



# Fun Stuff

@ Sandy Cove



# Thank you for choosing Sandy Cove!

Besides providing outstanding facilities and great food, Sandy Cove seeks to create an environment that offers rest, relaxation and recreation for our guests. Because people relax and recreate in a variety of ways, we have a number of activity options for groups to use and enjoy. Please take some time to look over this information as you plan for your time here. Your conference coordinator can answer most of the questions you may have, and help you to make any arrangements necessary.

Activity options have been grouped by:

## [Activities that do not have any set hours of availability](#)

These are the activities that are always available on a “self serve” and “first come...” basis.

## [Activities with specific hours](#)

There are limited hours prescheduled for these activities, and you have the option to request additional hours of availability.

## [Activities involving extra costs](#)

These activities require specialized equipment and skilled facilitators. You may make arrangements to add these activities to your program for the additional cost noted.

## [Activities in the area](#)

Just a few of the activities within an hour of Sandy Cove.



## Activities always available

[Tennis](#)—We have two outdoor tennis courts, available on a “first come” basis. You may bring equipment, or sign it out at the front desk.

[Softball, Soccer, Football](#)—Contact your coordinator if there is a specific time you would like to use the field. Also, they can make arrangements to sign out equipment to you if you would like.

[Basketball](#)—Outdoor full court, available during daylight hours.

[Sand Volleyball](#)—2 separate courts, available during daylight hours.

[Shuffleboard](#)—6 shuffleboard courts are available, overlooking the waterfront.

[Mini golf](#)—18 hole course at the Pioneer Campground, 9 hole course near the lodge. Golf balls are available from a machine for .50 each. We will “buy back” the ball from you when you are done, if you wish.

[Disc Golf](#)—9 hole loop around sports fields, starting near the tennis courts. Loaner Frisbees available there.

[Bocce & Croquet](#)—Equipment can be signed out through your coordinator.

[Nature Trail](#)—Take a wander in the woods – look for the sign marking the trail entrance along the side of the road, just up from the Pioneer Campground.

[Board Games](#) —Always available for sign out at the front desk.

[Fitness Center](#)—located halfway down the burgundy hallway on the first floor, on the right. The fitness center features weight machines, treadmills, elliptical machines and bikes. There is a TV with DIRECTV and a DVD player—bring your own exercise DVDs. The fitness room is accessible 24 hours a day with the use of your room key. Anyone under 18 must be accompanied by an adult.

[Fishing](#) —Enjoy fishing from our pier with your own gear. A fishing license is required and may be purchased in the town of North East at Herb’s Tackle Shop.



# Activities with specific hours

## Palmer Auditorium

Palmer is our multipurpose building, where most indoor recreation occurs. Basketball and volleyball courts are side by side in the center area, with pool tables, ping pong tables, air hockey and foosball along the sides. Children should be under adult



supervision as they use these activities. Naturally, if you are a large group using Palmer for your meetings, availability of these activities will be limited. Otherwise, Palmer is available to all groups at Sandy Cove, unless it has been reserved by a group for “exclusive” use.

*Indoor soccer, football, baseball, dodgeball, etc. are not permitted in Palmer because of the damage to the lights, walls, windows, etc.*

## Swimming Pools

There are two pool areas at Sandy Cove. Hours and availability are seasonal.

**Please see the appropriate information for the season you will be here with your group.**

The Main Pool Complex is located near the Chesapeake Lodge.

The bathhouse, with changing areas, restrooms and showers, has separate entrances for women and men. You may also access the Main Pool Complex through the Enclosed Sports Pool entrance.

The main pool has designated shallow areas, diving board and lap lanes, increasing in depth to 10 feet. Fenced in wading pool is 18 inches deep with sprinklers. The Enclosed Sports Pool and Hot



Tub area features a pool for volleyball or basketball. You must be 15 to use the hot tub.

The Perkins Pool is located in the Pioneer Campground—near the speed bump.

Bathhouse with restrooms, showers and changing area is available. Our pools are a “water-only-zone,” state regulations require there to be no food or drinks (which includes gum, candy, soda, etc.) in the pool area.

Pool hours may be amended, due to weather conditions, or other factors. Please indicate to your coordinator if your group plans to make use of the pool. If there are other times that you would like the pool to be open, or you wish to swim in a pool not scheduled for open hours, you may request this at least 2 weeks in advance, and we will work to accommodate your wishes. Depending on the nature of your request, there may be an additional cost for opening the pool for your group. All of our pools require modest one-piece swimsuits for women and baggy swim shorts for men. Cut offs or boxers are not acceptable.

## Swimming Pools



### *Fall, Winter and Spring*

Sandy Cove has a glass enclosure around our Sports Pool and Hot Tub so that they are available for use all year. The Sports Pool is 4.5 deep at its deepest part making it ideal for water volleyball and aerobics. The Hot Tub can seat up to a dozen people for a nice, relaxing soak.

The standard hours for these to be open during **fall, winter and spring** will be:

Monday – Thursday 7 – 8 pm

Friday 9 – 11 pm

Saturday 1-5 pm and 9 – 11 pm

You may request up to two hours of additional availability each day of your stay here. Please submit these requests a minimum of two weeks in advance, so that we can arrange for staffing. A lifeguard will be on duty during open hours, and though there are no changing rooms at these pools, towel service will be available. Since you must travel 100 feet or so between buildings, bringing sweats or a robe could be helpful. Children under 13 may not come to the pool unless accompanied by an adult (21 or older). Keep in mind that there is a limited capacity of 78 people for the building enclosure, and it will be “first come, first served” during open hours. (And even though building capacity is 78, it starts to feel cozy after about 30 people come inside...)



### *Between Memorial Day weekend and Labor Day weekend*

The Main Pool, Perkins Pool and Wading Pool will be open from Memorial Day weekend to Labor Day weekend. The Sports Pool and Hot Tub will continue to be available. The Sports Pool, Hot Tub, Main Pool and Wading Pool are all in the same complex near the Chesapeake Lodge, while the Perkins Pool is located at the Pioneer Campground a short distance away.

The typical hours and availability of at least one of the pool areas are:

Mon – Thur & Sun 1-5 pm

Fri & Sat 1-5 and 9-11 pm

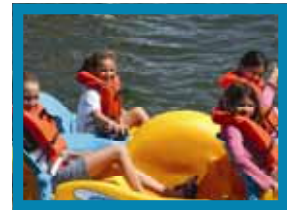


## Activities involving extra costs

### Marina

We have been blessed with a great spot on the water that affords us scenic views, but also some fun activities on the water in season. We have a small marina in a cove where we launch canoes, kayaks and paddle boats. These are available at no extra cost to our overnight guests. Marina activities are included on the wavier form, and we ask that adults supervise those under 15. We also have some sailboats available for those with a bit of experience. Our marina is very shallow, and tidal as well. Deep draft boats do not work well here. We offer temporary moorings, and launching assistance for a nominal fee. During peak season (Mid June – Mid August) the Marina is open Mon – Sat 10 – 5 PM. The two weeks before and after that season, the marina is open on Saturday. If your group is coming midweek, you may request availability to use the canoes, kayaks and paddle boats in advance, and we will look to accommodate your request.

**The marina is only open from Memorial Day to Labor Day.**



Big Swing Well, the Big Swing is really pretty simple... You are harnessed up and clipped in to the swing cable, and then (temporarily) clipped to the haul rope. The group on the ground pulls the rope, you are towed up into the air. Somewhere around 30 feet up, you pull the pin, and SWING! It is one of those activities that does not require all that much talent, but it is a screamer! Like the zip line, participants must be at least 12 years old, and have a signed waiver. Pricing for group use is:

2 hour block: \$120 Estimated swingers 30 +/-

Contact us at least 2 weeks ahead of your visit to schedule.



**Rock Wall** Sandy Cove has a 30 ft tall, 40 foot wide rock climbing wall located in the Palmer Auditorium. There are five climbs on the rock wall, with multiple routes on each, as well as a variety of features. Climbers must be at least 8 years old to participate. All climbers must sign a waiver before climbing, and climbers between 8 and 17 must have one signed by their parent. You may print a copy of this waiver from our website (Simply type "waiver" after the [www.sandycove.org/](http://www.sandycove.org/) and it will come up) or we can fax a copy to you. Climbers should provide appropriate footwear (athletic shoes are good, dress shoes and sandals are not...) Sandy Cove provides ropes, harnesses, helmets, and other gear, as well as trained personnel to facilitate the activity and belay the climbers. Rates are as follows:



	2 hour time block	
	cost	est. climbers
2 staff	\$160	10+
3 staff	\$240	20+
4 staff	\$320	30+
5 staff	\$400	40+

One staff will always be primarily responsible for helping climbers get harnessed properly, while the rest of the staff belay (Hold the rope for each climber, and catch them when they fall). The estimated number of climbers factors this in, as well as having some climbers climb more than once, but obviously things will depend on how long participants spend on each climb. If you are not sure what would work best for your group, talk to your coordinator, or contact Nate directly at [n.ransil@sandycove.org](mailto:n.ransil@sandycove.org), or ext. 432 so we can help you determine the best option. All requests should be made at least 2 weeks in advance of your time here.

## Big Swing & Rock Wall



### "Open" Swing and Rock Wall Hours:

During peak season (mid June through mid August) there are "open hours" at the big swing and rock wall where all guests of Sandy Cove (meeting age eligibility/waiver stipulations) can come and try them out. These activities are "first come, first served" and are on Saturdays. The big swing is open 2-4 pm and the rock wall is open 7-9 pm. We do our best to make these available as an added value to your group, but availability is subject to a variety of factors and mitigating circumstances, and **not guaranteed**. If you wish to guarantee availability or would rather have an "exclusive" time for your group's use only, you may arrange that with your coordinator at the previously mentioned rates. If you are bringing a group of 30 or more, and are here during the week only, we can work with you to set up an open session on a weekday if you let us know at least two weeks in advance.



## Zip Line



Put your harness on and take a flying leap off of a 42 foot tall platform, and let gravity send you rushing down the 420' cable. Of course you are hooked in safely at all times, but that first step still seems like a doozy! Participants must be at least 12 years old, and we have had folks in their mid 80's enjoy the zip line as well. All participants must sign a waiver before zipping, (the same one as for the rock wall) and climbers between 10 and 17 must have one signed by their parent. You may print a copy of this waiver from our website (Simply type "waiver" after the [www.sandycove.org/](http://www.sandycove.org/) and it will come up) or we can fax a copy to you. There are twin lines for twice the fun, or you may opt to have only one open. Your group may contract for the zip line(s) at the following rates:

	Two hour block		Three hour block	
	Cost	Est. Zippers	Cost	Est. Zippers
One line open	\$240	25 +/-	\$360	40 +/-
Both lines open	\$400	50 +/-	\$600	75 +/-

Sandy Cove provides all necessary equipment, and trained staff to belay people up to the platform, hook them to the zip pulley, and take them down from the zip line at the end of the ride. Typically, it takes 4 or 5 minutes from the time one person jumps until the next person is in position. Some may take a few extra minutes to "think" before jumping, or decide to come down without zipping, which takes a few extra minutes. Having a group member to help put harnesses and helmets on those waiting in line will aid in efficiency, and maximize the zippers per hour. The zip line is outdoors, and subject to weather. Lightning storms definitely suspend operations, but if it is simply raining, it becomes a judgment call for the facilitator and the group leader to make.

Please let your coordinator know at least 2 weeks in advance if you are interested in blocking a time for your group to zip, so we can arrange for staffing and availability.



## Activities in the area

There are many activities and attractions near Sandy Cove that your group might enjoy. Some are free and always available, others cost money and may require arrangements in advance.

### North East—10 min

- Main Street Shops
- Day Basket Factory
- City Park & Marina
- Upper Bay Museum
- Turkey Point Lighthouse
- Elk Neck State Park
- Chesapeake Bay Golf Club
- Cecil County Dragway

### Havre de Grace—20 min

- Promenade Board Walk
- Decoy Museum
- Concord Point Lighthouse
- Maritime Museum
- Great Antique Shops

### Perryville—15 min

- Perryville Outlets

### Aberdeen—30 min

- U.S. Army Ordnance Museum
- Cal Ripken Museum

### Elkton—20 min

- Historical Society Museum
- Fair Hill Stables
- John F. Dewitt Military Museum
- Milburn Orchards

### Rising Sun—20 min

- Plumpton Park Zoo
- The Old Railroad Station

### Nottingham, PA—25 min

- Herr's Snack Food Factory & Tours

### Chesapeake City—30 min

- C & D Canal
- Victorian Home Tours
- Shops & Artist Studios
- Waterfront Dining

### Lancaster County, PA—60 min

- Amish Country Dining & Shopping
- Pennsylvania Railroad Museum
- Strasburg Railroad
- Dutch Wonderland
- Tours, Shops, Museums, Shows
- Tanger & Rockvale Outlets
- Sight & Sound Productions

### Wilmington, DE—45 min

- Winterthur Museum
- Grand Opera House
- Longwood Gardens
- Hagley Museum
- Christiana Skating Center



## In Closing...

Please remember that as you plan your stay here, that the more information you can give us, with as much lead time as possible, the better we can serve you! Also, please help us to be good stewards of the facilities and equipment that God has blessed us with. (After all, it belongs to Him anyway...) Please encourage the members of your group to respect and take care of anything they use here, so that the next group can enjoy it as much as you did.

Your conference coordinator is your primary communication link, but if there are specific questions on activities you may also contact me if necessary at extension 432 or e-mail [n.ransil@sandycove.org](mailto:n.ransil@sandycove.org) We look forward to helping your group find rest, relaxation, and fun during your stay with us!

In Him,  
Nate Ransil  
Program Coordinator



*"The secret of my vigor and activity is that I have managed to have a lot of fun"*  
—Lowell Thomas

