



*Recreation activities are scheduled through August 31.  
Dining events are scheduled through September 3.*

## MONDAYS

### **8–10 a.m. Swim Lessons**

Shoals Club pool. Ages 5 and up. Semi-private, \$45 (up to 3 children). Private, \$30 members; \$35 temporary members. All lessons are 30 minutes. By appointment only. 457-3701. ☺

### **9 a.m.–Noon and 1–4 p.m. Sailing Lessons.**

BHI Sailing Club. Learn aboard Schock Harbor 20 Keelboats, or for children, Optimist Prams, Club 420s or H20s. Instructors are U.S. Sailing Certified. \$250 for 12 hours of instruction. 457-7245.

### **9:15–10 a.m. Fitness Class-Circuit Training**

Shoals Club Presentation Deck. Combination of aerobic and strength exercises. Shoals Club members, \$5 per class; temporary members, \$10. Class will not be held July 9. 457-3701. ☺

### **9:30–12:30 p.m. Koastal Kids Camp**

Harbourside Pavilion. Camp activities change weekly and a swimsuit may be required. Games, crafts, science and nature tours, cooking with the chef and many other fun-filled activities. Lunch is included. Ages 7–11. Cost is \$25 for Shoals Club members, \$30/ temporary members; \$35/non-members. Space is limited, so please pre-register by calling 457-3701.

### **1–3 p.m. Pool Games**

Shoals Club pool. Occurring on the hour. Prizes will be awarded. 457-3701. ☺

### **2 p.m. Family Crab Adventure**

Harbourside Pavilion. Learn the art of crabbing and how to make a lyre. Enjoy a brief, interesting discussion on the blue crab. Cost is \$5 per person. 457-3701.

### **2–3 p.m. Nutrition Seminar**

Shoals Club Event Pavilion. Topics include diet, exercise and lifestyle strategies for staying fit and healthy. No charge. 457-3701. ☺

## TUESDAYS

### **9 a.m.–Noon and 1–4 p.m. Sailing Lessons.**

BHI Sailing Club. Learn aboard Schock Harbor 20 Keelboats, or for children, Optimist Prams, Club 420s or H20s. Instructors are U.S. Sailing Certified. \$250 for 12 hours of instruction. 457-7245.

### **9:15–10 a.m. Fitness Class-Full Body Blast**

Shoals Club Presentation Deck. Cardio-blast incorporating various forms of cardio and strength training. Shoals Club members, \$5 per class; temporary members, \$10. 457-3701. ☺

### **10 a.m.–12 p.m. Island Explorers Camp**

Harbourside Pavilion. Ages 3–6. Child must be potty trained. Camp includes a snack, games and crafts. Activities include beach walks, kite days, nature walks, water days and “Touch a Truck.” Cost is \$15 for Shoals Club members; \$20, temporary members; \$25, non-members. Space is limited so please pre-register by calling 457-3701.

### **1–3 p.m. Pool Games**

Shoals Club pool. Occurring on the hour. Prizes will be awarded. 457-3701. ☺

### **2 p.m. Tie Dye & Ice Cream Social**

Harbourside Pavilion. Purchase a T-shirt and a bowl of ice cream for \$15. Bring your own shirt and cost is \$10. 457-3701.

### **7:30 p.m. Teen Scene**

Shoals Club poolside. Themed parties, gatherings, events, sports challenges. Ages 13 and up. \$10 per person. 457-3701. ☺

## WEDNESDAYS

### **8–10 a.m. Swim Lessons**

Shoals Club pool. Semi-private lessons: \$45 (up to 3 children). Private lessons: members, \$30; temporary members \$35. Ages 5 and up. All lessons are 30 minutes. By appointment only. 457-3701. ☺

### **9 a.m.–Noon and 1–4 p.m. Sailing Lessons.**

BHI Sailing Club. Learn aboard Schock Harbor 20 Keelboats, or for children, Optimist Prams, Club 420s or H20s. Instructors are U.S. Sailing Certified. \$250 for 12 hours of instruction. 457-7245.

### **9:15–10 a.m. Fitness Class-Strength & Abs**

Shoals Club Event Pavilion. Works all muscle groups, especially the abs. Shoals Club members, \$5 per class; temporary members, \$10. Class will not be held July 13. 457-3701. ☺

### **9:30–12 p.m. Koastal Kids Camp**

Harbourside Pavilion. Ages 7–11. Camp activities change weekly and a swimsuit may be required. Games, crafts, science and nature tours, cooking with the chef, and other fun-filled activities. Lunch is included. Cost is \$25 for Shoals Club members; \$30, temporary members; \$35, non-members. Space is limited so please pre-register by calling 457-3701.

### **1–3 p.m. Pool Games**

Shoals Club pool. Occurring on the hour. Prizes will be awarded. 457-3701. ☺

### **2 p.m. Family Photo Scavenger Hunt**

Harbourside Pavilion. Cameras will be provided or bring your own. An activity for the entire family to enjoy! Travel by foot, bike or golf cart around the island to collect items found on the list. Prizes will be awarded to the winning team. Cost per family including camera is \$20, or with your own camera, \$10. 457-3701.

### **2–3 p.m. Nutrition Seminar**

Shoals Club Event Pavilion. Topics include diet, exercise and lifestyle strategies for staying fit and healthy. No charge. 457-3701. ☺

### **5–7 p.m. Adult Fun Sail**

BHI Sailing Club. Introduction to sailing aboard Harbour 20s. Boat time, 2 hours. Instructors are U.S. Sailing Certified. \$50 per session. 457-7245.

### **8 p.m. Movie Night on Old Baldy**

Old Baldy Lighthouse grounds. Family feature projected on the side of Old Baldy. Call ahead for show listing. Donations of \$5 for Old Baldy Foundation requested. Concession sales, à la carte. 457-3701.

## THURSDAYS

### **9 a.m.–Noon and 1–4 p.m. Sailing Lessons.**

BHI Sailing Club. Learn aboard Schock Harbor 20 Keelboats, or for children, Optimist Prams, Club 420s or H20s. Instructors are U.S. Sailing Certified. \$250 for 12 hours of instruction. 457-7245.

### **9:15–10 a.m. Fitness Class-Fit & Fabulous**

Shoals Club Presentation Deck. Summer shape-up involves stretching, low impact aerobics and strength training. Shoals Club members, \$5 per class; temporary members, \$10. 457-3701. ☺

### **10 a.m.–12 p.m. Island Explorers Camp**

Harbourside Pavilion. For ages 3–6. Child must be potty trained. Activities include beach walks, kite days, nature walks, water days and “Touch a Truck.” Camp includes a snack, games and crafts. Shoals Club members, \$15; temporary members, \$20; non-members, \$25. Space is limited so please pre-register by calling 457-3701.

### **11:30 a.m.–10 p.m. Eb & Flo’s South of the Border Day.**

À la carte pricing. 457-7217.

### **1–3 p.m. Pool Games**

Shoals Club pool. Occurring on the hour. Prizes will be awarded. 457-3701. ☺

### **2 p.m. Poolside Craft Corner**

Shoals Club pool. Create colorful sand art designs along with some other great crafts! \$5 per craft. 457-3701. ☺

### **3:30 p.m. Trivial Game Zone**

Shoals Club pool or poolside. Are you up for some friendly competition? Join us for an exciting afternoon of BINGO fun and other great board and team games. \$5 playing fee. 457-3701. ☺

### **6–9 p.m., Grill with the Chef**

Shoals Club Event Pavilion. Chef’s choice menu may include chicken, pork, seafood or beef entrée. Adults, \$29.95; children 5-12, \$12.95; under 5, no charge. Reservations recommended. 454-4850.

## FRIDAYS

### **8–10 a.m. Swim Lessons**

Shoals Club pool. Semi-private, \$45 (up to 3 children). Private, \$30 members, \$35 temporary members. Ages 5 and up. All lessons are 30 minutes. By appointment only. 457-3701. ☺

### **9:15–10 a.m. Fitness Class-Water Aerobics**

Shoals Club pool. A variety of exercises for cardio and strength training. Shoals Club members \$5 per class, temporary members \$10. Will not be held July 13. 457-3701. ☺

### **9:30–12:30 p.m. Pirate Treasure Hunt Friday**

Harbourside Pavilion. Ages 3–11. Kids follow clues to various landmarks on the island, which lead to a dig on the beach along with pirate-themed games and crafts. Lunch is included. Cost is \$25 for Shoals Club members; \$30, temporary members; \$35, non-members. Space is limited so please pre-register by calling 457-3701.

### **1–3 p.m. Pool Games**

Shoals Club pool. Occurring on the hour. Prizes will be awarded. 457-3701. ☺

### **1–4 p.m. Youth Fun Sail**

BHI Sailing Club. Learn to sail aboard an Optimist Pram for approximately one hour of sail time. Instructors are U.S. Sailing Certified. \$50 per session. 457-7245.

### **2–3 p.m. Nutrition Seminar**

Shoals Club Event Pavilion. Topics include diet, exercise and lifestyle strategies for staying fit and healthy. No charge. 457-3701. ☺

### **2–4 p.m. Beach Sports**

Shoals Club beach access. Join us for an exciting afternoon of different sports games, including but not limited to volleyball, Frisbee, soccer, relay races, tug-of-war and more. No charge. 457-3701. ☺

### **6–9 p.m., Eb & Flo’s Lobster Night**

À la carte pricing. 457-7217.

### **6–9 p.m. Kids Night Out**

Harbourside Pavilion. Ages 3–11. Kids are invited to enjoy games, crafts, dinner and a movie. Cost is \$25 for Shoals Club members; \$30, temporary members; \$35, non-members. Space is limited so please pre-register by calling 457-3701.

### **6–9 p.m., Low Country Boil**

Shoals Club Event Pavilion. Adults, \$29.95; children 5–12, \$12.95; under 5, no charge. 454-4850. ☺

## SATURDAYS

### **1–3 p.m. Pool Games**

Shoals Club pool. Occurring on the hour. Prizes will be awarded. 457-3701. ☺

### **3–5 p.m. Wines of the World Tasting**

Maritime Market. Ages 21 and up. No charge. 457-7450.

### **6–9 p.m. Bar-B-Q Cookout**

Shoals Club poolside. Adults, \$26.95; children 5–12, \$12.95; under 5, no charge. Reservations recommended. 454-4850. ☺

## SUNDAYS

### **6–9 p.m., Eb & Flo’s Shrimp Night**

À la carte pricing. 457-7217.

*Pre-registration for recreation programs is recommended. 457-3701.*

*Shoals Club recreation programs will not take place July 2, 3, or 4.*

*Activities and dining events are sponsored by the Shoals Club Recreation Department, River Pilot Cafe, Eb & Flo’s Steam Bar, the Maritime Market and the BHI Sailing Club.*



## Weekly Dining Events

*Through September 3*

### *Sundays*

#### **6–9 p.m. Eb & Flo's Shrimp Night**

À la carte pricing. 457-7217.

### *Thursdays*

#### **11:30 a.m.–10 p.m. Eb & Flo's South of the Border Day**

Enjoy specialty drinks and menus for lunch and dinner.

#### **6–9 p.m. Grill with the Chef**

Shoals Club Event Pavilion. Chef's Choice menu may include chicken, pork, seafood or beef entrée.

Adults, \$29.95; children 5–12, \$12.95; children under 5, no charge.

Reservations recommended. 454-4850. ☺

### *Fridays*

#### **6–9 p.m. Eb & Flo's Lobster Night**

À la carte pricing. 457-7217.

#### **6–9 p.m. Low Country Boil**

Shoals Club Event Pavilion.

Adults, \$29.95; children 5–12, \$12.95;

under 5, no charge. Reservations recommended. 454-4850. ☺

### *Saturdays*

#### **6–9 p.m. Bar-B-Q Cookout**

Shoals Club poolside. Adults, \$26.95; children 5–12, \$12.95; under 5, no charge. Reservations recommended. 454-4850. ☺



## Treat Yourself

### ***Personal Training Sessions***

By appointment, Monday–Friday, Shoals Club Fitness Center.

\$60 per hour, \$150 for three one-hour sessions.

One-half hour sessions available. 457-3701. ☺

### ***Nutrition Consultations***

By appointment, Monday–Friday, Shoals Club Fitness Center.

\$30 per half hour, \$75 for three half-hour sessions. 457-3701. ☺

### ***Fitness and Health Package***

By appointment, Monday–Friday, Shoals Club Fitness Center.

One hour massage and one hour personal training, \$150.

One hour training and one hour nutrition consultation, \$100. 457-3701. ☺

### ***Massage Therapy***

By appointment, daily. Available at the Shoals Club Fitness Center or in your home.

Choose from a variety of massages including hot stone,

deep tissue and traditional massage. For ages 16 and up.

\$60 per half hour; \$110 per hour; \$150 for one and a half hours.

A major credit card is required to guarantee your reservation.

A 24-hour cancellation policy applies. 454-4888. ☺

### ***Additional Activities***

For listings, contact the BHI Club, 457-0265,

and the BHI Conservancy, 457-0089.

*Events are open to all islanders unless otherwise indicated.*

☺ symbol represents events and activities reserved for Shoals Club members, their guests and temporary members only.



*Published by*

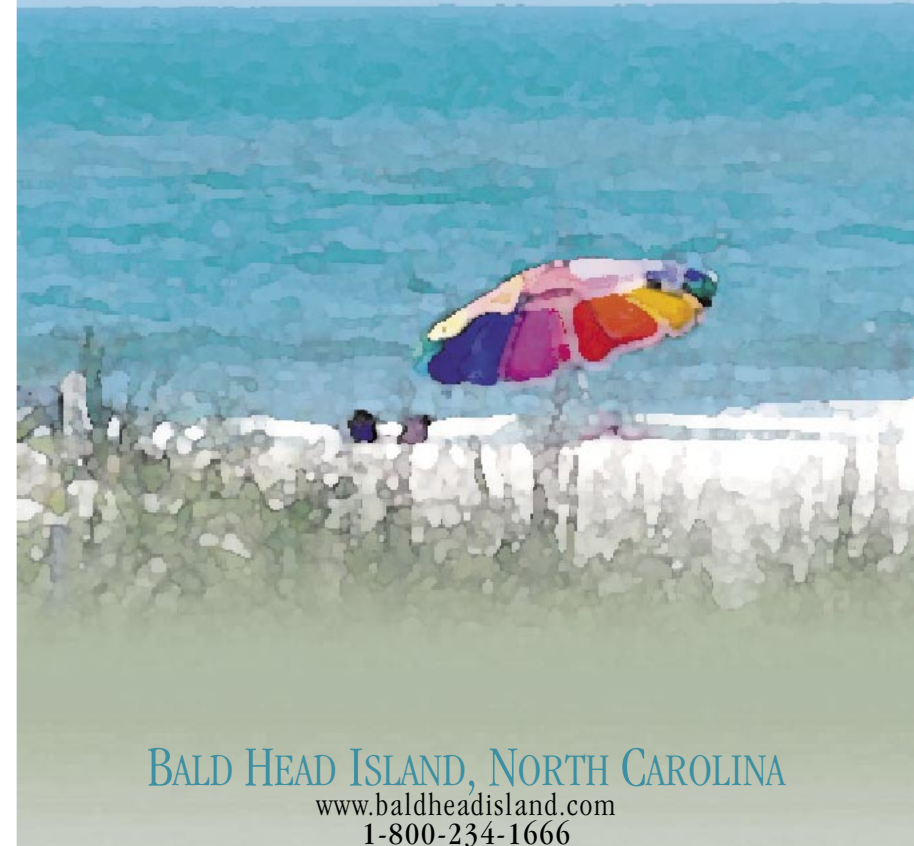
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**S U M M E R 2 0 0 7**

Weekly Activities, Events and Dining  
on Bald Head Island

# *Eat, Drink and Enjoy!*



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