



August 2017 WEEKDAY ACTIVITY SCHEDULE



Monday

9:00am-10:00pm Open Gym
10:00am-5:00pm WAC Fitness Center Open
10:00am-10:00pm Clubhouse Open
See opposite side for Pool Info

11:00 Badminton @ Gym, Ages 6 & Up

12:00 Yahtzee @ Clubhouse
Ages 18 & Up

1:00 Pass the Parcel @ Treetop Lounge
All Ages

2:00 Frisbee Fun @ Soccer Field
All Ages

3:00 21 Card Game @ Clubhouse
Ages 18 & Up

4:00 Sharks and Minnows Tag @ Gym,
Ages 6 & Up

5:00 Checkers @ Treetop Lounge
Ages 6 & Up

6:00 H.O.R.S.E. @ Gym
Ages 6 & Up

7:00 Movie Night @ Treetop Lounge
Check the Gym for weekly movie schedule. Popcorn will be sold for \$1.00/per bag.



Tuesday

9:00am-10:00pm Open Gym
10:00am-5:00pm WAC Fitness Center Open
10:00am-10:00pm Clubhouse Open
See opposite side for Pool Info
10:00 Water Aerobics Class

The Indoor Pool will be closed to swimmers for the duration of the class.

11:00 Sudoku @ Clubhouse
Ages 18 & Up

12:00 Crab Soccer @ Gym
Ages 8 & Up



1:00 3-on-3 Basketball @ Gym, Ages 12 & Up

2:00 Lego Fun @ Treetop Lounge
All Ages

3:00 Pool @ Clubhouse
Ages 18 & Up

4:00 Knock Out @ Gym
Ages 6 & Up

5:00 Ping Pong @ Gym
Ages 6 & Up

6:00-8:00 Kids Night Out

See Gym for details.
\$8/child, Ages 6-12 only.
Ends August 9th.

7:00 Movie Night @ Treetop Lounge
Check the Gym for weekly movie schedule. Popcorn will be sold for \$1.00/per bag.

Wednesday

9:00am-10:00pm Open Gym
10:00am-5:00pm WAC Fitness Center Open
10:00am-10:00pm Clubhouse Open
See opposite side for Pool Info

10:00 Mystery Craft @ WAC Craft Room (\$)

11:00 Cartoons & Coloring @ Treetop Lounge, All Ages

12:00 Apples to Apples @ Clubhouse
Ages 18 & Up

1:00 Line Tag @ Gym,
All Ages

2:00 Tennis @ Gym
Tennis Courts
Ages 12 & Up

3:00 Puzzles @ Clubhouse
Ages 18 & Up

4:00 Wall Ball @ Gym
Ages 6 & Up

5:00 Board Games @ Treetop Lounge
All Ages

6:00 Floor Hockey @ Gym, Ages 8 & Up

7:00 Movie Night @ Treetop Lounge
Check the Gym for weekly movie schedule. Popcorn will be sold for \$1.00/per bag.

Thursday

9:00am-10:00pm Open Gym
10:00am-5:00pm WAC Fitness Center Open
10:00am-10:00pm Clubhouse Open
See opposite side for Pool Info
10:00 Water Aerobics Class

The Indoor Pool will be closed to swimmers for the duration of the class.

10:00 Crafts @ WAC Craft Room (\$)

11:00 Crosswords & Coffee @ Clubhouse
Ages 18 & Up

12:00 Drip, Drip, Drop @ REC Pavilion, All Ages

1:00 The Game of Life @ Treetop Lounge, Ages 8 & up

2:00 Capture the Flag @ Soccer Field, Ages 8 & Up

3:00 Darts @ Clubhouse
Ages 18 & Up

4:00 Partner Tag @ Gym,
All Ages

5:30-8:30 Knockerball® Night! @ Mini Golf Field
Ages 12 & Up! Sign up in the gym by noon to guarantee your spot! \$8/person for a 30 minute session of knockin' your pals around!

6:00 Musical Chairs @ Treetop Lounge, All Ages

7:00 Movie Night @ Treetop Lounge
Check the Gym for weekly movie schedule. Popcorn will be sold for \$1.00/per bag.



Friday

9:00am-11:00pm Open Gym
10:00am-5:00pm WAC Fitness Center Open
10:00am-11:00pm Clubhouse Open
See opposite side for Pool Info

10:00 Crafts @ WAC Craft Room (\$)

11:00 Shuffleboard @ Shuffleboard Courts,
Ages 12 & Up

12:00 Heads Up, Seven Up @ Treetop Lounge,
All Ages

1:00 Flag Football @ Soccer Field, Ages 8 & Up

2:00 Pass the Water Relay @ Sandy Beach
All Ages

3:00 Scene It! Trivia @ Clubhouse, Ages 18 & Up

4:00 Around The World @ Gym, All Ages

5:00 I'm Going Huntin' @ Treetop Lounge
All Ages

6:00 Scooter Races @ Gym, All Ages

7:00 Movie Night @ Treetop Lounge
Check the Gym for weekly movie schedule. Popcorn will be sold for \$1.00/per bag.

7:00-10:00 Bonfire @ Lower Lake Marina
Join us at the Fire Pit for marshmallows. Please bring your own roasting stick! Marshmallows provided on

Recreation Information for August 2017



MARINA HOURS

Open daily from
7 a.m.- 8 p.m. @ Marina Shack

Jon Boats: \$3/hour or \$20/all day

Paddle Boats: \$5/half hour

*Check with the REC Staff for boat regulations and due back times.

MUST HAVE RESORT ID PRESENT TO RENT BOAT!

MINI-GOLF HOURS

Open daily from 10 a.m. - 10 p.m. @ Mini Golf Shack

\$1 for Members & Guests

\$2 for Public use

Children Ages 5 & under are FREE!

Last game goes out a half-hour before close!



CLUB HOUSE HOURS

18 and up ONLY

Open daily from 10 a.m. - 10 p.m.

Free Wi-Fi and Local Attraction Information
Pool Table, Darts, Card and Board Games are available to use with your Resort ID.
Pool Table use is \$1/half hour

TV room with couches to watch movies. Wide Screen TV with couches to watch satellite TV.

***When reserved for a private event the Club House will close 1 hour prior to the start of the event.**

Knockerball®!

Hop into a giant inflated ball and have a blast! You can play soccer with teams, play tag with your friends, or just get silly!



For 30 minutes of fun:

Members: \$10/Person

Public: \$12/Person

Or for a whole hour:

Members: \$15/Person

Public: \$20/Person

Call (540) 972-7433 ext. 8 for more info!

For the safety and enjoyment of

everyone, all children ages 12 and

under MUST be accompanied by an

adult 18 years or older.



In case of inclement weather, check with the Gym to see where scheduled outside activities will take place.

Gym phone #
540-972-7433 ext. 8

Upcoming Weekend Event Highlights

| | |
|--------------|--------------------------------------------------------------------------------------------|
| August 5-6 | Greased Watermelon Games, Watermelon Carving Contest, Hawaiian Luau, Balloon Animals |
| August 12-13 | Life-Size Hungry Hippos Game, Outdoor Band, Giant Jenga, Scar Wars, Phase 10 |
| August 19 | Q-Tip War, Shark Attack, Flashlight Tag |

Have fun at Wilderness Presidential Resort!

Kids Night Out

Tuesday Nights from June 21st- August 9th, kids ages 6-12 may join us from 6-8 p.m. to play group games, enjoy some snacks, and have fun! Sign up in the Gym by noon each Tuesday. \$8/child



Adventure Park

The Adventure Park will be open from 10 a.m. - 5 p.m. daily until August 13th. For additional information please call (540) 972-7433 ext. 632

Water Aerobics

Water Aerobics is every Tuesday, Thursday, & Saturday at 10:00 a.m. at our indoor pool unless otherwise posted and weather permitting. The Pool will be closed to swimmers for the duration of the class. Our program is a 60 minute, full body workout. It starts with a 3-5 minute warm-up, followed by stretching, then 15-20 minutes of aerobic work, followed by strengthening, more stretching and a relaxing cool-down. All of which is choreographed to music. We hope to see you there!

RESORT POOL INFORMATION

Indoor Pool: 10 p.m.-8 p.m. Daily

Presidential Pool: 10:00 a.m. -8:00 p.m. Daily

Wilderness Outdoor: 10:00 a.m. -8:00 p.m. Daily

**For more ideas on things to do around town, check out:
Fredericksburg.com & Visitfred.com**