8:00 PM Kids Camp: Bugs Life * See Camps   Ages 5-7  Dusk (Approx. 10:30 PM) Canada Day Fireworks Fairmont Lodge Call 250-345-6049

Tuesday	Wednesday	Thursday	Friday
July 2	July 3	July 4	July 5
10:00 AM Royal Parade ★ See Crafts   Ages 3-6	9:00 AM Digital Photography ★ See Crafts   Ages 14+	10:00 AM Treasure Hunt ★ See Games   Ages 3-6	You must sign-up in advance for starred ★ activities.
10:00 AM Laser Battle ★ See Sports   Ages 9+	9:00 AM Breakfast Hike ★ See Outdoors   Ages 12+	10:30 AM Golf Clinic III: Chipping & Sand See Sports   Age 16+	Please register in the Games Room.
10:30 AM Golf Clinic I: Set-up & Swing See <i>Sports</i>   Age 16+	10:00 AM Funny Puppets ★ See Crafts   Ages 3-6	10:45 AM River Stroll See Outdoors   All Ages	8:45—10:00 AM Pancake Breakfast See Food   All ages
10:45 AM Montezuma's Loop Hike See <i>Outdoors</i>   All Ages	Super Soccer★ See Sports   All Ages  10:30 AM	11:00 AM Scrapbooking★ See Crafts   Ages 12+	9:30 AM (Thu, Fri, Sat) Fairmont to Windermere Paddle See Outdoors   All Ages
11:15 AM Laser Battle ★ See <i>Sports</i>   Ages 9+ 12:00 PM	Golf Clinic II: Tee & Fairway See Sports   Age 16+ 10:45 AM	11:30 AM Laser Battle ★ See Sports   Ages 9+ 12:45 PM	10:30 AM Bubble Babies See Sports   Ages 0-3
Garden Windmill ★ See Crafts   Ages 7+ 1:00 PM	Spirit Trail Hike See Outdoors   All Ages	Laser Battle ★ See Sports   Ages 9+  1:00 PM	10:30 AM Golf Clinic IV: Putting & Overall Review
Archery ★ See Sports   Ages 8+ 1:00 & 1:30 PM	Handmade Beads★ See Crafts   Ages 9+  11:30 AM	Shrinky Dinks ★ See Crafts   Age 9+  1:30 PM	See Sports   Age 16+  10:45 AM  Hot Spring Hike
Fig. Dye ★ See Crafts   Ages 9+ 1:30 PM	Scavenger Hunt Plus ★ See Games   All Ages	Junior Golf Clinic III: Around the Green See Sports   Age 6-15	See Outdoors   All Ages 11:00 AM Dodgeball
Landscape Painting * See Crafts   Ages 16+ 1:30 PM	11:45 AM Copper Point Golf Tournament★ See Sports   Ages 12+	2:30 PM Glass Etching★ See Crafts   Ages 12+	See Sports   Ages 8+  1:00 PM  String Art *
Junior Golf Clinic I: Set-up and Swing See Sports   Age 6-15	12:45—1:15 PM Hot Fudge Brownies	4:00 PM Drop-in Basketball See Sports   Age 12+	See Crafts   Ages 12+  3:00 PM  CD Scratchers *
1:30 PM Bingo ★ See <i>Games</i>   All Ages	See Food   All ages  1:30 PM Junior Golf Clinic II:	4:00—9:00 PM Kids Camp: Survivor *	See Crafts   Ages 7+  4:00 PM  Beeswax Candles *
2:30 PM Stomp Rocket Test-off See <i>Games</i>   All Ages	Driver + Fairway Woods See Sports   Age 6-15 2:00 PM	See Camps   Ages 11-15 9:30 PM Jam Night at the Hoodoo Grill	See Crafts   Ages 3-9 5:00—8:00 PM Climbing Gym See Sports   All Ages
4:00 PM Resort Welcome Sangria Party See <i>Events</i>   All Ages	Health Fair ★ See Wellness   Ages 12+  2:30 PM	Call 250 345-2166  Wednesday continued	7:00 PM Poker Night ★ See Games   Ages 15+
4:00 PM Flinch See <i>Games</i>   All Ages	Wetlands Paddle See Outdoors   All Ages  2:30 PM Archery ★	5:00—9:00 PM Kids Camp: Campout *	7:45 PM Gel Candles * See Crafts   Ages 12+
5:00 PM Shuzi Qi Demo ★	See Sports   Ages 8+ 3:00 / 5:30 PM	See Camps   Ages 8-12	



### Children under 13 years old must be accompanied by an adult.





# OUTDOORS



#### **BREAKFAST HIKE**★ | Approx. 1 hour (hike) | FREE | All Ages

Enjoy a short uphill hike to kick-start your appetite and then a leisurely breakfast at the Mountain Flowers Dining Room. Meeting spot: the Mountainside Recreation Centre - NOT HERE. Sign-up required due to reservations - which will be made on your behalf. FREE hike with 10% off menu items.

### FAIRMONT TO WINDERMERE PADDLE | 3 hrs (paddling) | \$77.25 tax in / Ages 8-12 50% off / <8 free

A guided and interpretive paddle through the amazing wetlands. Travel from Fairmont to Lake Windermere in a voyager canoe (stable, comfortable, and seats 8) or paddle a canoe or kayak yourself. All equipment and transportation provided. Call 250-342-7397 to book. Meet at the Sunchaser Rec Centre for pick-up.

### **HOT SPRINGS HIKE** | Approx. 1.5 hours | FREE | All Ages

Come and find out all there is to know about the local hot springs. We'll talk about the historic baths, the original springs, the pools, ... Meeting spot: the historic barn on Hot Springs road by the Mountainside Golf Club House (not the Mountainside Villa Resort).

#### MOUNTAIN CREEK HIKE | Approx. 1.5 hours | FREE | All Ages

Trek up the Fairmont Creek and loop down the Valley View Trail. Footing is little more challenging than our typical hikes. Two easy creek crossings necessary. Meet at the Pool Overflow parking lot at the Fairmont Hot Springs. Look for the gigantic green propane tank at the ski hill turn-off. Rating: moderate/difficult.

#### MONTEZUMA'S LOOP HIKE | Approx. 1 hour | FREE | All Ages

This is one of the staff favorites. A combination of the Owl Loop and Montezuma's Revenge trails. Meet at the Pool Overflow parking lot at the Fairmont Hot Springs. Look for the gigantic green propane tank at the ski hill turn-off. Rating: moderate/easy.

### RIVER STROLL | Approx. 1 hour | FREE | All Ages

Explore the wetlands and "meadows neighbourhood." The beginning is stroller friendly up to the Columbia River and then we move onto single track trails in the marshy wetlands. Meet outside the Sunchaser Recreation Centre. Rating: easy

# SCENIC FLOAT | Approx. 1.5 hours | \$55+GST/adult, \$40+GST/under 13 less 10% Villa discount | All ages

Enjoy an evening float in Fairmont Hot Springs through the Columbia Wetlands and Riverside Golf Course. Relax comfortably in a big yellow raft as a Glacier Rafting guide takes you past some great bird and wildlife viewing spots. Pick up from the Sunchaser Rec Center incl. Guests do not paddle or get wet. Call 250-688-1064 or 1-877-344-7238 to book.

#### **SPIRIT TRAIL** | Approx. 2.25 hours | FREE | All Ages

The Spirit Trail wanders along the eastern benches of Columbia Lake through grasslands and open canopy forest. At roughly 3.5 km there is an inlet with great wildlife viewing opportunities. We will also direct you to ancient pictographs as a self-guided side trip. The well worn trail has very little elevation change and excellent footing. Directions: follow Columbia River Rd until the road becomes gravel and dead-ends at the trail head approx. 6km from town. Take the south resort exit, cross the highway, the FirePlace is on your left keep going and take your first right on Columbia. River. Rd. direction south until the road ends in front of a gate. Leave the Villas at 10:20 to avoid being late. Road is not suitable for very low clearance vehicles. Rating: moderate

### TUKATS HIKE | Approx. 1.5 hours | FREE | All ages

Explore the trails at the north end of Fairmont. Meeting spot: 5014 Fairway Drive (the upper church parking lot on the way to the Fairmont Hot Springs Resort). Rating: moderate.



# Friend Finder Message Board

There is a message board in the Games Room to facilitate guests meeting other guests with similar interests. Coordinate card games, find hiking partners, advertise babysitting services, and the like.

#### **UNGUIDED HOODOO HIKE** | Approx. 1.5 hours | FREE | All ages

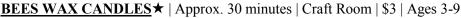
Discover the Hoodoos! Moderate elevation change. Meeting spot: the Nature Trust Hoodoos trail head. Drive south on highway 93/95 to Westside Road, turn right for 1km, and park in the large gravel parking lot on the left across from the Hoodoos sign. No sign-up required. **This is not a guided hike**.

#### WETLANDS PADDLE | Approx. 2 hours | \$25 includes all taxes / Ages 8-12 50% off / Under 8 Free

A guided paddle through the wetlands near Invermere. Paddle your own boat or join the guide in an 8 seater voyager canoe. The guide points out stops of interest and helps navigating the waters. Meet at Columbia Kayak and Canoe in Athalmer—look for Pete's Mariana just as you cross the bridge into Invermere. Call 250-342-7397 to guarantee your spot; drop-ins accommodated when possible.



# CRAFTS



Make your very own bees wax candle with charming wooden base. Finish it off with a cute bubble bee and lady bug.

### <u>CD SCRATCHERS</u> ★ | Approx. 45 minutes | Craft Room | \$3 | Ages 7+

Come discover this decorative craft and give your CDs a second life. It's super simple and it looks very cool. Check out the examples in the Craft Room.

#### **DIGITAL PHOTOGRAPHY**★ | Approx. 3 hours | Upstairs Lounge | \$40 | Ages 14+

Join an inspirational and educational photo class with a professional instructor Tracey Connery. The class is suitable for all levels of experience and any type of digital camera. It is the perfect blend of classroom instruction and lots of hands-on photo taking to work on composition and the artistic side of photography. Dress appropriately to go outside for land-scape and wildlife photography pointers. Bring a snack. See examples in the Games Room.

#### FINGER PAINTING★ | Approx. 30 minutes | Craft Room | \$3 | Ages 2-6

Provide your child oodles of freedom to create a painted masterpiece - and you don't have to clean up the mess.

#### **FUNNY PUPPETS** ★ Approx. 45 minutes | Craft Room | \$3 | Ages 3-6

Get your children a new funny friend to play with, one they will create from scratch on their own!

#### GARDEN WINDMILL ★ Approx. 45 minutes | Craft Room | \$3 | Ages 7+

Decorate your garden or your balcony with a nice Windmill made from scratch. Have a nice touch of colour in your backyard.

#### GEL CANDLES★ | Approx. 1 hour | Craft Room | \$10 | Ages 12+

Aromatic gel candles burn longer and with less smoke than a typical candle. The design options are endless: make a candle to match a room or match your style.

#### GLASS ETCHING★ | Approx. 1.5 hours | Craft Room | \$10 | Ages 12+

Have you ever wanted to learn how to etch glass? Join us and let us show you! This craft is virtually fool proof and never disappoints.

#### **HANDMADE BEADS**★ | Approx. 45 minutes | Craft Room | \$3 | Ages 9+

Make custom colored, shaped and patterned beads from recycled paper. You can roll a hidden mantra or message into your personalized beads. The finished beads look a bit like glass blown beads. Make a necklace, bracelet, or set of earrings. Bring your own beads to make Hemp Bracelets on Saturday!

#### **HEMP BRACELETS**★ | Approx. 45 minutes | Hillside Pool Patio| \$3 | Ages 9+

Weave a personalized hemp bracelet. Environmentally friendly and also very trendy, for men and women.

#### **LANDSCAPE PAINTING**★ | Approx. 3.5 hours | Craft Room | \$60 (all supplies provided) | Ages 16+

Join professional artist Christine Simpson for a three to four hour class introducing the fundamentals of landscape painting and acrylic paints: focus on setting up composition, colour theory, learning different effects, brush work, and creating shadows and light. The intent is to create a piece through intuition and emotion—your own unique impression of a local landscape. Also see the less advanced "Mini Masterpiece" program. See examples in the reception lobby area.







# Children under 13 years old must be accompanied by an adult.



#### MAKE YOUR OWN PLAYDOUGH ★ Approx 30 minutes | Craft Room | \$3 | Ages 2-6

Simple fun that the little ones can do all by themselves. You make a personal batch of playdough and then we practice making some fun shapes.

#### MINI MASTERPIECE ★ | Approx. 2 hours | Craft Room | \$25 (all supplies provided) | Ages 12+

Join professional artist Christine Simpson for a class introducing the fundamentals of landscape painting and acrylic paints: focus on setting up composition, working with paint and learning different effects, brush work, and creating shadows and light. Create your own unique impression of a local landscape and take home a special piece of art in memory of your wonderful vacation. Also see the more advanced "Landscape Painting" program.

#### MIRROR MOSAICS★ | Approx. 45 minutes | Craft Room | \$3 | Ages 7+

Good for almost all ages. Custom cut your chosen picture(s) and affix them to a mirror background. The end result is stunning.

#### **ROYAL PARADE**★ | Approx. 30 minutes | Craft Room | \$3 | Ages 3-6

Each king (boy) and queen (girl) makes their own funky foam crown. Practice tracing, cutting, and decorating. Then the royalty go on parade.

#### **SCRAPBOOKING** ★ 1-1.5 hours | Craft Room | \$10 | Ages 12+

This creative workshop teaches all the basics of scrapbooking. Organized by the owner of Scrappers Cove, you'll get some inside information from the best! Bring a family picture if you have one (don't worry if you don't) and create your own scrapbooking masterpiece. All supplies provided.

#### SHRINKY DINKS ★ | Approx. 45 minutes | Craft Room | \$3 | Ages 7+

Try our amazing shrinking plastic. Make your own design and then watch it shrink 600%. Make key chains, pins, fridge magnets, earrings, ... *Adults really get hooked on this once they try*. Your results look fantastic. Bring an extra toonie if you want to make extra designs.

#### STRING ART ★ | Approx. 1.5 hours | Craft Room | \$10 | Ages 12+

String Art is back! This popular craft from the 60's and 70's has endless possibilities. Create beautiful patterns with nail and thread. Impress yourself with an amazing handmade piece of wall art. Use one of our patterns or make your own.

# TIE DYE ★ | Approx. 30 minutes | Craft Room | \$10 | Ages 9+

Make your very own tie dye T-shirt. Far out man!



# SPORTS



#### **ARCHERY** ★ | Approx. 1 hour | 8100 Building | \$10 (cash only) | Ages 8+

Learn the basics of archery and experience your inner Robin Hood. All equipment provided. Location: large grass field beside the resort's 8100 Building. Head south on Hwy 93/95 and take the first right at Riverside Drive (1.1km from the Rec Centre).

**BUBBLE BABIES** | Indoor Pool near the fountain | FREE | Ages 4 months –3 years'Swim' lessons for the little ones. This is a guest run program—unsupervised, unstaffed. Take this opportunity to meet other caregivers with young ones. The toddlers can make new friends as they explore the aquatic environment.

#### CLIMBING GYM | Approx. 20min drive | Invermere | \$5 | Recommended for ages 7+

Great affordable fun! From beginners to advanced 5.10 wall climbers. Located at J.A. Laird Elementary School: 13<sup>th</sup> Avenue & 13<sup>th</sup> Street in Invermere. \$5 includes admission, rentals, and a quick introduction.

#### **COPPER POINT GOLF TOURNEY**★| See "Events"

#### **DODGEBALL** | Approx. 45 minutes | Riverside Tennis Courts | FREE | All Ages

Family friendly dodgeball. There are lots of subtle various on the theme, but the basics is to avoid getting hit by a ball your opponent throws at you. Lots of fun and excitement.

## Did You know?



Most of the hiking trails can be ridden on a bike! You can rent bikes at BC Rockies Adventures: 250-345-6049

#### **DROP-IN BADMINTON** | Playing time varies | Riverside Badminton Courts | FREE | Ages Vary

This drop-in session is designed to help badminton players of all abilities meet each other and get a game or rally going. This is an unsupervised and unstaffed activity. Racquets and birdies are available for free at the Front Desk—bring your villa key.

#### **DROP-IN** BASKETBALL | Playing time varies | Hillside Basketball Hoop | FREE | Ages 12+

This session is designed to help basketball players of all abilities meet each other and get a game going. This is an unsupervised and unstaffed activity. Join in some friendly 3-on-3. Basketballs are available at the Sunchaser Recreation Centre in exchange for a room key.

### **DROP-IN TENNIS** | Playing time varies | Riverside Tennis Courts | FREE | Ages 14+

This drop-in session is designed to help tennis players of all abilities meet each other and get a game or rally going. This is an unsupervised and unstaffed activity. Players provide their own tennis balls.

#### GOLF CLINICS – Junior | Approx. 45 min. | Riverside Golf Clubhouse | \$20+GST/clinic | Ages 6-15

Take all three clinics as a mini golf school or pick and choose your lessons. On Tuesday we start with an intro to the setup and swing. On Wednesday we focus on the swing techniques to hitting off the tee and from the fairway. On Thursday we explore short game techniques and putting. Clubs available for free. <u>Instructed by Canadian PGA Professional Jer-</u> emy Johnson

#### GOLF CLINICS -Adults | Approx. 1 hour | Riverside Golf Clubhouse | \$25+GST/clinic | Ages 16+

Take all four clinics as a mini golf school or pick and choose your lessons. On Tuesday we start with an intro to the setup and swing. We explore the basics of grip, stance, ball position and golf swing with the short irons. On Wednesday we focus on the swing techniques to hitting off the tee and from the fairway. On Thursday we explore short game techniques at the practice green including chipping, pitching and sand play. On Friday we cover putting and strategies on the green followed by a swing review. Clubs available for free. Instructed by Canadian PGA Professional Jeremy Johnson

#### **FLINCH** | Approx. 45 minutes | Sunchaser Rec Centre Patio (grass area) | FREE | All Ages

We play a combination of super fun outdoor and active games like "Flinch." Flinch involves hand-to-eye coordination, psyching your opponent out, and good times. The complexity and exact style of game varies depending on who shows up to play. Our rules insure that all ages and skill levels have a great time.

#### LASER BATTLE | Approx. 1 hour | 8100 Building | \$10 (Cash Only) | Ages 9+

More fun than paintball and no bruise to worry about. The deadly accurate infra-red guns are light enough for everyone. Wear appropriate foot wear for running and dodging. Bring water and a hat—there is no shade on the battlefield.

#### PAR-3 GOLF TOURNEY★| See "Events"

#### SUPER SOCCER | Approx. 45 minutes | Riverside Tennis Courts | FREE | All Ages

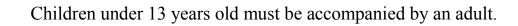
Super soccer is played on the tennis courts so the ball is always in play. We often have enough players to split the group into age and skill-specific games, e.g., teens on one court and families on another.

#### TENNIS LESSON★ | Approx. 45 minutes | Riverside Tennis Courts | \$5 | Ages 14+

Learn the basics of the modern forehand topspin stroke: how to hold the racquet, swing fundamentals, and learning tips. Suitable for beginners and all fitness levels. (More advanced, sports-minded youth ages 12 and 13 are welcome.)











# GAMES



**BINGO**★ | Approx. 1 hour | Upstairs Lounge | \$1 per card | All Ages Prizes and fun for the whole family.

#### **BOARD GAMES NIGHT** | Games Room | FREE | All Ages

This is a guest-run program - unsupervised, unstaffed. Take this opportunity to meet other gamers and learn a new game. Borrow one of our 12 different games in the Games Room or bring your own.

#### SCAVENGER HUNT PLUS ★ Approx. 1 hour | Games Room | FREE | All Ages

A classic fun family activity. Put your team together to find, make, borrow, buy, or draw as many items as possible on the "to find" list. PLUS super fun team challenges are incorporated into the hunt (bring your camera).

#### **STOMP ROCKETS**★ | Craft Room | \$2/kit | All Ages

Build a rocket in the comfort of your own villa and then come show-off your creation on "test-off" day (see schedule). Rules and supplies are inside the kit. Pick up your kit <u>prior to</u> the test-off day: ask Recreation Staff (not Front Desk). How high will your rocket fly? Prizes for hang-time and aesthetics. Challenge each other to a rocket duel.

#### **POKER NIGHT**★ | Approx. 2 hours | Upstairs Lounge | \$10 | Ages 15+

We play "No River Hold'em" which is a popular variation of the Texas Hold'em poker game. This format keeps experts entertained yet is simple enough for complete novices to learn. Suitable for beginners (we play "friendly" for the first 30 minutes) and experienced players (we play no-limit the majority of the time). Your \$10 buys \$5,000 in chips, a non-alcoholic beverage, and an evening of fun. This is not a gambling event; we play for prizes, not money (any surplus from this event helps run our kids crafts). Prizes at every table. Please sign-up before 5:00PM.

### TREASURE HUNT ★ | Approx. 30 min | Games Room | \$1 | Ages 3-6

This group treasure hunt is designed for the young ones (please respect the age limit). Follow the clues to the finish where you'll be sure to find a great surprise.



# WELLNESS



**FOOT SPA / FACIALS** ★ | Approx. 1 hour | Games Room | \$5 | Ages 12+ Relax and enjoy this Foot Spa with Wilda from Mary Kay while learning how to properly care for your feet. Also see "Mary Kay Facial."

**HEALTHFAIR**★ | Approx. 45 min | Games Room | FREE | Ages 15+ (children welcome with parents)

Join Dorothy for a lively discussion about various natural products. Experience some of the fabulous and funky items (food-based supplements, cleaning products, skin care....) available for purchase from HealthFair.

#### MARY KAY FACIAL ★ | Approx. 1.5 hours | Craft Room | \$5 | All Ages

Join Wilda from Mary Kay to learn about facials and experiment hands-on with different products and colours.

#### SHUZI QI DEMONSTRATION★ | Approx. 1 hour | Games Room | FREE | Ages 12+

Learn about the latest in energy healing with a brand new technology developed by an electrical engineer to improve his golf game. It helps a host of problems like: aches & pains, ADD/ADHD, arthritis, carpal tunnel, fatigue, gout, menstrual cycles, ... Products will be available for purchase. **Tuesday 5:00 PM.** 



## Children under 13 years old must be accompanied by an adult.



Hot Spring Studio Schedule					
9 Meditation and youth programs are also offered. Check the Games Room brochure rack for more details.					
Monday	8:45-10:00 AM	Wake Up Yoga (Hatha-Vinyasa)	Pamela		
	5:15-6:45 PM	Classical Ashtanga	Pamela		
Tuesday	9:00-10:00 AM	Ashtanga	Farron		
	5:00-6:00 PM	Qi Gong	Jeannine		
	7:00-8:00 PM	Yin Yoga	Jeannine		
Wednesday	8:45-10:00 AM	Wake Up Yoga (Hatha-Vinyasa)	Pamela		
	5:15-6:45 PM	Classical Ashtanga	Pamela		
Thursday	12:15 PM	Ashtanga -Level 2 (exp. Required)	Lisa		
	7:00-8:00 PM	Thai Yoga	Jeannine		
Friday	9:00-10:15	Vinyasa	Shamira		
Saturday	8:45-10:00 AM	Wake Up Yoga (Hatha-Vinyasa)	Pamela		
	12:15 PM	Ashtanga -Level 2 (exp. Required)	Lisa		
Sunday	10:00-11:15 AM	Vinyasa	Shamira		

#### **YOGA & MEDITATION INFO**

The Hot Spring Studio has five trained yoga instructors. Their extensive training and focus varies. Most classes welcome all abilities. Only \$10 (tax inclusive) per class. For complete details, check the brochure rack in the Game Room. Leave Sunchaser Villas 15 minutes early avoid being late and get a spot. The studio is located in the Fairmont Village Mall (near the grocery store).



# FOOD



**HOT FUDGE BROWNIES** | Serving for 30 minutes | Games Room | \$3.50 | All Ages

Indulge yourself - hot fudge brownies served with ice cream (three flavours to choose from!), whipped cream, and cookie crumbs.

PANCAKE BREAKFAST | 8:45-10:00AM | Games Room | \$5 | All Ages

Join the Recreation Staff for a delicious ALL YOU CAN EAT pancake and sausage breakfast that includes coffee, hot chocolate, juice and whipped cream.

**ROOT BEER FLOATS** | Serving for 30 minutes | Games Room | \$2.50 | All Ages

We scoop out vanilla ice cream and add frosty cans of root beer (the classic) or orange Crush ("creamsicle") to make this delicious treat.

★You must sign-up in advance for all starred activities. Sign-ups are posted in the Games Room.



# KIDS CAMPS



Kids Camps are the <u>only</u> program that allows parents to leave young ones unattended at the resort. Register your child in a 3.5-5 hour camp and take some deserved time for yourself. Only \$30+tax—and that includes a meal! Registration at the Front Desk. Sells-out quickly! Please avoid the busy times at Front Desk: 9-11am and 4-6pm, thanks.

#### BUGS LIFE★ Approx. 3.5 hours | \$30+HST | Ages Strictly 5-7

Join us on an educational and fun day filled with building your own insect terrarium, testing your creepy crawler knowledge through bug trivia, eating a snack with worms and dirt (yummy! or yucky?) and roasting spider dogs on a camp fire. Playing, learning, and eating.

### **CAMPOUT**★| Approx. 4 hours | \$30+HST | Ages Strictly 8-12

Pitch a tent and enjoy camping out during the early evening. Campfire songs and games, s'more making, wild wilderness games, learn how to pitch a tent, tie knots, make crafts from natural materials, and even go on a bear hunt. Meal included.

#### **SURVIVOR**★ | Approx. 5 hours | \$30+HST | Ages Strictly 11-15

Outwit, Outlast, Outplay and become the ultimate survivor! In this action packed day you and your tribe will be challenged in an extreme wilderness scavenger hunt, group competitions, individual contests, mind games, arts and crafts and much more. Win over the counsel with sportsmanship, teamwork, and succeeding at challenges. Meal included.



# **EVENTS**



#### CANADA DAY TOONIE BBQ | 11:30-1:00 PM | Hillside Pool | \$2 (Cash Only) | All Ages

Come celebrate with us at our poolside barbeque. \$2 for a hotdog and fixings. Drinks, chips, and ice cream are available at the poolside cantina for an additional charge.

### **COPPER POINT GOLF TOURNAMENT**★| 5+ hours | \$10 (Cash Only) + green fee | Ages 16+

The standard Texas Scramble format, 18 holes. Prizes for longest-drive (men and women), closest-to-the-pin (x2), winning foursome, plus great draw prizes. Meet outside the Copper Point Clubhouse at 11:40 AM for tournament groupings and tee times; come earlier to take advantage of free driving range privileges. Discounted \$49+GST Villa vouchers must be **pre-purchased at Sunchaser Villas**. The \$10 cash-only tourney fee is payable to the tournament organizer at Copper Point. Not suitable for novice golfers or young families. Sign-up opportunities are available in the Games Room.

#### ITALIAN EVENING ★ | Approx. 1.5 hour | \$15 (Cash Only) | Ages 19+ (Adults Only)

Leave Fairmont and land in Italy for an evening. Come enjoy a delicious "aperitivo" just the way we like it in Milan! Join us to discover this beautiful country and have a bite of the Mediterranean by tasting several traditional dishes with complimentary Italian beverages (including wine). Challenge your knowledge of this small country and its great history. Early sign-up available in the Games Room on Friday (event often sells out).

#### **FAMILY GOLF TOURNEY** ★ | Approx. 2 hours | \$5 (Cash Only) + green fee | All Ages

This 9-hole par-3 golf tournament takes place on the beautifully maintained Creekside Golf Course. The shot-gun start keeps both the event's start and finish fast and fun. Prize at EVERY hole plus draw prizes. Great memory maker. Suitable for all skill levels (the excellent greens will challenge and reward better golfers). Discounted \$12.99+HST green fee payable to golf course + \$5 tourney free. Entire families save even more: \$49.99+tax for 2 adults, 2 juniors—great deal! Early sign-up available in the Games Room on Friday. Non-players are welcome to walk along with their family and friends.

### RESORT WELCOME SANGRIA PARTY | Approx. 1 hour | Games Room | FREE | All Ages

Mix and mingle with other guests and their families while enjoying a complimentary glass sangria (juice for those under 19 years). Be sure to stick around for prize giveaways! There are also local merchants in attendance with display tables to help you plan your stay and learn about exciting things happening in the Columbia Valley.

Enjoy your stay. Come out and play.