

### Solage Yoga Workshop

This workshop led by experienced and well respected instructor Julie Klutinoty utilizes the mindful art of Tai Chi, Yoga, and breathing meditation to guide participants into a centered present mind. Participants will feel strong, balanced, and rejuvenated after this workshop.

Sunday, July 25  
9:00 a.m. to 4:00 p.m.

Cost: \$95 for Club Solage members and \$105 for guests. Price includes the workshop and a prefix Solbar picnic lunch. Also available the non-lunch option at \$65 for members and \$75 for guest. Advance reservations required. Please contact Fitness and Activities Manager, Donovan Almond to register.



For all program and privates fitness services reservations and inquiries, contact Fitness and Activities Manager, Donovan Almond at:

707.226.0820  
or  
dalmond@solagecalistoga.com

### Hours of Operation

Solbar: 7 a.m. – 9 p.m. Gym: 5 a.m. – 10 p.m.  
Spa Solage: 8 a.m. – 8 p.m. Locker Rooms: 5 a.m. – 8 p.m.  
Bathhouse: 8 a.m. - 8 p.m. Main Pools: 5 a.m. -10 p.m.

Bathhouse beverage service begins at 8 a.m.,  
food service from 11:30 a.m.-7 p.m.  
Adult & Family Pool beverage service begins at 10:30 a.m.,  
food service from 11:30 a.m.-7 p.m.



Summer Activities  
Schedule  
2010

## SolKids Swim Lessons

(for Club Solage members and resort guests only)

Get in the swim of things! We're happy to announce a new and fun progressive learning swim program for children. Katie Clark our certified and experienced swim instructor will lead several two week group sessions for ages 3-12 throughout the summer. Private lessons for any ages are also available. We encourage you to preregister by contacting Fitness and Activities Manager, Donovan Almond. Each level is limited to four children per session.

*Lessons are on Tuesday, Wednesday and Thursday's within the session dates listed below.*

*Session 1: June 22—July 1*

*Session 2: July 6—15*

*Session 3: July 27—August 5*

*Session 4: August 10-19*

### Preschool Lessons for children 3-5 years

Level 1: 2:00-2:30 p.m.

This level is geared for the beginning swimmer. Children will learn water orientation, breath control, beginner swim stroke, and safety skills.

Level 2: 2:35-3:05 p.m.

This level is designed for pre-school age children who are comfortable in the water but are not yet competent swimmers by themselves. Children will develop their crawl stroke, will be introduced to side breathing, learn glides, floats, and safety skills.

### Youth Lessons for children 6-12 years

Level 1: 3:10-3:40 p.m.

This level is designed for older children who have some prior experience in the water but need help coordinating their swim strokes and increasing their endurance. The class will increase each student's comfort in the water and they will learn basic pool safety skills as well.

Level 2: 3:45-4:15 p.m.

This level is designed for students who have the skills to swim one length of the pool comfortably. The class will focus on a wider range of swim strokes and techniques while also increasing each student's endurance.

Limited to four children per level.

*Make-ups are available on Saturday's mornings, time TBA*

*Cost per child:*

*Each Session is \$75 for Club Solage Members*

*Drop-in \$15 for members and \$20 for resort guests*

**Private Lessons** are available upon request for all ages and levels. Dates and times may vary. Please contact Donovan Almond for more details at 707.226.0828.

## Stargazing

Join local astronomers Mike Johnson and Andy Hoffman for a cosmic viewing of planets, summer stars, constellations and asterisms. Discover the final frontier right here in our own backyard, from 9:00-11:30 p.m. at Spectra Terrace

May 21  
June 11  
July 3  
August 6



## Summertime S'mores

A summer tradition on the courtyard adjacent to Solbar. We provide the s'mores kits, a great fire and a night under the stars. Drinks are available separately from the lounge at Solbar. S'mores kits are complimentary to Club Solage members and resort guest only.

From 8:00-9:30 p.m. on the following dates:

June 5  
July 23  
August 13

