May 30 Deck is Open!
Summer Concert on the Point
Dave Goodrich 3D Band

June 27 Summer Concert on the Point
Doug Gately Jazz Trio

July 5 Fourth of July Celebration
Summer Concert on the Point
Boys Bluegrass Band

Aug. 1 Luau
16 Lighted Boat Parade
22 Summer Concert on the Point
Gerry & Marty D.

Nov. 27 Thanksgiving

Dec. 7 LOWA Holiday Party
14 Dinner w/ Santa

Summer Dining Hours:
Wednesday 5 PM - 9 PM
Thursday 5 PM - 10 PM
Friday 5 PM - 10 PM
Saturday 11 AM - 4 PM & 5 PM - 10 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

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

Menus available online:
LOWA.org/Amenities/Clubhouse

Third Annual LOWA Summer Guide 2014

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

May
17-18 Spring Two-Person Team
23 Battle of the Wilderness Scramble
31-1 Ryder Cup

June
6 Connor’s Couples Tournament
10-11 Ladies Member/Guest
14 Wounded Warriors Golf Tournament
20 Friday Night 9-Hole Couples Tournament
24 Sadie Hawkins Golf Tournaments
26 Ladies Team Event
28 Knights of Pythian Golf Tournament

July
12-13 LOWA Men’s and Seniors Club Championship
18 Friday Night 9-Hole Couples Tournament
19-20 LOWA Ladies Club Championship
26-27 Male/Female Golf Tournament
28 - Aug 1 Jr. Club Championship/Jr. Golf Event

August
9-10 MGA Member + PLUS Golf Tournament
26 LGA Member/Member

September
3 Pappy Yokum Golf Tournament
4-5 Aerification of Greens
13-14 Fall Two-Person Team
15 Knights of Columbus Golf Tournament
19 9-Hole Couples Event
26 Lions Golf Tournament

October
18 Schutzenfest

November
29 Turkey Trot

Stop by the Pro Shop for more information on upcoming events.
Hunter Horse Show Dates
(Spectators are welcome with free admission)
9 AM to 4 PM
Sunday, June 1
Sunday, July 20
Sunday, Aug. 17
Sunday, Sept. 14
Sunday, Oct. 5

Open Houses: $5 pony rides for all ages
Saturdays 9 AM to 11 AM
Memorial Day Weekend
4th of July Celebration Weekend
Labor Day Weekend

Lessons - 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 hrs. to schedule a pony ride, trail ride, or lessons. Must wear closed-toe shoes.

LOW Dog Fest
At LOW Equestrian Center - Bring Your Best Furry Friend!
This Fall!
Pony Rides
Vendors
Food Booths
Music
Animal Rescue Groups
More info in future Lake Currents

Pony Summer Camp
Beginner Camp
(Dates still available)
1) June 23 - 27
2) July 7 - 11
3) July 28 - Aug 1
4) Aug 4 - 8
5) Aug 11 - 15

Mini Advanced Beginner Camp
Open to campers who are taking lessons on a weekly basis. MUST be able to trot and canter.
July 14 - 18

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

Marina
April 12-May 25 (Sat. & Sun. Only) 9:30 AM - 5:30 PM
Memorial Day May 26 – 11:30 AM - 6:30 PM
May 27-August 31, Tues.-Sun. 12 PM-7 PM (Closed Mondays)
Labor Day (September 1) 11:30 AM-6:30 PM
September 6-October 12 (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
May 17 and May 24, three races each day starting at 11 AM.
Contact Sailing Club for details and dates, 972-8920.

LOW Fishing Club Events/Tournaments
Location Clubhouse Dock unless noted

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 17</td>
<td>6 AM</td>
<td>Regular</td>
</tr>
<tr>
<td>June 21</td>
<td>6 AM</td>
<td>Regular</td>
</tr>
<tr>
<td>July 19</td>
<td>6 AM</td>
<td>Regular</td>
</tr>
<tr>
<td>August 16</td>
<td>6:30 AM</td>
<td>Regular</td>
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<tr>
<td>September 6</td>
<td>6:30 AM</td>
<td>Regular</td>
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<tr>
<td>September 6</td>
<td>3 PM</td>
<td>BBQ Green Springs park LOW</td>
</tr>
<tr>
<td>September 20</td>
<td>7 AM</td>
<td>Wild Card</td>
</tr>
<tr>
<td>October 5</td>
<td>7 AM</td>
<td>Classic Sunday</td>
</tr>
</tbody>
</table>

Water Ski Team
Practices from May-September at Clubhouse Dock.

Come out and watch the ski team put on a great show! See the schedule at LOWSKITEAM.org.
Lake of the Woods Fitness Center, Parks, Campground, Tennis & Pools

Sylvia Zelinsky
Community Operations Manager
Lake of the Woods Fitness Center, Parks, Campground, Tennis & Pools

540-972-9680
e-mail: SZelinsky@LOWA.org

2014 Pools Schedule

Clubhouse Pool
May 24 - September 1
Daily, 11 AM - 7 PM

Sweetbriar Pool
May 24 - June 13
Saturday & Sunday, 1 PM - 8 PM
May 26 ( Memorial Day)
1 PM - 8 PM
June 14 - September 1
Daily, 1 PM - 8 PM
CLOSED WEDNESDAYS

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
Junior Yoga Fit Camp: A summer program for kids age 7 and older. Yoga builds strong and healthy bodies, balances emotions, calms the nerves, clears the mind, enhances focus, and improves self-esteem. And, it’s lots of fun! Applications are available at the Community Center, Holcomb Building or email Sylvia at szelinsky@LOWA.org. Drop off your completed application and payment at the Community Center or mail to: LOWA, Attn: Sylvia, 102 Lakeview Parkway, Locust Grove, VA 22508. Make your check payable to “Phyllis Sarasin.”

Camp Dates: Thursdays, July 17 to August 28 from 10 AM-10:45 AM in the Community Center. Cost: $5 per class. Info and registration: Phyllis at 540-972-1457.

Basic Cartoon Drawing: Attention kids! Here’s an exciting new class to try for children ages 10-14. Learn the basics of drawing your favorite cartoon characters! The style is simple, fun and easy to learn. Come join the fun! A supply list will be provided at sign up.

Camp Dates: Thursdays, August 7-28 from 1 PM-3 PM in the Community Center. Cost: $45 per student. Info and registration: Sara at 540-972-9680.

Cardboard Boat Regatta: This is the Lake Youth Foundation’s 10th Annual Cardboard Boat Regatta to be held Saturday, July 19, at Sailboat Beach (near Clubhouse Beach). Festivities start at 10 AM with boats being judged in the following categories: “Best in Show,” “Most Likely to Float,” and “Titanic.” Our “People’s Choice” award will be offered again with spectators voting for their favorite boat by placing money in their favorite boat’s donation box. The boat that collects the most money wins the award. The funds from this award help support the Lake Youth Foundation Scholarship fund. Awards will be presented at 10:30 AM. Boat races begin at 11 AM. Get in on this annual tradition. You are invited to build a cardboard boat using only cardboard, glue, tape, and paint then paddle it around a 100 yard (children 50 yard) course!

Registration forms are available at the Holcomb Building, Community Center, and online at lakeyouth.org. Deadline for registration is July 1. Info: Diane at info@lakeyouth.org or at 540-972-8634.

Crocheting and Knitting for Parent and Child: What an excellent way to learn a craft and bond with your child. Children 7 years and older with their parent, grandparent, or a friend, will learn to crochet or knit together! Over a course of four weeks, we will meet weekly to teach the basics of crocheting or knitting and open up a whole new world of yarn for you and your child. In crocheting you will learn how to make a basic chain, single crochet, half double crochet, and double crochet. In knitting you will learn how to cast on, knit, purl, and bind off. Applications are available at the Community Center, Holcomb Building, or email Sylvia at szelinsky@LOWA.org. Drop off completed application and payment at the Community Center, Holcomb Building or mail to: LOWA, Attn: Sylvia, 102 Lakeview Parkway, Locust Grove, VA 22508. Make checks payable to “LOWA.” Info: Sylvia (instructor) at 540-972-9680.

Crocheting I: Wednesdays, August 6, 13, 20, 27 from 1 PM to 3 PM.
Knitting I: Tuesdays, August 5, 12, 19, 26 from 1 PM to 3 PM.
Cost per pair: Members $45; Nonmembers $50.

Equestrian Camp: All children MUST have some type of boot with heels. NO SNEAKERS. You can send your child with a snack and a water bottle. Please label anything your child intends to bring.

Applications are available on LOWA.org on the Equestrian Center page and at the Equestrian Center. Return applications and payment to the Holcomb Building, Equestrian Center, or mail to LOWA, Equestrian Center, 102 Lakeview Parkway, Locust Grove, VA 22508. Info/questions: Carolyn at 540-972-2238.

Beginner/Advanced Beginner Camp: 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. Camp includes an hour and a half of riding with an hour and a half of theory/hands-on stable management! We believe this will foster a more complete experience for each camper.

Camp Dates: June 23-27; July 7-11; July 28-August 1; August 4-8; August 11-15
Monday to Thursday 8:30 AM to Noon and Friday 8:30 AM to 10:30 AM
10:15 AM parents are invited to watch the show.
Cost: $300 Member per student (includes T-shirt); $350 *Nonmember per student (includes T-shirt).  

Advanced Camp: Open to campers who are taking lessons on a weekly basis. Campers MUST BE ABLE to walk/trot/canter on their own. Limit 10 campers.
Camp Dates: July 14-18 from 9 AM to 11 AM daily.
Cost: $200 Member per student (includes t-shirt); $250 *Nonmember per student (includes t-shirt).

Lowisc Junior Sailing Camp: Youngsters ages 8-15 can learn to sail in a safe environment while having fun in the progress. Please wear sunscreen, whistle, sunglasses, swimsuit, a Coast Guard approved lifejacket and closed-toe water shoes. You must be able to swim and will be tested for swimming ability. Registration forms are available at the Holcomb Building or Community Center. Make checks payable to “LOWSC.” Info: Bob Doan at 540-972-8969, or email bobdoan@hotmail.com, or Bob Oldach at 703-618-9403.


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. Camp is designed for children ages 11-14. Registration forms are available at the Holcomb Building, Community Center, or online at lakeyouth.org. Super Sitter Camp will be held in the Community Center, Teen Center. Make checks payable to LYF. Info: Call Mary Lou McFarland at 540-972-1483.

Camp Dates: August 4-15 from 9 AM to 12:30 PM.
Cost: $25 per person.

British Soccer Camp: Orange Recreation Association is bringing the #1 Soccer Camp in the U.S. and Canada to LOW this summer! Camp includes a free t-shirt and ball. Registration forms are available at the Community Center. Make checks payable to Challenger Sports and mail to Carol Horvath, 8263 Flint, Lenexa, KS 66214. Register online before May 9 and receive a free replica jersey, challengersports.com.

Cost: $118 per camper.
Yoga for improved Health: Reduces stress and anxiety, strengthens muscles, enhances mood 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. Space is limited. Cost: $10 per class. Information/Registration: Phyllis at 540-972-1457 or email phyllisyoga4u@comcast.net.

Dates: Wednesdays Intermediate Yoga: 9 AM-10:15 AM
Wednesday Beginner Yoga: 10:30 AM-11:45 AM
Fridays Mixed Level: 9 AM-10:15 AM
Wednesday Evening Yoga: Call for location and times

Crocheting and Knitting: If you are interested in learning a new craft and always wanted to try your hand at knitting or crocheting, why don’t you try this class? In knitting you will learn how to cast on, knit, purl, and bind off. In crocheting you will learn how to make a basic chain, single crochet, half-double crochet and double crochet. If you need help with a project, new or something you are stuck with, let’s see if we can figure it out together! We meet in the Community Center. Information/Registration: Sylvia (instructor) at 540-972-9680, or email phyllisyoga4u@comcast.net.

Wednesdays Intermediate Yoga: 9 AM-10:15 AM
Wednesday Beginner Yoga: 10:30 AM-11:45 AM
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Wednesday Evening Yoga: Call for location and times

Pickle Ball: A great game that includes both tennis and paddleball skills. We meet Mondays, Wednesdays, and Fridays in the Community Center, Multipurpose Room from 1:30 PM-4:30 PM. Beginner Pickle Ball is played on Tuesdays from 1:30 PM-4 PM. When weather permits, we play on outdoor courts in the morning. No fees. Information: John at 540-229-7940 or Sylvia at 540-972-9680.

Teen Center: Every Friday evening from 7 PM-10 PM. The Teen Center is open to all LOW resident/tenant youth age 11 to 13 (middle school grades). Admission is $3 a night, a Teen Center ID is also available at $25. ID cards are renewable in the spring. Visiting guests allowed with $3 fee on a first-come, first-admitted basis (must be signed in by a LOW parent). Activities offered throughout the year with the exception of major holiday weekends. Play pool, ping-pong, basketball, volleyball, pickleball, board games, card games, and video games. Information: Call 540-972-9680.

Tae-Kwon-Do: The “Lake Tigers” practice at the Community Center. There is no yearly contract to take lessons. Classes are taught in eight, nine-week sessions and paid for when taken. Uniform cost is extra, but 1st session is discounted. Feel free to drop by and watch and meet the instructors. Visit http://seongsmartialarts.com/lowtkd/. Information/Registration: Mike Murphy, Head Instructor at 972-2058 or email lowtkd@comcast.net.

Dates: Tuesdays and Thursdays. 7 PM for ages 8-11; 7:45 PM for ages 12 through adult.
Cost: Cost is $99 per 8-10 week session with a discount for multiple family members.

Advanced Pick Up Volleyball: 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. There is not a set age requirement but rather a skill level requirement. Official rules are applied during play. Information: Call 540-445-1860.

Water Fitness: 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 work-out. Classes will be held at the Clubhouse pool. All necessary equipment is provided. Registration forms are available at the Holcomb Building. Bring registration form and check to the first day of class. Make checks payable to Carol Greeney. Information/Registration: Instructors Carol Greeney at 540-972-6739 or Fay Potter at 540-412-2549.

Dates: June 9 through August 29. Mondays, Wednesdays, and Fridays from 9 AM-10 AM.
Cost: $125/season; $7/daily drop-in.

Exercising for Health: Designed for anyone who wants to improve their health but cannot (or does not want to) be on a floor mat. Each class provides a variety of moves to target different muscles of the body. Use of a chair, or standing, provides the participant moves to improve posture, balance, strength, flexibility and overall better health. A variety of different exercise styles are offered to include Tai Chi and gentle Yoga. There is no competition and participants will find it relaxing, easy on joints, and beneficial to improving better health. Classes are held in the Community Center. Instructor is an Arthritis Foundation Exercise Instructor and certified in Yoga and Tai Chi. Complete registration at the first class. Information: Call Donna at 972-1977.

Dates: Mondays and Thursdays 10:30 AM-11:30 AM.

Fun Bunch 55+: Come and have some fun! Join us for socializing, card games, board games, and pool. Snacks and coffee will be provided! No fees. Information: Call Hank at 540-972-0359 or Sylvia 540-972-9680.

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To contact the Lake of the Woods Association
Please visit our website at LOWA.org
or call 540-972-2237

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