

# Archery



FOX HARBOR  
RESORT



During this experience you will learn to improve your focus, patience and even feel relaxed as you breathe through the target practice. This activity is great for beginners, families and groups and does not require any previous experience to have an enjoyable time. Our Guide will teach you the art of target practice in a safe environment where you can channel your inner Katniss Everdeen or Robin Hood!

## Competition/Games

Our Guides are more than happy to set up a friendly competition between groups or family members – you'll get some practice rounds in and then “let the games begin”. The key is to have all in attendance enjoy their experience and even want to do more Archery in the future!

**Clothing & Footwear:** Inclement weather aside, it is always best to have layers that can be added or removed depending on your comfort. Clothing should not be restrictive to allow free movement of torso and arms while avoiding loose flowing garments. Footwear should be comfortable and flat for stable balance - note that traction footwear is preferred (smooth soles can be difficult to ensure a steady form). 90% of our Shooters use a barehand however, some Archery Shooters like to wear tight fitting gloves (these are not provided by the Resort) – please bring own. Avoid dangling earrings and necklaces and any facial jewelry that could get in the way of the bowstring such as a nose piercing or lip piercing. Long hair should be tied back. Sunscreen is always a good addition.

**Payment Methods:** We are happy to apply your Activity Fee to your guest room account which will only require a signature as you register for the start of your Outdoor Activity. You can of course use a credit card, debit or cash.

**Request a Complimentary Shuttle by dialing “0” to contact Guest Services**

## Location:

Sporting Lodge

## Duration:

60 Minutes

Please arrive 15 minutes before scheduled Activity to go over Waiver & be fitted for required Safety Gear

## Cost:

\$45+ HST

Per Person

## Requirements:

No Experience Required.

Max 8 Guests