

A WEEK IN THE VALLEY

JUL 30 - AUG 5

A Lake Chelan
Chamber of Commerce
Publication

WEEKDAYS

DAILY DRILL

9:00am-10:00am

Sign up early for Harmony Meadows Tennis Resort's specific stroke class that focuses on feeding and live-ball drills. For more information, visit HarmonyMeadowsCenter.com.

FRIDAY, JULY 30

YOGA CIRCUIT

8:30am-9:30am

Develop your yoga practice and create a deeper connection to the functional movement of yoga. For more information, visit YogaChelan.com.

PICKLEBALL 101

10:00am-11:00am

Learn the basics of pickleball at Harmony Meadows! Pickleball is easy to learn, great exercise and lots of fun. For more information, visit HarmonyMeadowsCenter.com.

YOGA & WINE

10:00am-11:30am

Join Yoga Uncorked at Tunnel Hill Winery for yoga and wine tasting! Don't forget to take your own mat. For more information, visit TunnelHillWinery.com.

LIVE MUSIC

3:00pm-6:00pm

Visit Alta Cellars for live music from a GMC truck stage! Plenty of indoor, outdoor and shaded space will be provided. For more information, visit AltaCellars.com.

PUB LIVE

6:00pm-8:00pm

Join Campbell's Pub & Veranda every Friday evening for live music featuring a variety of talented artists. For more information, visit CampbellsResort.com.

FRIDAY-SUNDAY, JULY 30-AUGUST 1

ADULT TENNIS CAMP

Various Times

Visit Harmony Meadows Tennis and Events Center for a three-day, eight-hour adult tennis camp! Learn strokes and strategy for single and doubles with both live and dead balls. For more information, visit HarmonyMeadowsCenter.com.

FRIDAY & WEDNESDAY, JULY 30 & AUGUST 4

VINYASA LEVEL 1

10:00am-11:00am

Move beyond beginning basics and into Level 1 Vinyasa Yoga with Lynda Kennedy. This class focuses on balance, flexibility and safe bending. For more information, visit YogaChelan.com.

SATURDAY, JULY 31

POWER YOGA

8:00am-9:15am

Explore various forms of Ashtanga Yoga and Vinyasa Power with arm balances, hand stands, balances and twists! For more information, visit YogaChelan.com.

GENTLE MIX YOGA

9:30am-10:45am

Gently stretch the muscles, quiet the nervous system and reduce stress with YogaChelan's Gentle Mix. For more information, visit YogaChelan.com.

YOGA & WINE

7:00pm-8:30pm

Join Yoga Uncorked at Amos Rome Vineyards for yoga and wine tasting! Don't forget to take your own mat. For more information, visit AmosRome.com.

SUNDAY, AUGUST 1

YOGA & CIDER

10:00am-11:30am

Join Yoga Uncorked at Rootwood Cider Co. for yoga & cider tasting! Don't forget to take your own mat. For more information, visit RootwoodCider.com.

YOGA & WINE

10:00am-12:00pm

Join Yoga Uncorked at Rocky Pond Winery for yoga & wine tasting! Don't forget to take your own mat. For more information, visit RockyPondWinery.com.

LIVE MUSIC BY THE RIVER

1:00pm-4:00pm

Visit Rio Vista Wines on the River for live music, wine, snacks and swimming access! For more information, visit RioVistaWines.com.

SUMMER CONCERT SERIES

3:00pm-5:00pm

Visit Siren Song Farms for fun in the sun and live music featuring Stephanie Porter. Bring your own blanket, chairs and outside food to enjoy! For more information, visit SirenSongWines.com.

MUSIC IN THE PARK

6:00pm-8:00pm

Visit Riverwalk Park every 1st and 3rd Sunday for live Music in the Park! Bring something to sit on, some snacks and your best dance moves. For more information, visit HistoricChelan.org.

MONDAY, AUGUST 2

PICKLEBALL OPEN PLAY

6:00pm-8:00pm

Reserve your spot for active and social pickleball open play! You can join with or without a partner. For more information, visit HarmonyMeadowsCenter.com.

For more information & current event listings, visit LakeChelan.com

509-682-3503 | 800-4-CHELAN | PO Box 216 | 216 E Woodin Ave | Chelan, WA 98816

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MONDAY, AUGUST 2

AMERICAN LEGION MEETING

7:00pm-8:30pm

The Manson Parks building will be hosting American Legion, Post 108 meetings during the first Monday of each month. For more information, visit LakeChelan.com.

MONDAY & WEDNESDAY, AUGUST 2 & 4

VINYASA YOGA - LEVEL 2

8:30am-9:45am

Practicing Level 2 Vinyasa Yoga will leave you energized and with a sense of wellbeing throughout your day. For more information, visit YogaChelan.com.

YOGA IN THE MEADOWS

10:00am-11:00am

Register for Harmony Meadows' yoga session with Amy Andrews! Don't forget a yoga mat and some water. For more information, visit HarmonyMeadowsCenter.com.

BEGINNER TENNIS - AGES 5-12

10:00am-11:00am

Harmony Meadows Tennis Resort is hosting a low pressure tennis experience for kiddos! This class will teach the proper fundamentals and basic strokes of tennis. For more information, visit HarmonyMeadowsCenter.com.

BEGINNER TENNIS - AGES 13-18

11:00am-12:00pm

Harmony Meadows Tennis Resort is hosting a low pressure tennis experience for kiddos! This class will teach the proper fundamentals and basic strokes of tennis. For more information, visit HarmonyMeadowsCenter.com.

MONDAY-THURSDAY, AUGUST 2-5

INTERMEDIATE & ADVANCED TENNIS - AGES 9-18

1:00pm-3:00pm

Players will develop consistency, court positioning and learn strategies for singles and doubles during this class at Harmony Meadows Tennis Resort. For more information, visit HarmonyMeadowsCenter.com.

TUESDAY & THURSDAY, AUGUST 3 & 5

YOGA BASICS

10:00am-11:00am

Explore at your own pace and level within the basics of yoga. Enjoy learning more about functional movement, reducing stress and building strength! For more information, visit YogaChelan.com.

WEDNESDAY, AUGUST 4

YOGA & WINE

10:30am-12:00pm

Join Yoga Uncorked at Nefarious Cellars for yoga and wine tasting! Don't forget to take your own mat. For more information, visit NefariousCellars.com.

PUB TRIVIA

6:00pm-7:30pm

Pub Trivia at Stormy Mountain Brewing is back! Head downtown to enjoy trivia for all ages and skill levels. For more information, visit StormyMountainBrewing.com.

MIDWEEK MIX-UP

6:00pm-8:00pm

Visit Harmony Meadows for 3 rounds of compatible and competitive mixed doubles for players NTRP 3.0+. For more information, visit HarmonyMeadowsCenter.com.

WEDNESDAY, AUGUST 4

MYOFASCIA & YIN

6:30pm-7:30pm

Take advantage of this combo class that focuses on stretching the connective tissues, myofascia and ligaments that are not exercised as often. For more information, visit YogaChelan.com.

THURSDAY, AUGUST 5

CHELAN EVENING FARMERS MARKET

2:00pm-6:00pm

Browse from fresh tomatoes, peppers, herbs, hummus, goat cheese, lavender and so much more from over 20 vendors! For more information, visit ChelanFarmersMarket.org.

CORE-YO

5:15pm-6:15pm

Be ready to be challenged in YogaChelan's yoga for the core! Work on standing balance, arm balance and overall strength. For more information, visit YogaChelan.com.

LIVE MUSIC AT ROCKY POND

5:30pm-7:30pm

Visit Rocky Pond's downtown tasting room for live music, delicious wine and small plates! For more information, visit RockyPondWinery.com.

LIVE MUSIC AT TIPSYPY CANYON WINERY

6:00pm-9:00pm

Enjoy great views and wine at Tippy Canyon Winery's 2021 Summer Concert Series every Thursday evening! For more information, visit TippyCanyon.com.

For more information & current event listings, visit LakeChelan.com

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