



FRIDAY			
start time	end time	Location	
4:00 PM	6:30 PM	Registration Check-in New Participant Orientation	
5:00 PM	6:00 PM		
6:00 PM	7:00 PM	Dining Hall	Dinner Saturday Morning Water Workshop Sign-ups
6:45 PM	7:00 PM	Welcome - MCS Steering Committee	
7:15 PM	8:30 PM	Friday Feature - St.John (Placeholder Name) - Lisa DeHart & Jeff DeHart	
8:30 PM	10:00 PM	Various	Campfire (Waterhouse Park) and/or Nighttime Group Paddle (Waterfront) - Weather Dependent

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	Coveside	Morning Yoga for Paddlers	Leah Titcomb
		The Docks	Brush Up Your Canoeing Skills	Sarah Quiantance			
7:45 AM	8:45 AM	Dining Hall	Breakfast				
7:45 AM	8:45 AM	Dining Hall	Late Registration Check-in Morning (Water) Workshop Sign-up (last chance changes)				
		WATER			LAND		
		Location	Workshop	Instructor	Location	Workshop	Instructor
9:00 AM	10:15 AM	Coveside	Introduction to Canoe Poling	Jean Gerber	Dining Hall	First Aid for Heat and Cold Emergency on Expedition	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 Pines	Ropes Course & Team Building	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
					Lakeside	Canoe Adventure Challenge	
12:00 PM	1:00 PM	Dining Hall	Lunch Afternoon (Water) Workshop Sign-ups				
1:15 PM	2:30 PM	Coveside	-Workshop Pending-	-TBD-	Dining Hall	-Workshop Pending-	-TBD-
		The Docks	Solo Canoeing - Three Basics I Learned the Hard Way	Keith Attenborough	Waterfront	Beautiful Views, Quick Sketches from Canoes	Jean Gerber
		The Docks	Women in the Stern (Women-only please)	Polly Mahoney & Jennifer Neptune	The Pines	101 Uses for a Canoe Pole	Matt Hopkinson
		Coveside	MaCKRO Boats Kid's Tandem Paddling Clinic	Kids' Program			
2:45 PM	4:00 PM	The Docks	Tandem Canoeing Intermediate	Megan-Mack Nicholson	Dining Hall	Trip planning using LNT Wilderness Ethics	Beth Arnold & Nancy Zane
		The Docks	Northwoods Canoe Stroke - Tandem	Jane Barron	Lakeside	Quick and Effective Tarps and Shelters	Lisa & Jeff DeHart
		Coveside	Canoe Olympics	Kids' Program			
4:00 PM	8:00 PM	The Pines	Silent Auction				
5:45 PM	6:45 PM	Dining Hall	Dinner Sunday Workshop Sign-Ups				
7:00 PM	8:30 PM	Waterhouse Park	Kid's - Campfire S'mores				
7:00 PM	8:30 PM	Dining Hall	Saturday Feature - Beyond the Classroom: Student Exploration of Maine's NFCT with Teens-to-Trails				
8:30 PM	10:00 PM	Campfire	Campfire Night Paddle - Weather Dependent				

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	Coveside	Morning Yoga for Paddlers	Mae Corwin
		The Docks	Brush Up Your Canoeing Skills	Sarah Quiantance			
7:45 AM	8:45 AM	Dining Hall	Breakfast Morning (Water) Workshop Sign-ups				
		WATER			LAND		
		Location	Instructor	Workshop	Location	Workshop	Instructor
9:00 AM	10:15 AM	Coveside	Topics in Canoe Poling - Skills Development	Matt Hopkinson & Jean Gerber	Dining Hall	Trip First aid and Build-Your-Own Kits	Beth Arnold & Nancy Zane
		The Docks	Finding Balance in your Canoe	Leah Titcomb	The Pines	Canoe Travel	Dave Lewis
		The Docks	Family Canoe Paddle - Followed by Donuts	Kids' Program			
10:30 AM	11:45 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	Women in the Stern (Women-only please)	Polly Mahoney & Jennifer Neptune	The Pines	Cartopping & Canoe Transport	Keith Attenborough
		Coveside			Waterhouse Park	Campfire Donuts	Andrew Dawson
12:00 PM	1:00 PM	Dining Hall	Lunch Door Prizes Evaluations				
1:15 PM	-		Pack-up & Depart				