

Meals & More...

Shopping

This week at CRYSTAL

July 1-7, 2009



Your guide to **FOOD, FUN & FESTIVITIES!**

**Pure Michigan
Old Fashioned
4th of July Celebration
Friday, July 3**

- Kids Bike Decorating 5-8pm
- Kids Bike Parade 8pm Sharp
- Family Carnival 5-9pm
- Pure Michigan Fireworks Pre-Party 5pm
- Fireworks Crystal Style (at dusk)

Local Firework Shows, July 4

Maps available at the Front Desk & Park at Water's Edge

Event fliers are available at the Front Desk



crystal spa

Over 18,500 square-feet of pure indulgence!

- Spa Services
- Steam Rooms & Infrared Saunas
- Manicures & Pedicures

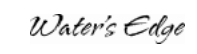
Call ext. 7200 for more information or to schedule an appointment.

crystalmountain.com
info@crystalmountain.com
800-YOUR-MTN

Red, White & Blue Sale! July 2-5
Look for the red, white & blue ribbons on sale items in Crystal's retail outlets!



Kinloch Shop - See reverse side for hours.
Featuring specialty Crystal Mountain logo wear, a full line of golf clubs, golf apparel and merchandise. Located inside Kinloch, just off the lobby. Call ext. 4000 for details.



Park at Water's Edge - See reverse side for hours.
Featuring gear for a variety of adventures including Nalgene bottles, Crystal Mountain logo gear, sweatshirts, swimwear, gifts, Build a Buddy Kits, toys, magazines, batteries and more. Located across from the Inn at the Mountain. Call ext. 7000 for details.



Crystal Spa - Call ext. 7200 for hours.
Crystal Spa is proud to carry Skin Authority, Body Bliss, and all natural Naturopathica, Spa Ritual vegan products and Coloscience Mineral makeup. Located in the Spa. Call ext. 7200 for details.



Peak Boutique - See reverse side for hours.
Browse men's and women's active wear, swimsuits, fashion and athletic accessories, children's books, gifts and logo apparel. New to the Peak Boutique are local consumables like Leelanau Coffees, Cherry Republic, Food for Thought and Great Lakes Tea & Spice. Located in Peak Fitness Center. Call ext. 7300 for details.



Mountain Adventure Zone - See reverse side for hours.
Your adventure starts here with all the gear you need to tackle the mountain including Crystal Coaster t-shirts, active-wear, mountain bike accessories, discs for disc golf, and more! Ice cream, drinks, and snacks too. Located at the bottom of the Crystal Coaster. Call ext. 7500 for details.



CENTURY 21 Crystal Mountain Realty
9am-5pm, Monday-Saturday, 10am-2pm Sunday
Evenings by appointment.
Located in the Inn at the Mountain. Ext. 3300.

Babysitting Service

Looking for one-on-one care? Experienced and certified babysitters are available to care for your children in your room. For details and advance reservations, call the Park at Water's Edge at ext. 7000.

FREE! Internet Access

WiFi ZONE Crystal Mountain's complimentary wireless Internet access is in most buildings. Complimentary Internet kiosks are available at the Inn at the Mountain Lounge for guests ages 18 and up. Please call the Front Desk at ext. 5000 for details.



Need a ride?
Call the Front Desk at ext. 5000 for details on resort shuttle service!

The **Benzie Bus** is now available offering cost effective, dependable transportation throughout Benzie County. For more information and reservations call 866-325-3380.

Make the most of your Crystal Mountain vacation... become a **Four Seasons Club Member!** Call Lorraine at ext. 3354 for details.

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
July 1	July 2	July 3	July 4	July 5	July 6	July 7
Grille 11am-10pm Pub 11am-10pm	Grille 11am-10pm Pub 11am-10pm	Grille 11am-10pm Pub 11am-11pm	Grille 11am-10pm Pub 11am-11pm	Grille 11am-10pm Pub 11am-10pm	Grille 11am-10pm Pub 11am-10pm	Grille 11am-10pm Pub 11am-10pm



THE THISTLE PUB & GRILLE - Located in Kinloch. Serving authentic Scottish ales and whiskeys, steak, pasta, and fish plus all of your pub favorites and a full children's menu. *Ask your server about our "Peak Performance Menu" featuring an assortment of great tasting items for a healthier balanced life.* Reservations are recommended for dinner, ext. 6052.

Breakfast Buffet 6am-11am	Breakfast Buffet 6am-11am	Breakfast Buffet 6am-11am	Breakfast Buffet 6am-11am Dinner 5pm-9pm	Breakfast Buffet 6am-11am Dinner 5pm-9pm	Breakfast Buffet 6am-11am	Breakfast Buffet 6am-11am
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KIDS EAT BREAKFAST FREE!!!

WILD TOMATO RESTAURANT & BAR - Up to two kids 8 & under eat breakfast FREE (gratuity not included) when accompanied by a paying adult. Kids' free meal may be from the children's menu or from the breakfast buffet. Valid everyday, year-round, no coupon necessary. Located on the lower level of the Lodge. Currently serving breakfast daily and dinner on select evenings. Ext. 6050.



11am-10pm	11am-10pm	11am-12am	9am-11pm	9am-10pm	11am-10pm	11am-10pm
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LITTLE BETSIE BISTRO & GROCERY - Located just inside the main entrance of the Lodge. Serving pizza, subs, salads, chicken wings, and beverages - go! We offer in-room delivery and a convenience store with a wide variety of grocery items—now including beer and wine! Ext. 6062.



11am-10pm Grill closes at 5pm	11am-10pm Grill closes at 5pm	11am-10pm Grill closes at 5pm	11am-10pm Grill closes at 7pm	11am-10pm Grill closes at 5pm	11am-10pm Grill closes at 5pm	11am-10pm Grill closes at 5pm
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THE BEACH HOUSE - Located within the Park at Water's Edge, featuring a wide array of poolside fare, including the oh-so-temping frozen blender drinks, hot dogs, brats, hamburgers, salads, snacks, and ice cream treats as well as Peak Performance healthy items. Poolside cocktails available. Sorry, but you may not bring your own food or beverages into the Park at Water's Edge. Ext. 6054.



7am-9pm	7am-9pm	7am-6pm	7am-5pm	7am-5pm	7am-9pm	7am-9pm
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Join us for a family friendly picnic on the Plaza Monday through Thursday 5pm-9pm. Free marshmallow roasting for the kids.



PLAZA BBQ AT KINLOCHEN - Located outdoors. Serving hot dogs, hamburgers, brats, chicken sandwiches, cold sandwiches, breakfast sandwiches, salads, muffins, snacks, chips, pop, liquor & beer. (weather permitting) Ext. 6059.



Closed	Closed	Open at 10am	Open at 10am	Open at 10am	Closed	Closed
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RIDGE TURN - Located outdoors between the 9th and 10th holes on the Mountain Edge course. Serving hot dogs, brats, snacks, chips, pop, liquor & beer. (weather permitting)

Hours of operations vary depending on season. For current dining hours, call our Dining Hotline at ext. 6040.

WEDNESDAY, JULY 1

Kinloch Pro Shop: 7am-9pm
Golf Practice Center: 7am-9pm
Park at Water's Edge
Desk Hours: 9am-10pm
Lap Swimming: 9-10am
Water Playground: 10am-9pm
Outdoor Hot Tub: 9am-9pm, (9pm-10pm Adults only)
Vertical Edge Climbing Wall: 11am-7pm
Peak Pool & Fitness Center: 6am-10pm
Mountain Adventure Zone: 9am-8pm
Crystal Coaster Alpine Slide: 11am-8pm
Peak Boutique: 6am-10pm
Crystal Spa: 10am-7pm

Tubing Trips on the Platte River 1-4:30pm
 This mellow float-trip is ideal for all ages-\$25 per person includes National Lakeshore Park Pass, equipment and transportation. Float time averages 1.5 hours. Supervised trips also available for ages 8-12, \$39 per child. Reservations are required, ext 7500.
Family Golf Night 5pm
 Includes nine holes of golf, cart rental and a kid-friendly meal. Tee times must be booked in advance and are available after 5pm on the Betsie Valley course. \$12 per person. Call ext 4000 for reservations.

Bead Bonanza 7pm
 Held on the front lawn. Design your own pet tags, necklaces bracelets and more.
NEW! Luau-Themed Chairlift Rides 7-9pm
 Ride the Crystal Clipper chairlift and enjoy panoramic views of three counties. Top of the mountain attractions include live music by *Scot Bihlman*, a family sand box, snack bar and cash bar. \$5 per person, children 8 and under ride free with a paying adult.

Campfire Kids 6-9pm
 Held at Camp Totem. Ages 4-12. \$20 per child includes a hot dog dinner. Advance reservations required, ext 7500
Vertical Venture 7pm
 Ages 13-19. Scale the Vertical Edge Climbing Wall to improve your climbing technique. \$5/person. Parent's signature req. for teens under 18.
Family Campfire 9pm
 Held at Camp Totem, located at the Mountain Adventure Zone. FREE to houseguests.

Indulge Yourself at Crystal Spa!
Golfer's celebrate your game with the 19th Hole Spa Service!*
 After around on the Mountain Ridge or Betsie Valley, golfers can work out the kinks with a 25-minute massage and a 25-minute foot ritual treatment for \$99. Even better, the treatment comes complete with a premium Michigan beer or cooler. Valid thru the 2009 golf season. Call ext. 7200 to book your appointment.

Add a 50-minute spa treatment to any lodging stay for only \$89!* Reservations required, ext. 5100
Spa & Fitness Special*
Get a one-hour professional personal training session and a 50-minute massage for only \$120. Reservations required, ext. 7300.
Ask about our new "Safe Sun Tanning Treatment" 30 minutes for \$50. Call ext. 7200 to book your appointment.
 Call the spa at ext. 7200 to schedule one of our many spa services. Advance reservations are highly recommended. *Valid July & August, 2009. Signature services not included. Not valid with any other discounts or coupons.

THURSDAY, JULY 2

Kinloch Pro Shop: 7am-9pm
Golf Practice Center: 7am-9pm
Park at Water's Edge
Desk Hours: 9am-10pm
Lap Swimming: 9-10am
Water Playground: 10am-9pm
Outdoor Hot Tub: 9am-9pm, (9pm-10pm Adults only)
Vertical Edge Climbing Wall: 11am-7pm
Peak Pool & Fitness Center: 6am-10pm
Mountain Adventure Zone: 9am-8pm
Crystal Coaster Alpine Slide: 11am-8pm
Peak Boutique: 6am-10pm
Crystal Spa: 10am-7pm

Adventure Camp 10am-4pm
 Ages 4-12. Full of activities to keep kids moving and entertained. Advance reservations required, ext. 7500.
Camp Nursery 10am-4pm
 Ages 3 and under. Enjoy home-like comfort with cribs & toddler beds. Advance reservations required, ext. 7500.

Tubing Trips on the Platte River 1-4:30pm
 All ages-\$25 per person includes National Lakeshore Park Pass, equipment and transportation. Float time averages 1.5 hours. Supervised trips also available for ages 8-12, \$39 per child. Reservations are required, ext 7500.
Create Your Own Sundaes 5-9pm
 Stop by the Beach House for a sundae bar.

Bingo 5:30-6:30pm
 FREE. Held on the pool deck at the Park at Water's Edge.
Kids' Adventure Golf 5:30-8pm
 Ages 7-12. This program gives kids the opportunity to have fun, eat pizza, play golf on the course, improve their skills and make new friends. \$50 per child (pizza included). Advance reservations required, call ext. 6607.

Camp Craft 7pm
 Revisit those summer camp memories and create a unique camp craft. Crafts vary by week. Held at the Mountain Adventure Zone.
Check-in Time: 4pm
 24-hour check-in is available.
Check-out Time: 11am

Michigan Legacy Art Park
 Open daily from dawn to dusk year round. Taken at a leisurely pace with moments for reflection, a hike through the Park typically lasts between 1 1/2 -2 hours and covers 16 miles. Admission: a donation of \$3 per person or \$10 per family
www.michlegacyartpark.org

Crystal Coaster Alpine Slide
 (See above for times)
 Take the Loki chairlift to the top, hop on a sled, and cruise down one of two parallel 250-foot-high, 1,600-foot-long curved tracks.
 Single Ride \$8 Family Single Ride \$25
 Double Ride \$14
 Day Pass \$25 Family Day Pass \$79
 *Some restrictions apply. Ext. 7500

Crystal Coaster Alpine Slide
 (See above for times)
 Take the Loki chairlift to the top, hop on a sled, and cruise down one of two parallel 250-foot-high, 1,600-foot-long curved tracks.
 Single Ride \$8 Family Single Ride \$25
 Double Ride \$14
 Day Pass \$25 Family Day Pass \$79
 *Some restrictions apply. Ext. 7500

Crystal Coaster Alpine Slide
 (See above for times)
 Take the Loki chairlift to the top, hop on a sled, and cruise down one of two parallel 250-foot-high, 1,600-foot-long curved tracks.
 Single Ride \$8 Family Single Ride \$25
 Double Ride \$14
 Day Pass \$25 Family Day Pass \$79
 *Some restrictions apply. Ext. 7500

FRIDAY, JULY 3

Kinloch Pro Shop: 7am-9pm
Golf Practice Center: 7am-9pm
Park at Water's Edge
Desk Hours: 9am-10pm
Lap Swimming: 9-10am
Water Playground: 10am-9pm
Outdoor Hot Tub: 9am-9pm, (9pm-10pm Adults only)
Vertical Edge Climbing Wall: 11am-7pm
Peak Pool & Fitness Center: 6am-11pm
Mountain Adventure Zone: 9am-9pm
Crystal Coaster Alpine Slide: 11am-late evening
Peak Boutique: 6am-11pm
Crystal Spa: 10am-8pm

Family Golf Scramble
 Shotgun start at 8:30am, all ages and ability levels welcome. \$20 per person. Prizes awarded! Advance registration is required, please call ext. 4000.

Mountain Hike 10:30am
 Rise, shine and hike! Meet at The Peak with bottled water and hiking shoes/boots. Walking poles are available for rent. Hike is FREE to houseguests. Advance reservations are required, ext. 7300.

Kite Building 11am
 Construct, decorate and fly your very own personalized kite. \$7 per kite kit. Held on the front lawn. Call ext. 7000.

Tubing Trip on the Platte River 12:30-4pm
 All ages-\$25 per person includes National Lakeshore Park Pass, equipment and transportation. Float time averages 1.5 hours. Supervised trips also available for ages 8-12, \$39 per child. Reservations are required, ext 7500.

Twilight Family Golf 5pm
 Burgers & Brats & nine holes for only \$17 per person (cart included). Advance registration required, call ext. 4000.

Kids' Bike Decorating 5-8pm Kids' Bike Parade, 9pm Sharp
 Create a festive bike then ride it in the parade. Limited supply of children's rental bikes available. Held outdoors, slope side Lawn of the Lodge.

Family Carnival 5-9pm
 Join in the fun at this old-fashioned event. Games include Basketball Hoops, Spin Art, Duck Pond, Balloon Darts, High Striker, Kids Jumper and more! Carnival tickets valid for games and carnival-style food. Free live entertainment-Magician and the Blue Water Ramblers Duo. Held outdoors, slope side Lawn of the Lodge.

NEW! Luau-Themed Chairlift Rides 5-9pm
 Ride the Crystal Clipper chairlift and enjoy panoramic views of three counties. Top of the mountain attractions include live music by *Jeff Bihlman*, a family sand box, a cash bar featuring beer, wine and snacks at the top. \$5 per person, children 8 and under ride free with a paying adult.

Four Seasons Club Happy Hour 6-8pm
 Join Four Seasons Club members at the Thistle Pub & Grille in Kinloch. Contact Lorraine at ext. 3354 for more information.

Pure Michigan Fireworks Pre-Party 5pm
 Celebrate Pure Michigan style with a Pig Roast wth all the fixin's and a variety of Michigan beer and wine! Take a ride on the Crystal Coaster and dance to DJ Hd Traxx from 9pm until dusk. Held outdoors, slope side Lawn of the Lodge.

Fireworks Crystal Style - Dusk
 Launched from the top of the mountain over the resort, this light extravaganza is sure to delight all ages! Everyone is welcome. A variety of Michigan beer, wine and food will be available until 11pm.

NEW! Bike Park Clinic 3pm
 These free clinics will give you the tools you need to safely maneuver the new bike park. Reservations are required, call ext. 7500.

SATURDAY, JULY 4

Kinloch Pro Shop: 6am-9pm
Golf Practice Center: 7am-9pm
Park at Water's Edge
Desk Hours: 9am-10pm
Lap Swimming: 9-10am
Water Playground: 10am-9pm
Outdoor Hot Tub: 9am-9pm, (9pm-10pm Adults only)
Vertical Edge Climbing Wall: 11am-7pm
Peak Pool & Fitness Center: 7am-11pm
Mountain Adventure Zone: 9am-9pm
Crystal Coaster Alpine Slide: 11am-8pm
Peak Boutique: 7am-11pm
Crystal Spa: 9am-9pm

All-You-Can-Eat Pancake Breakfast 9-11am
 Located on the Front Lawn of the Lodge. \$7 adults, \$5 seniors & children (kids 8 & under eat free).

Flapjack Flip Contest 9am on the Front Lawn of Lodge.
Mountain Hike 11:00am
 Rise, shine and hike! Meet at The Peak with bottled water and hiking shoes/boots. Walking poles are available for rent. Hike is FREE to houseguests. Advance reservations are required, ext. 7300.

Adventure Camp 10am-4pm
 Ages 4-12. Full of activities to keep kids moving and entertained. Advance reservations required, ext. 7500.

Camp Nursery 10am-4pm
 Ages 3 and under. Enjoy home-like comfort with cribs & toddler beds. Advance reservations required, ext. 7500.

Tubing Trips on the Platte River 1-4:30pm
 All ages-\$25 per person includes National Lakeshore Park Pass, equipment and transportation. Float time averages 1.5 hours. Supervised trips also available for ages 8-12, \$39 per child. Reservations are required, ext 7500.

Tie-Dye Time 5-6pm
 NEW hoodies, tank tops, t-shirts and more. Logo items starting from \$7 per person. Held on the front lawn.

Family Field Games 5:30-6pm
 Soccer, croquet, relays and more including, NEW ladder ball courts and bean bag games. FREE equipment available daily at the Park at Water's Edge & the Mountain Adventure Zone.

NEW! Luau-Themed Chairlift Rides 7-9pm
 Ride the Crystal Clipper chairlift and enjoy panoramic views of three counties. Top of the mountain attractions include a family sand box, snack bar and cash bar. \$5 per person, children 8 and under ride free with a paying adult.

Campfire Kids 6-9pm
 Held at Camp Totem. Ages 4-12. \$20 per child includes a hot dog dinner. Advance reservations required, ext 7500

Vertical Venture 7pm
 Ages 13-19. Scale the Vertical Edge Climbing Wall to improve your climbing technique. \$5/person. Parent's signature required for teens under 18.

Family Campfire 9pm
 Light sparklers, share stories and roast marshmallows under the stars at Camp Totem, located at the Mountain Adventure Zone. FREE to houseguests.

Climbing Wall 11-7pm
 Jump on belay at Crystal Mountain's Vertical Edge 32-ft Climbing Wall. Certified instructors will be on site to equip climbers for beginner, intermediate, or advanced climbing routes. Open, weather permitting. Call ext. 7000

NEW! Bike Park Clinic 3pm
 These free clinics will give you the tools you need to safely maneuver the new bike park. Reservations are required, call ext. 7500.

Peak Fitness Center & Indoor Pool

SUNDAY, JULY 5

Kinloch Pro Shop: 6am-9pm
Golf Practice Center: 7am-9pm
Park at Water's Edge
Desk Hours: 9am-10pm
Lap Swimming: 9-10am
Water Playground: 10am-9pm
Outdoor Hot Tub: 9am-9pm, (9pm-10pm Adults only)
Vertical Edge Climbing Wall: 11am-7pm
Peak Pool & Fitness Center: 7am-10pm
Mountain Adventure Zone: 9am-9pm
Crystal Coaster Alpine Slide: 11am-8pm
Peak Boutique: 7am-10pm
Crystal Spa: 9am-9pm

Family Golf Scramble 8:30am
 Shotgun start, all ages and ability levels welcome. \$20 per person. Prizes awarded! Advance registration is required, please call ext. 4000.

Betsie Valley Trail Bike Tour 10am
 Our guides lead the way and handle all transportation. Four-hour program includes bike rental -\$35 per person. Ages 8 and up. A portion of the proceeds benefits the Betsie Valley Trail, a non-profit organization. Supervised rides available for ages 8-12, \$59 per child. Advance reservations required, ext. 7500.

Bingo 5:30-6:30pm
 Stop in for a FREE game of bingo. Held on the pool deck at the Park at Water's Edge.

Bike Rental - Stop by the Mountain Adventure Zone to gear up for a day of casual pedaling around the resort. Mountain bikes, road cruisers, baby joggers, pull-carts and pull-bikes are all available for rent. Helmets and maps are provided. Call ext. 7500.
Adult bikes: \$9-1 hour, \$15-2 hours, \$35-8 hours.
Children's bikes: \$6-1 hour, \$10-2 hours, \$25-8 hours.
Burleys & PU bikes: \$6-hour, \$10-2 hours, \$25-8 hours.

Scavenger Hunt
 Swing into the Park at Water's Edge for your first clue. Solve the clues and receive a prize! Call ext. 7000 for more info.

Tall Ship Sailing Trips
 Venture out and step aboard the schooner Manitou, one of the largest sailing vessels on the Great Lakes. Enjoy a unique adventure back in time as you discover the beauty of Grand Traverse Bay from the deck of this majestic sailing vessel. Advance reservations are required, ext. 7500.

Please Note...
 Events and hours listed are subject to change without notice!

MONDAY, JULY 6

Kinloch Pro Shop: 7am-9pm
Golf Practice Center: 7am-9pm
Park at Water's Edge
Desk Hours: 9am-10pm
Lap Swimming: 9-10am
Water Playground: 10am-9pm
Outdoor Hot Tub: 9am-9pm, (9pm-10pm Adults only)
Vertical Edge Climbing Wall: 11am-7pm
Peak Pool & Fitness Center: 6am-10pm
Mountain Adventure Zone: 9am-9pm
Crystal Coaster Alpine Slide: 11am-8pm
Peak Boutique: 6am-10pm
Crystal Spa: 10am-7pm

Take Your Daughter to the Course Week July 6-12
 Girls ages 17 & under play free all week with a paid adult. Call Ina at ext. 4006 for more information.

Kite Building 11am
 Construct, decorate and fly your very own personalized kite. \$7 per kite kit. Held on the front lawn. Call ext. 7000.

Tubing Trips on the Platte River 1-4:30pm
 All ages-\$25 per person includes National Lakeshore Park Pass, equipment and transportation. Float time averages 1.5 hours. Supervised trips also available for ages 8-12, \$39 per child. Reservations are required, ext 7500.

Build a Buddy Workshop Plus! 5:30-6pm
 Held on the front lawn, this workshop gives kids the opportunity to create and adopt a stuffed bear, moose, elephant and more. \$22 per kit. Additional wardrobe selections, "to-go" kits are available at the Park at Water's Edge.

NEW! Luau-Themed Chairlift Rides 7-9pm
 Ride the Crystal Clipper chairlift and enjoy panoramic views of three counties. Top of the mountain attractions include live music by *Jeff Bihlman*, a family sand box, snack bar and cash bar. \$5 per person, children 8 and under ride free with a paying adult.

Campfire Kids 6-9pm
 Held at Camp Totem. Ages 4-12. Venture out for an evening of fun. \$20 per child includes a hot dog dinner. Advance reservations required, ext. 7500.

Book Your Tee Time!
 Book your tee times for 18 holes on the Mountain Ridge or Betsie Valley courses. Or stop by the Practice Range and work on your game. Call the Pro Shop at ext. 4000.

Jr. Lifeguard session 3pm
 Learn from the professionals what it takes to become a certified lifeguard. \$10 per child; ages 8-12. Adv. res. required, ext. 7500.

Tennis 8am-Dusk
 Enjoy a match on our shaded tennis courts. Racquets are available to sign out at the Park at Water's Edge. Advance reservations are required, ext. 7000.

Charter Fishing With Hammerhead Charters
 Come experience some of the best salmon and trout fishing in the Midwest. Frankfort consistently ranks as one of the top spots in Michigan for offshore fishing. Hammerhead Charters provides the ultimate fishing experience in safety and comfort. Advance reservations required, ext. 7500.

TUESDAY, JULY 7

Kinloch Pro Shop: 7am-9pm
Golf Practice Center: 7am-6pm
Park at Water's Edge
Desk Hours: 9am-10pm
Lap Swimming: 9-10am
Water Playground: 10am-9pm
Outdoor Hot Tub: 9am-9pm, (9pm-10pm Adults only)
Vertical Edge Climbing Wall: 11am-7pm
Peak Pool & Fitness Center: 6am-10pm
Mountain Adventure Zone: 9am-9pm
Crystal Coaster Alpine Slide: 11am-8pm
Peak Boutique: 6am-10pm
Crystal Spa: 10am-7pm

Mountain Bike Skills Camp-July 7-9
 Advanced level mountain bike skills camp for kids ages 10-15. Advance reservations are required, ext. 7500.

Betsie Valley Trail Bike Tour 10am
 Our guides lead the way and handle all transportation. Four-hour program includes bike rental -\$35 per person. Ages 8 and up. A portion of the proceeds benefits the Betsie Valley Trail, a non-profit organization. Supervised rides available for ages 8-12, \$59 per child. Advance reservations required, ext. 7500.

Mountain Hike 10:30am
 Rise, shine and hike! Meet at The Peak with bottled water and hiking shoes/boots. Walking poles are available for rent. Hike is FREE to houseguests. Advance reservations are required, ext. 7300.

Adventure Camp 10am-4pm
 Ages 4-12. Full of activities to keep kids moving and entertained. Advance reservations required, ext. 7500.

Camp Nursery 10am-4pm
 Ages 3 and under. Enjoy home-like comfort with cribs & toddler beds. Advance reservations required, ext. 7500.

Tie-Dye Time 5-6pm
 NEW hoodies, tank tops, t-shirts and more. Logo items starting from \$7 per person. Held on the front lawn.

Family Field Games 5:30-6pm
 Join Team Adventure on the front lawn for soccer, croquet, relays and more including, NEW ladder ball courts and bean bag games. FREE equipment available daily at the Park at Water's Edge and the Mountain Adventure Zone.

Outdoor Movie at Dusk
 Featuring "Art Bullly". Bring a lawn chair or blanket to the Mountain Adventure Zone! FREE movie starts at dusk. Snacks available for purchase.

Canoe and Kayak Trips 11:30am
 Enjoy a 90-minute trip on the scenic Betsie River - \$52 per canoe, \$33 per single kayak and \$60 per double kayak. Advance reservations and minimum participation required, ext. 7500.

Tennis 8am-Dusk
 Enjoy a match on our shaded tennis courts. Racquets are available to sign out at the Park at Water's Edge. Advance reservations are required, ext. 7000.

Charter Fishing With Hammerhead Charters
 Come experience some of the best salmon and trout fishing in the Midwest. Frankfort consistently ranks as one of the top spots in Michigan for offshore fishing. Hammerhead Charters provides the ultimate fishing experience in safety and comfort. Advance reservations required, ext. 7500.

Peak Fitness Center & Indoor Pool Hours:

Mon-Thurs 6am-10pm, Fri 6am-11pm, Sat 7am-11pm, Sun 7am-10pm
Use of the Peak Pool & Fitness Center is FREE to houseguests.
 Call ext 7300 for more information.

WEDNESDAY, JULY 1

Lap Swimming 6-8am
Water Aerobics 8am
Yoga 101 10am
Total Core 6pm

THURSDAY, JULY 2

Lap Swimming 6-8am
Basic Aquatics 5:30pm
Yoga 101 6pm

FRIDAY, JULY 3

Lap Swimming 6-8am
Boot Camp 7am
Water Aerobics 8am
Inter-Motional Aerobics 4pm

SATURDAY, JULY 4

Lap Swimming 7-9am
Yoga 101 9am
Pilates 10am
Peak Performance Training 12pm

SUNDAY, JULY 5

Lap Swimming 7-9am
Yoga 101 10am

MONDAY, JULY 6

Lap Swimming 6-8am
Water Aerobics 8am
Pilates 10am
Peak Performance Training 6pm

TUESDAY, JULY 7

Lap Swimming 6-8am
Beach Body Boot Camp 7am
Basic Aquatics 5:30pm
Inter-Motional Aerobics 7pm

Peak Fitness Center & Indoor Pool Hours:
Mon-Thurs 6am-10pm, Fri 6am-11pm, Sat 7am-11pm, Sun 7am-10pm
Use of the Peak Pool & Fitness Center is FREE to houseguests.
 Call ext 7300 for more information.

Class Descriptions: \$10 per person, per class.
Water Aerobics- Exercise program in the Peak Indoor Pool designed for individuals with water aerobics experience ranging from basic to advanced. If you are looking for a fun and rewarding workout, this one is for you!
Basic Aquatics- Exercise program in the Peak Indoor Pool. Learn the basics of water aerobics with our staff and professional trainers. A great introduction for the rookie as well as the seasoned veteran.
Yoga 101- If you are looking for a fun and rewarding fitness experience, try our signature Yoga class. No matter what your experience level, yoga offers excellent health & wellness benefits, and provides a unique perspective to exercise and fitness.

Peak Performance Training- This class tones, strengthens, and stretches. The Peak Performance class warms the muscles and then progresses through a vibrant workout ending with a cool down. While targeting major muscle groups in the body, you will enjoy an exciting and uplifting calorie burning experience! Perfected for all ability types.
Inter-Motional Aerobics- Total body sculpting combining low impact muscle conditioning with music from around the world. A fun and exciting way to get an all-over body workout.

Total Core- The Total Core program focuses on your abdominal and back muscles. This tempo core workout is designed to work your core in a fun and vibrant manner. If you want to tone your mid-section while adding cardiovascular exercise, this program is for you! We start with a dynamic warm-up and move right into a very intense calorie-burning group exercise program.
Beach Body Boot Camp- This program is Crystal Mountain's Signature Boot Camp! Our professional instructors guide you through this cardio, strength and endurance full-body workout designed for the average to elite exercise enthusiast.
Pilates 101- Pilates exercises aim to strengthen the core while developing the muscles that provide alignment and support of the spine. Held in our Motion Studio, our pilates program focuses on increased strength & flexibility with the goal of achieving a more balanced body.