

ACTIVITIES



ACTIVITIES



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 event 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. Please contact us at least four weeks ahead of your visit to schedule.

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. Please contact us at least four weeks ahead of your visit to schedule.

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. You may bring your own 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 for you if you would like.

Basketball – Outdoor full court, balls right at the court.

Sand Volleyball – Bump, set, spike! Ball in a box by the court.

Nature Trail – Take a wander in the woods – look for the sign marking the trail entrance along the side of the road, just beyond the zip line and open field. The trail is marked with blue blazes.

Board Games – Always available for sign out at the front desk.

Fishing – Enjoy fishing from our pier with your own gear. You can get a free fishing license by following the instructions at www.sandycove.org/free-fishing.



Shuffleboard – 6 shuffleboard courts are available, overlooking the waterfront.

Mini Golf – 9 hole course. Golf balls are available from a machine. We will “buy back” the ball from you when you are done, if you wish.

Disc Golf – 9 holes loop around the sports fields, starting near the tennis courts. Loaner Frisbees available there.

Fitness Center – Located halfway down the conference hallway on the first floor, the fitness center features weight machines, treadmill, elliptical machine and bikes. There is a TV with DISH 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.

Activities with Specific Hours

Swimming Pools

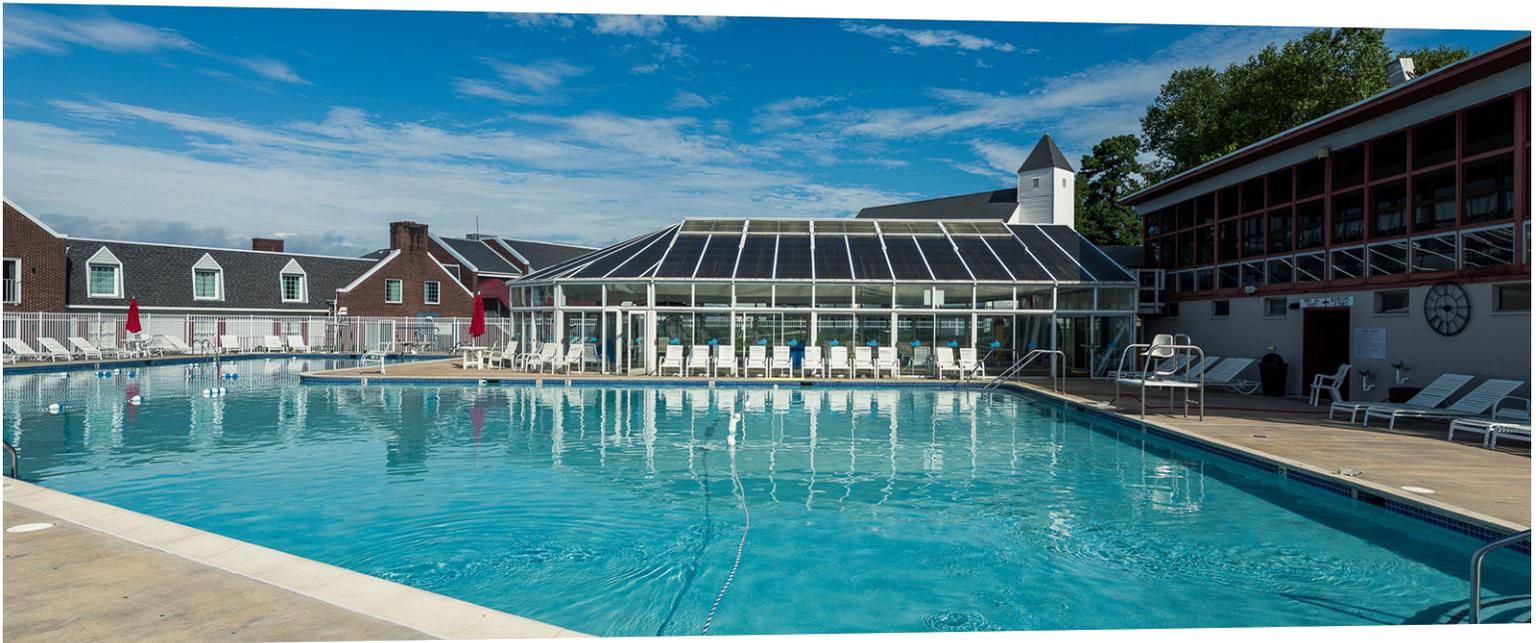
Hours and availability are seasonal. Please see the appropriate information for the season you will be here with your group on the next page.

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 a lap lane, increasing in depth to 10 feet. The 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. A bathhouse with restrooms, showers and changing area is available.

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 four 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. 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.

There are two pool areas at Sandy Cove.



Activities with Specific Hours

Swimming Pools

Fall, Winter and Spring

In the Main Pool Complex, 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 ft. 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:

- **Sunday through Thursday** 7-8 pm
- **Friday** 9-11 pm
- **Saturday** 1-5 pm and 9-11 pm

Your group may request up to two hours of additional availability each day of your stay here. Please submit these requests a minimum of four 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 30 people come inside...)

Between Memorial Day weekend and Labor Day weekend

The entire Main Pool Complex and the Perkins Pool will be open from Memorial Day weekend to Labor Day weekend. The enclosed sports pool and hot tub, large outdoor 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:

- **Sunday through Thursday** 1 -5 pm
- **Friday & Saturday** 1-5 and 9-11 pm



Activities with Specific Hours

Marina

We have been blessed with a great spot on the water that affords us scenic views, but also some fun activities 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.

We have a boat that can pull tubers. Tubing is offered during Summer Together Family Camps, or by prearrangement for an hourly cost. Contact us at least four weeks ahead of your visit to schedule. Riders should be at least 6 (though some 6 years olds may not be ready to try it yet), and all participants should be able to swim.

Guests may also bring their own boats to use here, though our marina is rather shallow, and tidal as well. Calling ahead to make sure your boat will work OK here is a good idea.

The Marina is open Monday to Saturday, 10 – 5 pm, mid June through mid August.

During the first two weeks of June and the last two weeks of August, the marina is open on Saturdays or by pre-arrangement for groups. Contact us at least four weeks ahead of your visit to schedule. Marina activities are included on the waiver form, and we ask that adults supervise those under 15. You may print a copy of this waiver from our website or we can email a copy to you.

Waiver for this activity can be found at sandycove.org/waiver.



Activities with Specific Hours

Palmer

Palmer is our multipurpose building, where most indoor recreation occurs. Basketball and volleyball courts are side by side in the center area, with billiards, ping pong tables and air hockey 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.

The Rock Wall is also located in Palmer. Look on the next page for details.

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

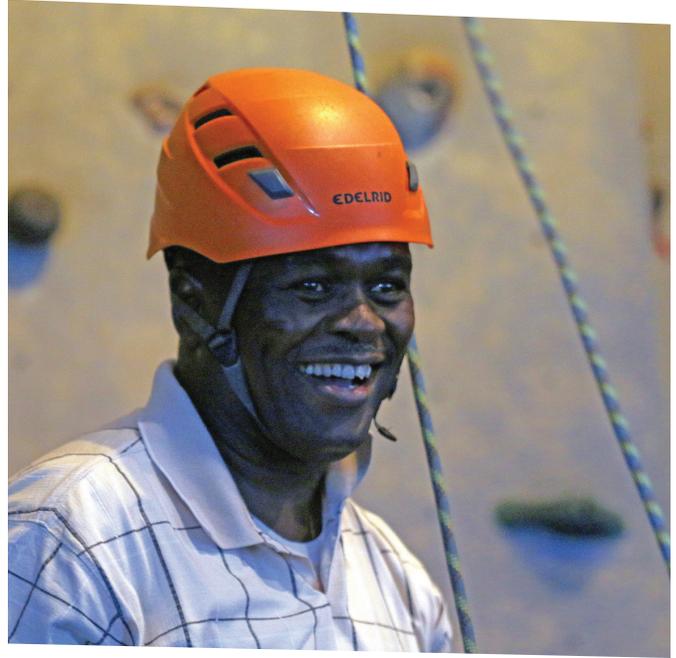


Activities with Specific Hours

Big Swing & Rock Wall

“Open” Swing and Rock Wall Hours:

During peak season (Memorial Day through Labor Day) 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 open on Saturdays: Big Swing from 2-4 pm and Rock Wall from 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 least four weeks in advance. 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 four weeks in advance.



Waiver for these activities can be found at sandycove.org/waiver.



Activities Involving Extra Costs

Rock Wall

Rock Wall Sandy Cove has a 30 ft. tall, 40 ft. wide rock climbing wall located in Palmer. 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 or we can email 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.

Pricing for group use is indicated in the chart:

| 2 HOUR TIME BLOCK | | |
|-------------------|-------|---------------|
| Number of Staff | Cost | Est. Climbers |
| 2 | \$169 | 15+ |
| 3 | \$249 | 25+ |
| 4 | \$329 | 40+ |
| 5 | \$409 | 55+ |

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 Glendon directly at g.carper@sandycove.org or **800.234.2683, ext. 404** so we can help you determine the best option. All requests should be made at least four weeks in advance of your time here.

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 let go, and SWING! It is one of those activities that does not require all that much talent, but it is a screamer! Participants must be at least 12 years old, and have a signed waiver. You may print a copy of this waiver from our website or we can email a copy to you.

Pricing for group use is:

2 hour block: \$169 Estimated participants 30 +/-

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



At the recommendation of our inspection company, we have a 250 pound weight limit for your safety for both the Rock Wall and the Big Swing.

Waiver for these activities can be found at sandycove.org/waiver.

Activities Involving Extra Costs

Zip Line

Put your harness on and take a flying leap off of a 42 ft. tall platform, and let gravity send you rushing down the 420 ft. 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 80s enjoy the zip line as well. All participants must sign a waiver before zipping. You may print a copy of this waiver from our website or we can email a copy to you.

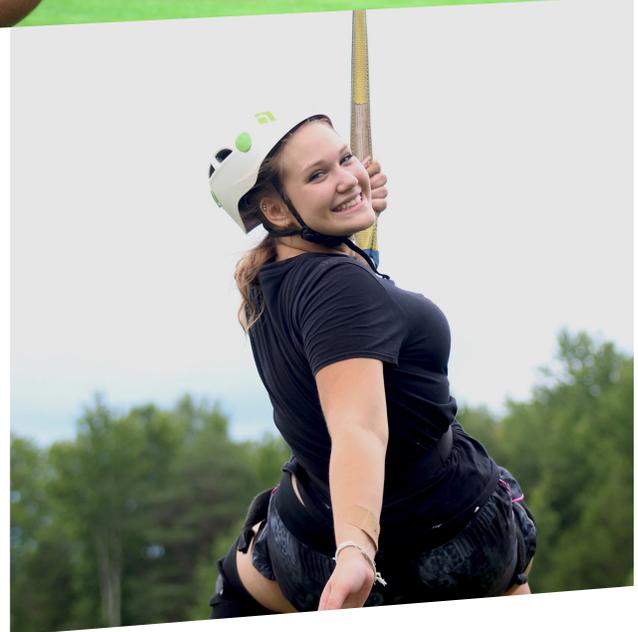
Rates are as follows:

| 2 HOUR TIME BLOCK | | |
|-------------------|-------|---------------|
| Number of Staff | Cost | Est. Climbers |
| 3 | \$249 | 20+ |
| 4 | \$329 | 30+ |
| 5 | \$409 | 40+ |

The estimated participants depends on how quickly they climb the pole. It should be noted that climbing the pole to the top is necessary, and does require a degree of physical fitness/ability by the climber.

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. 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 four weeks in advance if you are interested in blocking a time for your group to zip, so we can arrange for staffing and availability.



At the recommendation of our inspection company, we have a 250 pound weight limit for your safety for the Zip Line.

Waiver for this activity can be found at sandycove.org/waiver.

Activities Involving Extra Costs

Cargo Net

Put your harness on and attempt to climb up the 30 ft. cargo net. It is similar to our indoor rock wall but the cargo net is outdoors, has some movement, and requires additional upper body strength.

Participants can climb in pairs or individually. Participants must be at least 8 years old. All participants must sign a waiver before climbing. You may print a copy of this waiver from our website or we can email a copy to you.

Your group may contract for the cargo net for a two hour block:

| 2 HOUR TIME BLOCK | | |
|-------------------|-------|---------------|
| Number of Staff | Cost | Est. Climbers |
| 2 | \$169 | 15+ |
| 3 | \$249 | 25+ |

It should be noted that climbing the cargo net does require a degree of physical fitness / ability by the climber. Sandy Cove provides all necessary equipment and trained staff to belay people up to the top and lower them safely back to the ground.

The cargo net is outdoors, and subject to weather. Thunderstorms 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 four weeks in advance if you are interested in blocking a time for your group, so we can arrange for staffing and availability.



At the recommendation of our inspection company we have a 250 pound weight limit for your safety for the Cargo Net.

Waiver for this activity can be found at sandycove.org/waiver.

Activities Involving Extra Costs

Archery Tag

Archery Tag® is played similar to dodgeball or paintball but with bows and patented foam-tipped arrows. This exciting, action-packed game offers the ultimate family-friendly experience that engages everyone.

Participants attempt to tag members of the opposite team by hitting them with the foam-tipped arrows. Don't miss out on Tag ... the game you never outgrow! This is a great option for any group who wants a fun and adventurous activity. Participants should be able to handle a bow and arrow, (not for first timers). You should be able to load up an arrow and hit the broad side of a barn in about 5 seconds, or you might not enjoy this very much...

Your group may contract for archery tag for \$109 per hour. It's a great experience for any group of 4 to 72 participants per hour.

Available indoors in winter months or inclement weather.

For more information about Archery Tag, check out: www.Archerytag.com



Escape Room

This is a live-action game where your group will have 20 minutes to discover and solve a series of puzzles and clues. A newly themed room is offered starting in June of each year. Sessions are designed for groups of 8-12 participants (although it is a small room so it starts to feel cozy with ten adults). Recommended for teens to adults. Your group may contract the escape room for \$59 / 20-minute session.

Please let your coordinator know at least four weeks in advance if you are interested in blocking a time for your group, 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, MD—10 min

- Main Street Shops
- City Park & Marina
- Upper Bay Museum
- Turkey Point Lighthouse
- Elk Neck State Park
- Cecil County Dragway

Havre de Grace, MD—20 min

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

Elkton, MD—20 min

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

Rising Sun, MD—20 min

- Plumpton Park Zoo
- Chesapeake Bay Golf Club

Nottingham, PA—25 min

- Herr's Snack Food Factory & Tours

Chesapeake City, MD—30 min

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

Aberdeen, MD—30 min

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

Wilmington, DE—45 min

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

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



In Closing

“The secret of my vigor and activity is that I have managed to have a lot of fun!”

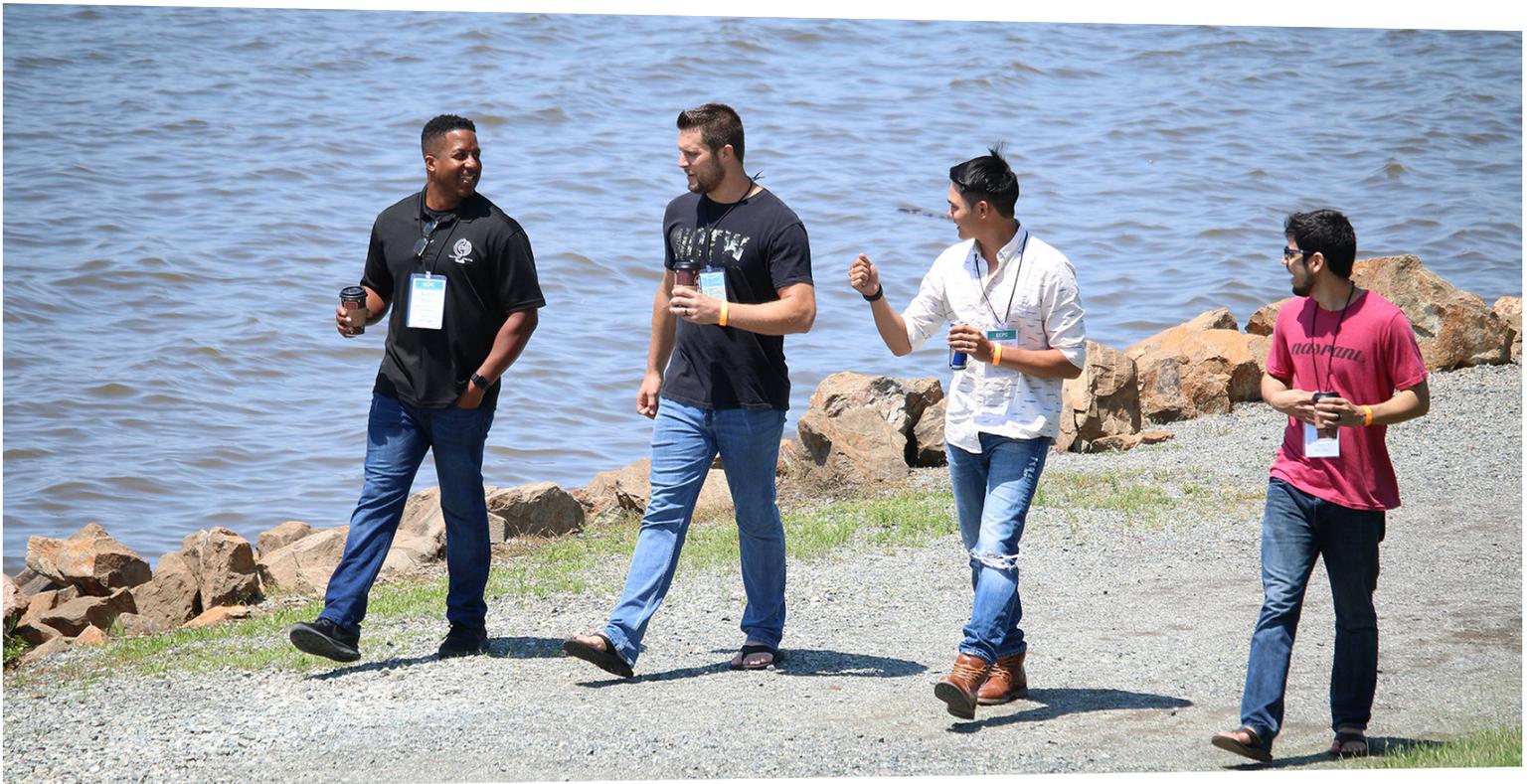
–Lowell Thomas

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 coordinator is your primary communication link, but if you have specific questions about activities, you may also contact me if necessary at **800.234.2683, ext. 404** or **g.carper@sandycove.org**

We look forward to helping your group find rest, relaxation, and fun during your stay with us!

In Him,
Glendon Carper - *Activities Program Coordinator*



www.sandycove.org/groups | 800.234.2683



ACTIVITIES