Saturday, September 9th

11:00 am - 4:30 pm

The Rock Golf Club
Cost $105 per person cart included (plus taxes)
Club Rental Cost: additional $45
* IAIC will make the payment and charge back through conference fees

The Rock is a world class facility, designed by legendary golfer Nick Faldo, it has been artfully sculpted on the shores of one of Muskoka’s premier lakes, Lake Rousseau. Utilizing the site’s dynamic topography, the 6649-yard course is carved tight with narrow tree-lined fairways and sloping greens that wind through rock outcroppings, hardwood trees and rolling hills.

Nick Faldo’s in-depth knowledge of the game’s finer subtleties and intricacies, combined with his considerable worldwide experience is reflected in his talent as a course designer. The Rock boasts natural hazards and challenges that reward accuracy, a tribute to Faldo’s abilities as “the shot-maker.” And, the course has been crafted in such a way so as to inspire golfers of all levels with an emphasis on strategy and playability.

The Rock Golf Club
1185 Judhaven Rd, Minett, ON
www.therockgolf.com
Saturday afternoon

1:30 pm - 3:30 pm

SOAR
Waterfront Motorized Activities
Meeting at the Waterfront Cabana
Cost: depends on what you choose to do
*Please note that this is booked and payments made directly through SOAR Management
To book activities please contact JWRosseau.Concierge@Marriott.com or 705-765-1900 ext 7300

Soar has a large variety of motorized water sport activities available for you to be as adventurous as you want to be!
Choose from:
- 5 sea doo personal watercraft
- 2 ski boats (to be used for anything from tubing, wake boarding, and waterskiing)
- 1 private charter boat for touring
- fishing experience with rods and bait provided
Saturday afternoon

1:30 pm - 2:30 pm

Canoe/ Kayak Guided Harbour Tour
Meeting at the Waterfront Cabana
Cost: $20
* IAIC will make the payment and charge back through conference fees
* Minimum of 4 people is required

Join a member of the JW Marriott Recreation team for a relaxing paddle enjoying the unique beauty of the area. The tour will start with some instruction emphasizing on boat control so all paddlers will have the skills needed for a confident, safe and fun ride. Guests are taken on a one hour guided paddle along the rugged shoreline with windswept pines on Lake Rosseau and around Ouno Island in front of our property.

Program will run rain or shine!
Saturday afternoon

1:30 pm - 3:30 pm

**Wine & Watercolours**

*Meeting in the Lobby*

Cost: $35 per person

* IAIC will make the payment and charge back through conference fees
* Minimum of 4 people is required

Back by popular demand!

Let the wine and creativity flow with this unique fine arts program. Join a local Muskoka artist and be guided through a watercolour experience while enjoying a selection of featured Muskoka wines. Similar to Paint Nite, you will experience the basics of sketching, watercolour painting, combining the written words with the richness of the hand drawn illustration.
Saturday continued

2:30 pm - 4:30 pm

Pontoon Cruise

*Meeting at the Waterfront Cabana*

Cost: $65 per person
* IAIC will make the payment and charge back through conference fees
* Minimum of 10 people is required

Hop on a Pontoon boat and enjoy a two hour lake cruise!

Take in the spectacular views, from historic to scenic, to extreme! Cruise among Lake Rosseau’s islands and inlets and discover more about the gem that is Muskoka. While on the cruise you will see some of the biggest cottages in North America. You might even see some celebrities!
Saturday evening

6:00 pm - 12:00 am

Mix & Mingle!
* Included in your conference fees

Join us for an evening of merriment and celebration!
Get yourself ready with Glamour and Glitz. Step into something snazzy we’re “Putting on the Ritz!”

Cocktails - 6:00 pm - 7:00 pm
Lakeview Lawn Terrace (inclement weather - Rosseau Ballroom Foyer)
The evening begins with Cocktails and Mingling!

Join your colleagues in the Foyer of the Grand Ballroom or by the fire on the Foyer Patio. Enjoy a cocktail of your choice and mingle with our guests.

Gala, Awards Dinner - 7:00 pm - 9:00 pm
Rosseau Ballroom
Please make your way into the Grand Ballroom for dinner and to celebrate your success.

Reception - 9:00 pm - 1:00 am
Stick around for socializing, enjoy the music and do some dancing.
Our conference theme is Be Real so get in the Groove, bet you can “Cut a Mean Rug”, show us your Moves!
Sunday, September 10th

7:30 am - 8:30 am

Fishing from the Dock
*Meeting at the Waterfront Cabana*
Cost $20 per person
* IAIC will make the payment and charge back through conference fees
* Minimum of 4 people is required

This activity takes place at our waterfront right off the dock so it is convenient for you! Grab your coffee and catch your own breakfast - if you reel in the “BIG one maybe Chef will fry it up for you! Rod and bait provided.
Sunday morning

9:00 am - 9:45 am

Mindful Meditation

*Meeting in the Lobby*

Cost $15 per person

* IAIC will make the payment and charge back through conference fees
* Minimum of 4 people is required

Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what’s going on around us. Mindfulness helps us put some space between ourselves and our reactions, breaking down our conditioned responses. It doesn’t matter how old you are, what your physical ability is or your religious beliefs...there are no barriers!

10:00 am - 11:00 am

Guided Casual Bike Tour

*Meeting at the Waterfront Cabana*

Cost $10 per person

* IAIC will make the payment and charge back through conference fees
* Minimum of 4 people is required

Gear up and ride along with a member of the JW Marriott’s recreation team! They will take you on a leisurely bike ride, touring the picturesque nooks and valleys in the Lake Rousseau region. Along this tour you may get lucky enough to see some Muskoka wildlife!
Sunday morning

11:15 am - 12:15 pm

Canoe/ Kayak Guided Harbour Tour
*Meeting at the Waterfront Cabana*
Cost: $20
* IAIC will make the payment and charge back through conference fees
* Minimum of 4 people is required

Join a member of the Recreation team for a relaxing paddle enjoying the unique beauty of the area. The tour will start with some instruction emphasizing on boat control so all paddlers will have the skills needed for a confident, safe and fun ride. Guests are taken on a one hour guided paddle along the rugged shoreline with windswept pines on Lake Rosseau around Ouno Island in front of our property.

Program will run rain or shine!
Sunday afternoon

12:30 pm - 1:30 pm

Please join us for lunch in the Rosseau Ballroom

1:45 pm - 2:45 pm

Pontoon Ice Cream Cruise

*Meeting at the Waterfront Cabana*

Cost: $35 per person

* IAIC will make the payment and charge back through conference fees

* Minimum of 10 people is required

Hop on and Enjoy a One Hour Pontoon Ice Cream Cruise!

Take in the spectacular views, from historic to scenic, to extreme! Cruise among some of Lake Rosseau’s islands and inlets and discover more about the gem that is Muskoka. On this shorter excursion we will stop and enjoy a local ice cream treat!
Sunday afternoon

2:00 pm - 3:30 pm

Wine & Watercolours

*Meeting in the Lobby*

Cost $35 per person

* IAIC will make the payment and charge back through conference fees
* Minimum of 2 people is required

Back by popular demand!

Let the wine and creativity flow with this unique fine arts program. Join a local artist and be guided through a watercolour experience while enjoying a selection of featured Muskoka wines.
Sunday evening

6:00 pm - 12:00 am

**Be Real Groovin Pool Party, BBQ, Campfires, S’mores & Music**
*Included in your conference fees*

Dust off your bell bottoms, wear your 70’s attire and join us for a fun evening!! Have a swim!

**Casual BBQ Dinner** - 6:00 pm - 7:00 pm
Time to relax and unwind as the evening gets started on the Terrace with a Bodacious BBQ!

**Reception** - 7:00 pm - 12:00 am
Mellow, Chill and Peace Out by the campfire

Be creative and build your own S’mores! Toss out the traditional graham crackers and chocolate and excite your taste buds by adding a little variety to your marshmallow- Chocolates bars, Cookies and more...all Nut-Free selections. It’s the perfect after dinner treat.

AND

Get your groove on! Get down and boogie to the Far Out Sounds of the 70’s!

As we are out on the terrace and noise carries, to respect local cottagers the music ends at 10:00 pm

SO... Campfires, S’mores and Lakes Lounge will continue until midnight. *Cash bar after 10:00 pm*
Monday, September 11th

Monday morning

9:00am - 10:00am

Be Real Yoga Hour
Meeting in the Lobby
Cost $20 per person
* IAIC will make the payment and charge back through conference fees
* Minimum of 4 people is required

Rejuvenate your mind, body and spirit to achieve a state of enlightenment or oneness with the universe. Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment.

The practice of yoga makes the body strong and flexible. It also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.

With Muskoka as your backdrop, our certified Yoga instructor will guide you through postures, meditation and breathing exercises. It is through yoga that you will learn to bring yourself to a peaceful frame of mind.
Monday morning

10:30am - 11:30am

Clay Sculpting
*Meeting in the Lobby*
Cost $40 per person
* IAIC will make the payment and charge back through conference fees
* Minimum of 4 people is required

Be Creative, Be Real and sculpt your own clay sculpture!

A local clay sculptor is brought in to help you make their own clay sculptures either based on examples or whatever they feel they would like to do. Let’s see your creativity!

1:00pm - 2:00pm

Please join us for lunch in the main ballroom
Available to all guests throughout your stay Sept 9\textsuperscript{th} - 11\textsuperscript{th}

Spa Rosseau Wellness Rituals
*All bookings and payments are made directly through the Spa

A JW Mariott Signature Treatment
The true mark of a rewarding and engaging spa escape is an enhanced state of mind and body. Free your mind from worries and distractions while your energy is restored. Spa Rosseau Wellness Rituals are inspired by the healing experienced during a nature walk or a moment of quiet reflection. The ultimate goal - find peace, relaxation and a deeper balance of body, mind and spirit.

RESERVATIONS
It is strongly recommended to make appointments at least three weeks prior to arrival so that we may meet your scheduling requests. A credit card is required at time of reservation. If you are a mother-to-be or have specific health concerns, please let us know so we may consult with you on specific spa services that are recommended during this time.

View their services on-line \url{www.sparosseau.com}
1-705-765-7000 or toll free at 1-877-765-0567