



FRIDAY

start time	end time	Location
4:00 PM	6:30 PM	Lakeside Lodge
Registration Check-in New Participant Orientation		
6:00 PM	6:30 PM	Dining Hall
Saturday Morning (Pre-Lunch) Water Workshop Sign-ups		
6:00 PM	7:00 PM	Dining Hall
Dinner		
7:00 PM	7:15 PM	
Welcome - MCS Steering Committee		
7:15 PM	8:30 PM	
Friday Feature - St. John River - Lisa DeHart		
8:30 PM	10:00 PM	Waterhouse Park
Campfire		

SATURDAY

start time	end time	WATER Water Workshops Do Require Sign-ups			LAND Land Workshops Do Not Require Sign-ups		
		Location	Workshop	Instructor	Location	Workshop	Instructor
6:15 AM	7:30 AM	Coveside	English Gates - Canoe Skills Practice Course	Self-Guided - Setup all weekend	Lakeside	Morning Yoga for Paddlers	Leah Titcomb
		The Docks	Brush Up Your Canoeing Skills	Sarah Quiantance			

7:45 AM	8:45 AM	Dining Hall	Late Registration Check-in Morning (Water) Workshop Sign-up (last chance changes)				
7:45 AM	8:45 AM	Dining Hall	Breakfast				

		WATER			LAND		
		Location	Workshop	Instructor	Location	Workshop	Instructor
9:00 AM	10:15 AM	Coveside	Introduction to Canoe Poling	Jean Gerber	Dining Hall	How to Respond to Environmental Emergencies	Beth Arnold & Nancy Zane
		The Docks	Canoeing with Mindfulness	Megan-Mack Nicholson	The Pines	Paddle Carving Demonstration - Ongoing thru the weekend	Ken Wize & Gerry Saunders
		The Docks	J-Stroke Clinic - Variations on the Classic J-Stroke	Kevin Slater			
		Coveside	Group Paddle Adventure & Science Exploration	Kids' Program			
10:30 AM	11:45 AM	Coveside	Women's Intro to Canoe Poling	Lisa DeHart	Dining Hall	Waltham on the Charles: Canoeing Capital of the World in the Early 1900s	Benson Gray
		The Docks	Tandem Canoeing Fundamentals	Leah Titcomb	Waterhouse Park	Campfire Cooking and Aging Into Climate Change	David Lewis
		The Docks	Flatwater Drills for Whitewater Skills	Kevin Slater	The Pines	Special Tools and Tactics for Adventure Canoeing	Freddie Wilkinson
					Lakeside Lodge	Wilderness Skills 101: Becoming a Junior Naturalist	Kids' Program

12:00 PM	12:30 PM	Dining Hall	Afternoon (Water) Workshop Sign-ups				
12:00 PM	1:00 PM	Dining Hall	Lunch				

1:15 PM	2:30 PM	The Docks	Women in the Stern (Women only please)	Polly Mahoney & Jennifer Neptune	Dining Hall	Trip-planning using LNT Wilderness Ethics	Beth Arnold & Nancy Zane
		The Docks	Solo Canoeing - Three Basics I Learned the Hard Way	Keith Attenborough	Waterfront	Beautiful Views, Quick Sketches from Canoes	Jean Gerber
		Coveside	Kids Tandem and Solo (MaCKro) Canoeing	Kids' Program	Waterhouse Park	101 Uses for a Canoe Pole	Matt Hopkinson
2:45 PM	4:00 PM	The Docks	Tandem Canoeing Intermediate	Megan-Mack Nicholson	Dining Hall	Round Table: Advice and Canoe Trips Planning for Families & Beginners	Various
		The Docks	Northwoods Canoe Stroke - Tandem	Jane Barron	Coveside	Quick and Effective Tarps and Shelters	Lisa & Jeff DeHart
		Coveside	Open Paddling: Explore at Your Own Pace	Self-Guided			
					Ropes Course	Low Ropes	Kids' Program

4:15 PM	4:45 PM	Dining Hall	Sunday Water Workshop Sign-Ups				
4:15 PM	5:45 PM	The Pines	Silent Auction				
5:45 PM	6:45 PM	Dining Hall	Dinner				
7:00 PM	8:30 PM	Waterhouse Park	Kids - Campfire S'mores				
7:00 PM	8:30 PM	Dining Hall	Saturday Feature - The Great Canoe Loop: An 1800-mile journey from Old Town to Old Town, with Freddie Wilkinson				
8:30 PM	10:00 PM	Campfire	Campfire				

SUNDAY

start time	end time	WATER			LAND		
		Location	Workshop	Instructor	Location	Workshop	Instructor
6:15 AM	7:30 AM	Coveside	English Gates - Canoe Skills Practice Course	Self-Guided - Setup all weekend	Lakeside	Morning Yoga for Paddlers	Mae Corwin
		The Docks	Brush Up Your Canoeing Skills	Sarah Quiantance			

7:45 AM	8:45 AM	Dining Hall	Breakfast				
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		WATER			LAND		
		Location	Instructor	Workshop	Location	Workshop	Instructor
9:00 AM	10:15 AM	The Docks	Northwoods Canoe Stroke - Tandem	Jane Barron	Dining Hall	Poling and Paddling the Penobscot: 125 Miles for River Restoration	Matt Hopkinson
		The Docks	Finding Balance in your Canoe	Leah Titcomb	The Pines	Canoe Travel	Dave Lewis
					Waterhouse Park	P-Cord Fundamentals: Vital Knots and Hitches	Freddie Wilkinson
		Coveside	Kids Tandem and Solo (MaCKro) Canoeing	Kids' Program			
10:30 AM	11:45 AM	Coveside	Topics in Canoe Poling - Skills Development	Matt Hopkinson & Jean Gerber	Dining Hall	Intro to Basic First Aid for Canoe Trips and Build-Your-Own Kits	Beth Arnold & Nancy Zane
		The Docks	Women in the Stern (Women only please)	Polly Mahoney & Jennifer Neptune	The Pines	Cartopping & Canoe Transport	Keith Attenborough
		The Docks	Open Paddling: Explore at Your Own Pace	Self-Guided	Waterhouse Park	Campfire Donuts	Andrew Dawson
					Waterhouse Park	Campfire Donuts & Lawn Games	Kids' Program

12:00 PM	1:00 PM	Dining Hall	Lunch Old Town Discovery 119 Canoe Raffle Give-Away Evaluations				
1:15 PM	-		Pack-up & Depart				