

# S U N D A Y **AUGUST 24, 2025**

## PICKLEBALL WEEK

2:00	<b>PICKLEBALL VIDEO REVIEW</b> Pickleball Courts & Classroom 1, 2 hr We'll video games at the beginning of the week as a baseline for players and coaches and a Round Robin Warm-up Session.
4:30	<b>NEW GUEST ORIENTATION</b> Lobby (Guest Services), 60 min
5:30	<b>DINNER &amp; METABO-WALK</b> after your meal Dining Room, 60 min

# M O N D A Y **AUGUST 25, 2025**

7:00	<b>ARRIVAL SCREENINGS</b> Lobby, 60 min	<b>BREAKFAST &amp; METABO-WALK</b> after your meal Dining Room, 90 min <i>Post-meal movement snack, supports metabolism.</i>	<b>POOL HOURS</b> 8am-5:30pm
8:30	<b>CONNECT FOR PICKLEBALL</b> Strength Room (Ryan), 20 min <i>Reconnect with you to start the day with breathing exercises, meditation, light stretching and honoring unplugged space as you begin your pickleball day!</i>		
9:00	<b>STRENGTH TRAINING FOR PICKLEBALL</b> Strength Room (Ryan) 50 min <i>Boost your pickleball game with this dynamic strength training class designed to improve power, balance, and injury prevention. Build core stability, leg strength, and quick reaction time to enhance performance on the court.</i>		
10:00	<b>DAILY MOBILITY AND BALANCE FOR PICKLEBALLERS</b> Studio (Clare), 20 min <i>Enhance your movement and prevent falls with this class focused on improving mobility, balance, and joint stability. This class targets flexibility and coordination to keep you confident on and off the court.</i>		
10:30	<b>PICKLEBALL BASICS: PART I</b> Pickleball Courts (Pickleball Coaches), 10:30-12:00 <i>3rd Shot Drops and Drives, Drills to practice tethered movements, "following the ball", and moving as a team to the NVZ line; Intentional dinking - how to gain an advantage at the NVZ ("kitchen") line; drills to regain balance and positioning when forced out of position or off balance by opponents' effective, offensive dinks</i>		
12:00	<b>LUNCH &amp; METABO-WALK</b> after your meal Dining Room, 60 min		
1:00	<b>PICKLEBALL COACHED PLAY</b> Pickleball Courts (Pickleball Coaches) 1-2:30 <i>Teams will play points with coaches and players discussing effective play and causes of unforced errors after most rallies</i>		
2:30	<b>BREAK</b>		
3:15	<b>DAVIDSON RIVER TRAIL WALK*</b> Lobby (Alan/Kennedi), 1 hour 30 min; return at 4:30 <i>Easy trail walk along a river bed.</i>		
4:45	<b>STRETCH AND RECOVER</b> Studio (Kennedi), 30 min <i>Boost recovery with a full body stretch for tension and sore muscle relief.</i>		
5:30	<b>DINNER &amp; METABO-WALK</b> after your meal Dining Room, 60 min		

# T U E S D A Y **AUGUST 26, 2025**

	T U E S D A Y <b>AUGUST 26, 2025</b>	
7:00	<b>BREAKFAST &amp; METABO-WALK</b> after your meal Dining Room, 90 min <i>Post-meal movement snack, supports metabolism.</i>	<b>POOL HOURS</b> 8am-8pm
8:30	<b>CONNECT FOR PICKLEBALL</b> Studio (Clare), 20 min <i>Reconnect with you to start the day with breathing exercises, meditation, light stretching and honoring unplugged space as you begin your pickleball day!</i>	
9:00	<b>PILATES FOR PICKLEBALLERS</b> (Clare) <i>Increase core strength and mobility to improve performance and prevent injury through dynamic Pilates inspired movements.</i>	
10:00	<b>DAILY MOBILITY AND BALANCE FOR PICKLEBALLERS</b> (Ryan), 20 min <i>Enhance your movement and prevent falls with this class focused on improving mobility, balance, and joint stability. This class targets flexibility and coordination to keep you confident on and off the court.</i>	
	<b>PICKLEBALL BASICS: PART II</b> Pickleball Courts (Pickleball Coaches) 10-11:30 <i>Attacks and resets: How and when to attack – and equally important – how to re-set!; Drills will focus on blocking, counter-attacks, and re-sets; Smack downs, swinging volleys, and roll volleys; Lobs and return of lobs</i>	
11:30	<b>PHYSICAL THERAPY NUGGETS FOR PICKLEBALLERS</b> Classroom 1 (Dr. Becky), 30 min <i>Dr. Becky will present helpful information for pickleball players to improve your game and keep yourself injury free. She will include proven tips, cold laser, dry needling, biofeedback, and more. Get your physical therapy questions answered.</i>	
12:00	<b>PICKLEBALL LUNCH</b> Demo Kitchen <i>Enjoy lunch with the Skyterra Pickleball team</i>	
1:00	<b>PICKLEBALL OPEN PLAY</b> Pickleball Courts (Pickleball Coaches) 1-2:30 <i>Coaches will observe and provide suggestions on areas to focus on.</i>	
2:30	<b>BREAK</b>	
3:00	<b>THE DINK: AN EASY WALK TO VIEW SOME OF THE AREAS MOST POPULAR WATERFALLS.</b> (Alan) 3-5:30	
5:30	<b>DINNER + DESSERT &amp; METABO-WALK</b> after your meal Dining Room, 60 min	
6:30	<b>POOL OPEN UNTIL 8 PM</b>	

# W E D N E S D A Y AUGUST 27, 2025

7:00	<b>BREAKFAST &amp; METABO-WALK</b> after your meal Dining Room, 90 min <i>Post-meal movement snack, supports metabolism.</i>	<b>POOL HOURS</b> 8am-5:30pm
8:30	<b>CONNECT FOR PICKLEBALL</b> Strength Room (Ryan), 20 min <i>Reconnect with you to start the day with breathing exercises, meditation, light stretching and honoring unplugged space as you begin your pickleball day!</i>	
9:00	<b>STRENGTH TRAINING FOR PICKLEBALL</b> Strength Room (Ryan), 50 min <i>Boost your pickleball game with this dynamic strength training class designed to improve power, balance, and injury prevention. Build core stability, leg strength, and quick reaction time to enhance performance on the court.</i>	
10:00	<b>DAILY MOBILITY AND BALANCE FOR PICKLEBALLERS</b> Studio (Clare), 20 min <i>Enhance your movement and prevent falls with this class focused on improving mobility, balance, and joint stability. This class targets flexibility and coordination to keep you confident on and off the court.</i>	
10:30	<b>PICKLEBALL STRATEGY: PART I</b> Pickleball Courts (Pickleball Coaches) 10-11:30 Court Positioning, Shot Selection, and Strategy <i>Deciding a strategy with your partner can play a large part in how you position yourselves on the court and in determining which shots to make and where to hit the ball. We'll spend a couple of sessions working on strategy, court positioning, and shot selection during the week.</i> <i>Strategy Session 1: First 4 shots (serve, return of serve, 3rd shot, and 4th shot). These shots are critical to getting an effective and fun rally going. Unforced errors due to a lack of focus and planning in these first 4 shots can put a team at a severe disadvantage for the remainder of the game. We'll do some drills to make these First 4's more routine and effective.</i> <i>Deep serve drill; Deep, targeted return drill – think about which person on the serving team you would rather have hit the 3rd shot and why; "Protect the Receiver" drill – minimize the risk of having a 3rd shot drive put your team at a</i> <i>Disadvantage; Offensive minded 4th shot drill – how to turn the probability of winning the rally in the receiving team's favor by being aggressive on this shot.</i>	
12:00	<b>LUNCH &amp; METABO-WALK</b> after your meal Dining Room, 60 min	
1:00	<b>PICKLEBALL COACHED PLAY</b> Pickleball Courts (Pickleball Coaches), 1-2:30 <i>Teams will play points with coaches and players discussing effective play and causes of unforced errors after most rallies.</i>	
2:30	<b>BREAK</b>	
3:00	<b>AQUA STRETCH FOR PICKLEBALLERS</b> Pool (Evan), 20 min <i>Utilize the water's properties and gain maximum benefit from this recovery-based workout that will support your body after a long day of pickleball play!</i>	
3:20	<b>AQUA RECOVERY FOR PICKLEBALLERS</b> Pool (Evan), 50 min <i>Learn how to effectively use the sauna, hot tub and cold water (optional) to aid in recovery of your body after playing pickleball.</i>	
4:30	<b>MEDITATION 101</b> Yoga Studio (Anna), 50 min <i>Learn the foundations of meditation and experience a guided practice to help you calm your mind and body.</i>	
5:25	<b>Weekly Guest Group Photo by the Swing!</b> <i>Meet by the swing with your fellow Skyterra guests for a group photo!</i>	
5:30	<b>DINNER &amp; METABO-WALK</b> after your meal Dining Room, 60 min	

# THURSDAY

## AUGUST 28, 2025

7:00	<b>BREAKFAST &amp; METABO-WALK</b> after your meal Dining Room, 90 min <i>Post-meal movement snack, supports metabolism.</i>	<b>POOL HOURS</b> 8am-8pm
8:30	<b>CONNECT FOR PICKLEBALL</b> Studio (Clare), 20 min <i>Reconnect with you to start the day with breathing exercises, meditation, light stretching and honoring unplugged space as you begin your pickleball day!</i>	
9:00	<b>YOGA FOR PICKLEBALLERS</b> (Clare) Release tension and improve focus through this gentle Yoga sequence designed to increase flexibility while restoring the body and mind.	
10:00	<b>DAILY MOBILITY AND BALANCE FOR PICKLEBALLERS</b> Studio (Ryan), 20 min <i>Enhance your movement and prevent falls with this class focused on improving mobility, balance, and joint stability. This class targets flexibility and coordination to keep you confident on and off the court.</i>	
10:30	<b>PICKLEBALL STRATEGY SESSION II</b> Pickleball Courts (Pickleball Coaches), 10-11:30 <i>Now that you have practiced being effective through the First 4, we'll work on strategies to get you and your partner on a shared path to effectively improve your probability of winning the rest of the rally. Shots to set up your partner for put aways; Drill to practice how to go 2 on 1; "Inside out" Strategy; "Outside in" Strategy; Strategy to compress the court and focus for effective counter-attacks; "5.0 Playmaker strategy"</i>	
12:00	<b>LUNCH &amp; METABO-WALK</b> after your meal Dining Room, 60 min	
1:00	<b>PICKLEBALL KING &amp; QUEEN OF THE COURTS</b> Pickleball Courts (Pickleball Coaches) 1-2:30 <i>A FUN Challenge Court type of play structure where the "Royalty" will hold the Court until losing 3 points to the Challengers. Challengers and Royalty will self-determine the Strategy they will use to attempt to hold or gain status as "Royalty"</i>	
2:30	<b>BREAK</b>	
3:00	<b>THE DROP SHOT: COOL DOWN AND DROP INTO A SWIMMING HOLE BELOW A BEAUTIFUL WATERFALL.</b> (Alan) 3-5:30	
5:30	<b>DINNER &amp; METABO-WALK</b> after your meal Dining Room, 60 min	
6:30	<b>POOL OPEN UNTIL 8 PM</b>	

# F R I D A Y

## AUGUST 29, 2025

7:00	<b>BREAKFAST &amp; METABO-WALK</b> after your meal Dining Room, 90 min <i>Post-meal movement snack, supports metabolism.</i>	<b>POOL HOURS</b> 8am-5:30pm
8:30	<b>CONNECT FOR PICKLEBALL</b> Studio (Clare), 20 min <i>Reconnect with you to start the day with breathing exercises, meditation, light stretching and honoring unplugged space as you begin your pickleball day!</i>	
9:00	<b>NORWEGIAN 4 X 4 FOR PICKLEBALLERS</b> Cardio Zone (Ryan), 50 min <i>Elevate your endurance and heart health with this cardio-focused class designed to boost your VO<sub>2</sub> max and aerobic capacity. Through interval training and sustained movement, you'll increase stamina, burn calories, and perform better on the court..</i>	
10:00	<b>DAILY MOBILITY AND BALANCE FOR PICKLEBALLERS</b> Studio (Clare), 20 min <i>Enhance your movement and prevent falls with this class focused on improving mobility, balance, and joint stability. This class targets flexibility and coordination to keep you confident on and off the court.</i>	
10:30	<b>PICKLEBALL BASICS: PART II</b> Classroom 1(Pickleball Coaches), 10:30-12 <i>We'll do another Video Review to identify growth and areas for players to continue to develop when they leave Skyterra's Pickleball Week</i>	
12:00	<b>LUNCH &amp; METABO-WALK</b> after your meal Dining Room, 60 min	
1:00	<b>PICKLEBALL ROUND ROBIN TOURNAMENT</b> Pickleball Courts (Pickleball Coaches), 1-3:00 <i>Play games with and against all other Participants of Pickleball Week.</i> <i>Then, we'll review the results from the morning's Video Review individually so participants can review their progress during the week and areas where they might wish to focus in the future.</i>	
3:30	<b>PICKLEBALL AQUA RECOVERY</b> Pool (Evan), 50 min <i>Learn how to effectively use the sauna, hot tub and cold water (optional) to aid in recovery.</i>	
4:30	<b>PICKLEBALL STRETCH AND RELEASE</b> Strength Room (Kennedi), 50 min <i>End the day with a full body stretch for tension and sore muscle relief.</i>	
5:30	<b>DINNER &amp; METABO-WALK</b> after your meal Dining Room, 60 min	
6:30	<b>PICKLEBALL AWARDS NIGHT</b>	