The Clubhouse

205 Lake of the Woods Parkway
540-972-2221
email: JWelsh@LOWA.org

Planned Summer Events
LOW Open House ~ Sunday, May 3
Deck Opens ~ Wednesday, May 6
New Menu ~ Wednesday, May 6
Mother’s Day ~ Sunday, May 10
Summer Concert Series ~ Friday, May 29
Summer Concert Series ~ June 26
Fourth of July ~ Saturday, July 4
Summer Concert Series ~ July 24
Luau ~ Saturday, August 1
Summer Concert Series ~ August 28

Summer Dining Hours:
Wednesday  5 PM - 9 PM
Thursday    5 PM - 10 PM
Friday      5 PM - 10 PM
Saturday    11 AM - 4 PM &
Sunday      5 PM - 10 PM
Brunch      10 AM - 1 PM
Lunch       11 AM - 4 PM
Dinner      5 PM - 9 PM

Members Lounge Hours:
Wednesday  4 PM - 9 PM
Thursday   4 PM - 11 PM
Friday     4 PM - 11 PM
Saturday   4 PM - 11 PM
Sunday     4 PM - 9 PM

Menus available online:
LOWA.org/Amenities/Clubhouse

Joey Welsh
Manager

Nick Hebert
Chef

Fourth Annual LOWA Summer Guide 2015

Women available online:
LOWA.org/Amenities/Clubhouse

Summer Concert Series ~ Friday, May 29
Summer Concert Series ~ June 26
Fourth of July ~ Saturday, July 4
Summer Concert Series ~ July 24
Luau ~ Saturday, August 1
Summer Concert Series ~ August 28

Weddings and Events at the Clubhouse
Call Joey Welsh today to reserve your special occasion!

205 Lake of the Woods Parkway
540-972-2221
email: JWelsh@LOWA.org
Scheduled Golf Tournaments

May
- 9: Third Annual Wounded Warriors Golf Tournament
- 16: Lioness Golf Tournament
- 22: Battle of the Wilderness Scramble
- 30: LOWC Teen Missionary Golf Tournament

June
- 3: Ladies Member–Guest Golf Tournament
- 5: Connors Couples Golf Tournament
- 7: Spotsylvania Ducks Golf Tournament
- 9: Sadie Hawkins Golf Tournament
- 15: Fawn Lake Challenge Match
- 19: Friday Night 9-Hole Couples Tournament
- 25: Ladies Team Match
- 27: MGA Member Plus Golf Tournament

July
- 10: Friday Night 9-Hole Couples Tournament
- 18-19: Ladies Club Championship
- 25-26: Male/Female Golf Tournament

August
- 5: Pappy Yoakum Golf Tournament
- 8-9-15-16: Men’s and Senior Club Championship
- 21: Friday Night 9-Hole Couples Tournament
- 22: Knights of the Pythian Golf Event
- 25: LGA Member-Member Golf Tournament
- 29-30: Fall Two-Person Team
- 31: LOWA Community Golf Tournament

September
- 4: Friday Night 9-Hole Couples Tournament
- 18: Lions Golf Tournament
Hunter Horse Show Dates
(Spectators are welcome with free admission)
Starting at 9 AM
- Sunday, May 10
- Sunday, June 21
- Sunday, Sept. 13
- Sunday, Oct. 11

Open Houses: $5 pony rides for all ages
- Saturdays 9 AM to 11 AM
- Memorial Day Weekend
- Sunday, Fourth of July Weekend from 9 AM to 12 PM
- Labor Day Weekend
- Halloween, October 31 from 11 AM to 1 PM

Lessons - Have you thought of learning to ride? Then you’re fortunate to have Instructors and mounts right here at Lake of the Woods. Group and private lessons are available for both children and adults from beginner to advanced levels, weekdays and weekends to fit your schedule.

Trail Rides - Guided trail rides at the walk on wooded trails in historic Wilderness Battlefield. The trails pass right next to Civil War trenches and fortifications. Parties of up to four can be accommodated. Weight limit 200 lbs.

Pony Rides & Pony Parties - Consider arranging a visit to the Center for a pony ride session during your next get together with family & friends. Or call and arrange a Pony Birthday Party right here with picnic benches under the trees.

Please call at least 24 hours ahead to schedule a pony ride, trail ride, or lessons.

Must wear closed-toe shoes.

Pony Summer Camp
Beginner Camp
(Dates still available)
1) July 6 - 10
2) July 27 - 31
3) August 3 - 7
4) August 10 - 14

Mini Advanced Beginner Camp
Open to campers who are taking lessons on a weekly basis. MUST be able to trot and canter.
July 13 - 17

See details on p. 7 in "Summer Camps"
Lake of the Woods Lakes, Marinas & Beaches
540-972-5548
Environmental Resources

Marina
April 18-May 24 (Sat. & Sun. Only) 9:30 AM - 5:30 PM
Memorial Day May 25 – 11:30 AM - 6:30 PM
May 26-Sept 6, Tues.-Sun. 12 PM-7 PM (Closed Mondays)
Labor Day (September 7) 11:30 AM-8:30 PM
September 12-October 10 (Sat. & Sun. Only) 9:30 AM-5:30 PM

Ethanol FREE Gas available this season
Look for merchandise to come throughout the summer

Beaches
All beaches close at 10 PM.
Clubhouse Beach – Next to LOW Clubhouse (Section 18)
Cornwallis Beach – Cornwallis Ave (Section 8)
Edgemont Beach – Edgemont Circle (Section 5)
Pleasant Grove Beach – Pleasant Grove Rd (Section 3)
Harpers Ferry Beach – Harpers Ferry Ave (Section 10)
Mt. Pleasant Beach – Mt. Pleasant Drive (Section 1)
Ramsay Beach – Ramsay Road (Section 7)
Skyline Beach – Skyline Road (Section 1)

Sailing Club Events
All sailing events are weather conditions permitting.
Spring Racing Series: May 2, 9, 16 and 23; starting at 11 AM.
Leisure Sailing: Wednesdays 1:30 PM through summer.
Around Turtle island Race: Saturday in mid-July
Sunfish Races: July-August (to be scheduled)
Fall Racing Series: Sept 12, 19, 26, Oct 10, 24; starting at 11 AM.
More info, call Jimmy Lee at 972-8920.

LOW Fishing Club Events/Tournaments
Location Clubhouse Dock unless noted

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Type</th>
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<tbody>
<tr>
<td>May 16</td>
<td>6 AM</td>
<td>Regular</td>
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<tr>
<td>June 27</td>
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<td>Regular</td>
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<tr>
<td>July 18</td>
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<td>August 15</td>
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<tr>
<td>September 12</td>
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<td>September 12</td>
<td>3 PM</td>
<td>BBQ Green Springs park LOW</td>
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<tr>
<td>September 19</td>
<td>7 AM</td>
<td>Wild Card</td>
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<tr>
<td>October 4</td>
<td>7 AM</td>
<td>Classic Sunday</td>
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Water Ski Team
Practices from May-September at Clubhouse Dock.
Come out and watch the ski team put on two great shows this year from the Clubhouse Dock.
Saturday, July 4 at 2 PM and Saturday, Sept. 5 at 6 PM
Lake of the Woods Fitness Center, Parks, Campground, Tennis & Pools

Sylvia Zelinsky
Community Operations Manager

540-972-9680
email: SZelinsky@LOWA.org

2015 Pools Schedule

Clubhouse Pool
May 23 - September 7  Daily, 11 AM - 7 PM

Sweetbriar Pool
May 23 - June 14  Saturday & Sunday, 1 PM - 8 PM
May 25 (Memorial Day)  1 PM - 8 PM
June 15 - August 24  Daily, 1 PM - 8 PM
CLOSED WEDNESDAYS
Dog Swim August 29, read Lake Currents for time

LOW pools have concession stands serving cold drinks, ice cream and other snacks.

Fitness Center open daily 5 AM to 11 PM

Tennis Courts open 24/7 with pass code or key

Lake Currents

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Lake Currents
Basic Cartoon Drawing: Attention kids! An exciting new class to try for children ages 10-14. Learn the basics of drawing cartoons like your favorite cartoon characters. The style is simple, fun, and easy to learn. Class meets Thursdays, August 6-27, from 1 PM to 3 PM in the Community Center. Cost: $45/per student. A supply list will be provided at sign-up. Come join the fun! Info/register: Sara, 972-9680.

LOW Players Drama Camp: Yes, the Lake of the Woods Players are offering one session of Drama Camp this summer. On the final day of camp, the public is invited to a one-hour production involving all the campers. This is an intensive seven-day theatrical experience that will expose students to music, art, dance, and drama.

Students will learn diction and vocal projection, solo and/or ensemble musical performance, including rhythm, intonation, phrasing and harmony, how to dance in a choreographed setting, character development techniques, stage direction and presence, blocking and improvisation skills, scenery painting, costuming, audition skills, and technical skills.


Equestrian Camp: There are six weeks of beginner/advance beginner camps open to ages 6 years and older and one week advance camp for those who take weekly riding lessons. Advance campers: MUST BE ABLE to walk/trot and canter. Beginner camps are an hour and a half of riding with an hour and a half of theory/hands on stable management. All children MUST have some type of boot with heels. NO SNEAKERS. Helmets will be provided for campers. Children may bring a snack and a water bottle. Please do not arrive earlier than 8:25 AM.

Return completed registration forms to the Holcomb Building or Equestrian Center; or mail to Lake of the Woods Equestrian Center, c/o Lake of the Woods Association, 102 Lakeview Pkwy., Locust Grove, VA 22508. If you have any questions please call 972-2238.

Beginner Camps: A hands-on equestrian experience for children 6 years and older who have little or no background with horses, as well as more advanced riders. Campers will be divided into riding groups based on their experience. (14 students per session).

Camp Weeks Available: July 6-10; July 27-31; August 3-7; and Aug 10-14. Monday-Thursday, 8:30 AM to 12 PM and Friday 8:30 AM to 10:30 AM. Friday Show begins at 10:30 AM and ends 12 PM. Cost: $300/per LOWA Member; $350/per Nonmember* (includes T-shirt).

Advance Camp is open to campers who take weekly lessons. (12 students per session). Camp week: July 13-17 from 9 AM to 11:30 AM. Cost: $250/per LOWA Member; $300/per Nonmember* (includes T-shirt).

No refunds will be given after May 31 without a doctor’s note. *Please note that a nonmember is anyone not in the immediate family, i.e. friends of a homeowner or member of LOWA. Your membership card may be required at any time. If possible, we recommend you send a copy with the application.

Junior Golf Camp. Lake of the Woods Golf Professional Rea Hargraves will be teaching two beginner golf camps on June 22-26 and July 20-24 from 9 AM to 10 AM. Golfers will learn about putting, chipping, pitch shots, sand shots, irons, and woods. Golfers will be exposed to the rules of golf, etiquette, and playing time at the outdoor courts July 13-17 at 9 AM (indoor court at the Community Center in case of rain). Students will learn the rules, proper serve and how to properly play the game. All you need are sneakers and a desire to have fun! Cost: $25/per person. Every camper must be registered, and the deadline is June 26. Info/Registration: John, 540-229-7940 or the Community Center, 972-9680.

Pickleball Camp for 12-16 year olds: Pickleball is a fun sport for all ages. A badminton-sized court with a tennis height net, plus a whiffle ball and special paddles makes for good exercise and lots of fun. Join us for a week of lessons and playing time at the outdoor courts July 13-17 at 9 AM (indoor court at the Community Center in case of rain). Students will learn the rules, proper serve and how to properly play the game. All you need are sneakers and a desire to have fun! Cost: $25/per person. Every camper must be registered, and the deadline is June 26. Info/Registration: John, 540-229-7940 or the Community Center, 972-9680.

LOWSC Junior Sailing Camp is for youths ages 8-15, who are able to swim and interested in learning to sail or improve their sailing skills in a safety-conscious, confidence building, and fun environment. We will be holding two camps this year, and both camps are designed for beginners/novices and beneficial for returning sailors. Beginners start out in Optimists and advance according to their skill and comfort level to Sunfish and/or Lasers. All campers must wear a swimsuit and Coast Guard approved lifejacket, a whistle, and closed-toe water shoes. Sunscreen is required, and bottled water plus a snack are highly recommended.

Camp Dates: June 22-26; and June 29-July 3, from 8 AM to noon, daily. Cost: $175/per person. Camp is held near the boat racks at Sailboat Beach. For security reasons a parent or guardian is required to check in and pick up their camper at the check-in table located on the walking trail behind the basketball court (which is left of the swimming pool/fitness center building). We hold class rain or shine.

Registration: Class size is limited to 14 campers. Sailing Camp applications are available at the Holcomb Building or the Community Center. Please return completed applications to the Holcomb Building. Make checks payable to LOWSC. Info/applications: Bob Oldach at Robert.Oldach@comcast.net or 703-618-9403.

LYF Knitting for Parent and Child: Learn a craft and bond with your child. Children 10 years and older with their parent, grandparent or a friend, will learn to knit together! Once a week for four weeks we will teach the basics of knitting and open up a whole new world of yarn for you and your child. You will learn how to cast on, knit, purl and bind off. Cost: $5/per person, per class. Class meets in the Clubhouse Lower Level on July 11, 18, 25, and August 1 from 9 AM to 10 AM. Applications are available at the Community Center and Holcomb Building. Make your check payable to Lake Youth Foundation. Mail completed application and check to: Lake Youth Foundation, PO Box 964, Locust Grove, VA 22508. Info: Katie, 972-4230 or Katie.kids@aol.com.

British Soccer Camp: Orange Recreation Association is bringing the #1 Soccer Camp, in both the U.S. and Canada to LOW! Campers will receive a free T-shirt and ball. Register online before Friday, May 8 and receive a free replica jersey.

Camp Dates: June 22-26 at Sweetbriar Park
Ages 3-4 First Kicks 9 AM-10 AM $87
Ages 5-6 Mini Soccer 10 AM-11:30 AM $102
Ages 6-8 Half Day 9 AM-12 PM $129
Ages 9-14 Half Day 4 PM-7 PM $129

Register online at www.challengersports.com, or follow the link from the ORA website www.orangesoccerva.org. Registration forms are available at the Community Center. Mail to: 8263 Flint, Lenexa, KS 66214. Make checks payable to Challenger Sports

Super Sitter: A babysitter and mother’s helper training course is being sponsored by the Lake Youth Foundation (LYF). Students will learn safety training with lessons in First Aid and CPR, how to handle babies with confidence, practice discipline and learn fun activities that children will enjoy. Registration forms are available at the Holcomb Building, Community Center or from LYF’s website www.lakeyouth.org.

Super Sitter Camp will be held in the Teen Center, Community Center.
Camp Dates: August 13-14, Ages 11-14, 9 AM-12:30 PM.
Cost: $25/per person.
Make checks payable to LYF. Info/Register: Mary Lou McFarland, 972-1483.

Super Sitter Camp will be held in the Teen Center, Community Center.
Camp Dates: August 13-14, Ages 11-14, 9 AM-12:30 PM.
Cost: $25/per person.
Make checks payable to LYF. Info/Register: Mary Lou McFarland, 972-1483.
Applications and payment at the Community Center or mail to: LOWA, Attention Amenities/Swimming-pools.

Children Swim Lessons: Most children love to swim, and they often think that swimming lessons are just a good time. But they are more than just fun, swimming lessons teach children self-confidence and encourage physical fitness. Age groups are:

- Shrimp (age 3-5) Beginner: Develop safe pool behavior and adjust to water.
- Crayfish (age 3-5) Intermediate: Will improve stroke skills, build endurance and learn to tread water.
- Goldfish (age 6-12) Beginner: Become acquainted with the water, use floatation devices, floating and paddling.
- Stingray (age 6-12) Intermediate I: Further refine front crawl using rotary breathing, learn breaststroke and perform standing dives.

Dates/ Times: July 7, 9, 14, 16, 21, 23, 28, 30. Check times when registering. Cost: $85 for eight 30-minute group sessions. Register online at LOWA.org/Amenities/Swimming-pools.

Tennis Classes - Adult Advance Beginner: Are you anxious to get back into the game? Players will review skills, drills, and game. Please wear sunscreen, and appropriate clothes and shoes. Bring labeled water.

Lessons will be held at Hollyfield Park Tennis Courts on May 13, 20, 27, June 3, 10 from 4:30 PM-5:30 PM. Cost: $35/per person. Registration forms are available at the Community Center or Holcomb Building. Make checks payable to Billie O’Neill. Information/Registration: Tennis Pro Billie O’Neill, 972-1976.

Tennis Camp for Children: Players age 6 and older will have the chance to experience what tennis is all about with the help of our Tennis Pro Billie O’Neill, certified PTR Professional! Please wear sunscreen, and appropriate clothes and shoes. Bring labeled water. Registration forms are available at the Community Center or Holcomb Building.

Camp Dates/ Times: June 15, 18, 22, 25, 29. Beginners: 3:30 PM-4:30 PM; Advanced: 4:30 PM-5:30 PM.

Cost: $35/per person. Lessons will be held at Hollyfield Park Tennis Court. Please make checks payable to Billie O’Neill. Info/Registration: Billie, 972-1976.

Drills and Games for LOW Tennis Juniors: A free 2-day tennis clinic will be held at Hollyfield Park by our Tennis Pro Billie O’Neill.

Dates: August 17-18 (age 6-10); August 24-25 (age 11 and up). Clinic time: 9:30 AM-11 AM.

To register, please call the Community Center at 972-9680. Every camper must be registered by July 31.

Water Fitness at the Lake: Water workouts are the best! The benefits of exercising in the water are many; the resistance from the water enhances each and every move that one makes, there is very little impact on one’s joints, and the water keeps one cool and comfortable during the workout. If you haven’t tried water exercise, this is a great time to start!

Dates/ Times: June 15-August 26, Mondays and Wednesdays, 9 AM and 10 AM classes.

Cost: $125/season; $7/daily drop-in fee.

The one-hour classes will be held at the Clubhouse Pool. All necessary equipment is provided. Register Monday, June 15, at 8:30 AM, at the Clubhouse Pool. Please make checks payable to Carol Greeney. Info: Carol Greeney, 972-6739 or Fay Potter, 412-2549.

Junior Yoga Fit Camp: A summer program for kids age 7 and up. Yoga is great; it builds strong and healthy bodies, balances emotions, calms the nerves, clears the mind, enhances focus and improves self-esteem. Classes will be held in the Community Center. Applications are available at the Community Center, Holcomb Building, or email Sylvia at SZelin@LOWA.org. Drop off completed applications and payment at the Community Center or mail to: LOWA, Attention Sylvia, 102 Lakeview Parkway, Locust Grove VA 22508. Make checks payable to Phyllis Sarasin. Information/Register: Phyllis 972-1457.

Camp time: Thursdays, July 10-30, 10 AM-10:45 AM. Cost: $5/per class.

Photos by: Armando Matos, Kristin Kesecker, Lisa Naghshineh, Melanie Parmelee, and Melissa Arlena Photography

Lake of the Woods Association, visit our website at LOWA.org or call 540-972-2227

Exercising for Health: This class provides participants the tools to better overall health. The exercises will improve posture, range of motion, strength, flexibility, and balance—all the things needed to stay healthy. A variety of different exercise styles are offered including Tai Chi and Yoga. Various props are provided including dynaband straps and weights. Join us in the Community Center, Mondays and Thursdays. 10:30 AM-11:30 AM.

Information: Donna, 972-1977 or Yoga4you_low@comcast.net. Certified Yoga, Tai Chi and Arthritis Foundation Exercise instructor.

Fun Bunch 55+: Come and have some fun! Join us for socializing card games, table games and pool.

Snacks and coffee will be provided! No fees. Information: Hank, 972-0359 or Sylvia, 972-9680.

Pickle Ball: Join us for a great game that includes both tennis and paddleball skills. We meet Mondays, Tuesdays, Wednesdays and Fridays in the Multipurpose Room in the Community Center from 12:30 PM-4:30 PM. When weather permits, we play on our outdoor courts in the morning. No fees. Information: John, 540-229-7940 or Chuck, 972-3405.

LOW Senior Softball: Play ball! Join us on Fridays from 9 AM-12 PM (weather permitting), at Hollyfield Park. It is basically batting practice. One player hits, one pitches and everyone else is in the field shagging fly balls. No base running involved! Information: John, 540-229-7940 or Sylvia, 972-9680.

Tae-Kwon-Do: The “Lake Tigers” practice at the Community Center every Tuesday and Thursday: at 7 PM for ages 8-11; at 7:45 PM for ages 12 through adult. The classes are taught in eight 9-week sessions and paid for when taken. Cost: $99 per 8-10 week session with a discount for multiple family members. Uniform cost is extra, but first session is discounted. If you're interested in beginning classes or just want to drop by to watch and meet the instructors, please stop by the Community Center any Tuesday or Thursday at the times above. Information: Mike Murphy, 972-2058 or lowtkd@comcast.net. Visit the website http://seongsmartialarts.com/lowtkd/.

Intermediate/Advanced Open Play Volleyball: Are you ready to play? Our group is for those who have developed their skills enough to play at more of an advanced level, able to consistently serve, pass, set, spike/hit, dig, and/or block during a volley. Yet we still focus on having fun and getting exercise. Participants range in age from teens to 50+ and the crucial requisite is skill level. This is not league play, team members vary from week to week or even game to game. Official rules are applied during play. There is no cost to participate. Information: voice/text 540-809-7406.

Yoga for improved Health: Reduces stress and anxiety, strengthens muscles, enhances moods and can be helpful with easing chronic pain. Studies have convinced cardiac experts that yoga and meditation may help reduce many of the major risk factors of heart disease. So regardless of age or physical condition there is something for you in yoga. Come join us at the Community Center. Cost: $10/per class. Information/Register: Phyllis, 972-1457 or phyllisyoga4u@comcast.net.

Ongoing Activities

Wednesdays Intermediate Yoga: 9 AM-10:15 AM
Wednesdays Beginner Yoga: 10:30 AM-11:45 AM
Fridays Mixed Level: 9 AM-10:15 AM