



Guest Guide

The Noyes School of Rhythm

245 Penfield Hill Rd. (mailing: P.O. Box 70)
Portland, CT 06480
(860)342-0328

Travel Directions

By Car:

From the North or East:

Take 91 South to Hartford and 84 East (left exit); or take 84 South from the Mass. Pike (Sturbridge exit). Take Rt. 2 East. (left exit)

Take RT. 17 South (left exit) towards Portland.

Stay on RT 17 through junction at 17A to the intersection to Rt. 66 at light.

Turn left onto Rt. 66. Go about 3 miles to the intersection of 66 and 151 (center of Cobalt.)

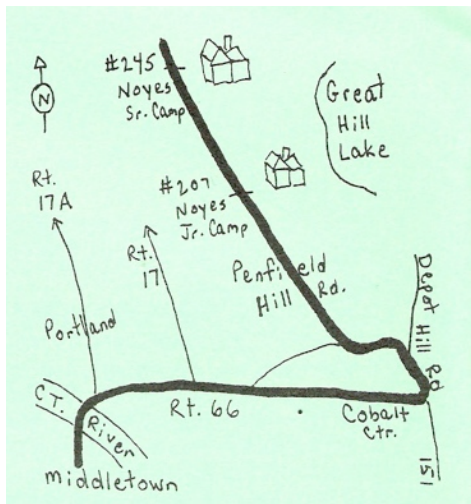
Continue with local directions from RT 66 and 151

From the South and West:

Take 91 North; or Merritt Parkway to 91 or 84 to 691 to 91.

Take Rt. 66 into Middletown and continue on 66 across the bridge to Portland. Stay on RT. 66. Just past the Esso Gas Station on the right, turn Right onto RT 66.

Stay on Rt. 66 for 8 miles until you reach a light at the junction of 66 and 151 in the center of Cobalt. Continue with local directions below.



Local Directions from Rt. 66 and 151

At the junction of RT 151 you are in the very small town of Cobalt (grocery store, gas station and post office on the corner). Turn left onto Depot Hill Rd. Bear left at next little intersection onto Old Middletown Rd. Bear right at the next intersection and go uphill onto Penfield Hill Rd. Go approximately 1 mile. Just past Pepperidge rd. on your left you'll see a white house with a white picket fence on the right. That is the Shepherd's Nine--the Noyes school, #245. Drive in the second gate. You are at the right place! Welcome! (GPS has been helpful for most guests, though not always right to our gate. Check the address!)

By Bus, Train, Plane:

Bus to or from New Britain (closest to us) ; camp driver charges for pick-up or drop-off--\$25

Bus - to or from Hartford; camp driver charges for pick-up or drop-off--\$30

Train - to or from Meriden; camp driver charges for pick-up or drop-off--\$25

Plane - to or from Bradley Airport; camp driver charges for pick-up or drop-off--\$45

Please buy round-trip tickets if possible, as stations in these locations are not always open for ticket purchase. Arrangements must be made in advance of your coming to camp if you need to be met at the bus, train station or airport. *** Please note: Wednesday afternoons are a day off for camp staff. Pick-ups are not available on that day.

Call or e-mail these businesses or numbers to check on current costs and schedules.

Greyhound Bus greyhound.com 1-800-231-2222, Peter Pan Bus peterpanbus.com 800-353-9999

Amtrak 1-800-872-7245 Amtrak.com

Connecticut Limo 1-800-472-LIMO (5466) ctlimo.com

Your Days at Noyes

Noyes Rhythm has been defined as the development of a natural sense of the rhythms of nature and creativity through freedom of movement. Rhythm overflows from movement into our daily life at Camp, deepening our physical and spiritual well-being.

Noyes Atmosphere:

To preserve the tranquility of everyone's experience, we ask that you fully 'unplug' from distractions such as work, politics, and the online world. We want to leave the world behind while we're at Camp. We ask campers to refrain from using electronic devices on campus, except in designated areas. Designated cellphone areas are: outside on the green between the schoolhouse and the driveway and inside in the cellar area in the front of the Farmhouse. Be aware that sound carries very easily and distractions from electronic devices can disturb our peacefulness in nature as well as our work in Rhythm. Smoking is prohibited on Shepherd's Nine grounds.

Noyes Dress:

Florence Fleming Noyes established the tradition of wearing tunics of varying lengths and colors. This costume reflects the Greek ideals of simplicity and beauty from which Noyes Rhythm takes its inspiration. The tunic is graceful in movement and flattering to all wearers. It can be as simple as two lengths of flowing material tied at the shoulders. Tunics are easy and fun to make or you may borrow one when you arrive. Tunics are worn to all Noyes Rhythm classes and at all meals except picnics.

Noyes Daily Schedule:

Part of the Noyes experience lies in the schedule. The Noyes day provides for regular meals, periods of quiet and rest, as well as Rhythm classes and other activities.

All campers attend the morning Recreation Class and Technique Class. Other Noyes Rhythm experiences, including Playtime, are offered daily and all campers are expected to attend. Normal class (11:00 am) and Artist-in-Residence sessions are optional activities. Please feel very free to ask the Rhythm Director, Camp Manager or Noyes teachers about locations, times, and expectations of any of our activities.

Meals at Noyes are healthful and well balanced and also, of course, a social time. We ask that campers attend all meals. Please inform the camp manager if you will be away from camp.

Daily Schedule

7:00 AM	Rising bell
7:30 AM	Breakfast (will be cleared at 8:10am)
9:00 AM	Recreation Class (all morning classes and Reading are at the Pavalon)
10:00 AM	Technique Class
10:30 AM	Reading
11:00 AM	Normal Class (deepened Rhythm experience, especially for teachers)
12:45 PM	Dinner (mid-day meal at the Farmhouse)
1:45 PM	
-3:00 PM	Rest period
3:00 PM	Artist-in-Residence* classes and offerings (afternoons may also be spent in boating, swimming, crafts, hiking, etc.)
6:00 PM	Supper
7:30 pm	
-9:00pm	Playtime (at the Pavalon)
10:00 pm	Quiet time

Wednesday: no scheduled activities after mid-day meal

Sunday: One half hour later for wake-up and breakfast. Dinner at 1:00pm. No classes. Playtime at 5:00pm. Picnic at 6:15pm. Arrival day for new campers. Some Sundays we take a beautiful early morning hike to the 'mountain top' on nearby Great Hill.

*Professional artists/artisans share their knowledge and offer you additional mediums in which to explore and develop your creativity.

More To Know

Waiver: Upon arrival all campers will be asked to sign waivers releasing the Noyes School from all liabilities. Campers must take full responsibility for their own safety within buildings, on camp property, and at the waterfront.

Swimming and Boating: In order to minimize the possibility of accident we ask that you:

1. Never swim or boat alone,
2. Refrain from topless bathing or nude sunbathing which is not acceptable to our neighbors on Great Hill Pond.
3. Avoid using shampoo or soap in the pond for the sake of the environment.

Poison Ivy: Unfortunately poison ivy lies in wait to the right and left of some camp paths. If you cannot recognize poison ivy be sure to ask someone.

Lyme Disease: New England is known to have deer ticks infected with Lyme Disease. We suggest campers make daily checks for ticks and take daily hot, soapy showers. There are spray dispensers containing Dr. Bronner's Eucalyptus soap in each stall available for your use.

Tent and Cabin living: Our tents have thick canvas walls and sturdy platform floors. Our few cabins are of varying sizes and have screen windows. They are provided with lamps, shelves, beds, blankets, wastebaskets, basins, cups, and buckets.

1. If you are in a tent, please help us by shaking out the tent flaps once a week or after rain. If you do not do so, you encourage mice to make nests and eat holes.
2. Do not deposit tissue or other debris outside or underneath your tent or cabin. Wastebaskets are provided for this purpose.
3. Small creatures look forward to your arrival because they know food is sometimes stored in tents or cabins. There is a campers' refrigerator and an animal proof container in the cellar of the house where a small amount of personal food may be stored.
4. Lanterns should be kept away from tent flaps and should never be left unattended. Lanterns must be extinguished before going to sleep. Please refrain from using candles in tents or cabins.

Pavalon: The beautiful Twitchell Pavalon is a covered open-air dance floor located in the woods. In order to preserve the floor, please remove your shoes and heavy jewelry before dancing. Help us to keep the rails clear of objects by placing your things on shelves outside the Pavalon. Before recording music or classes at the Pavalon, permission must be obtained from the pianist as well as the Director of Rhythm. Also, please ask before taking photographs.

The Schoolhouse: The schoolhouse is used for artwork. If you wish to use the building, check with the Camp Manager to obtain the key. After using the building, please relock the door and return the key.

Bathroom Facilities: Campers living in tents or cabins mainly use the the "Little House" down the hill towards the Pavalon, or "The Baths" nearer to the Farmhouse. There is also a small bathroom in the

Farmhouse, mainly for use by the staff and house dwellers. Personal items such as towels, soaps and shampoos are to be carried in and carried out of the bathrooms by each camper so as not to clutter these communal spaces. You may do hand laundry at the Little House.

Quiet Hours: 10:00pm to 7:00am is a designated quiet period. Late night tent parties are fine, as long as quiet is preserved. Rest hour is also a quiet time and begins after the mid-day meal until 3:00 pm.

Recreation Room Stationery and Books: A variety of postcards and stationery featuring historic photos and art by Noyes School members are usually available in the Farmhouse recreation room (on the second floor). You can also purchase Rhythm for Dance and Art, the central text of Noyes Rhythm Technique and Florence Noyes' philosophy.

Men at Camp: Shepherd's Nine is designed for women of all ages and professions. Provision is made for men at camp during co-ed week. Consult the website for dates. Saturday Recreation class is often open to men wishing to experience Noyes Rhythm. Please give the community advance notice so that we may be welcoming of guests.

Wednesday Afternoons: Every Wednesday, after the mid-day meal, there are no scheduled camp activities for the remainder of the day. Campers are free to explore the beautiful Connecticut countryside by hiking or driving. Brochures of local restaurants and places of interest are available in the Recreation Room.

Parking: Parking is available in the campers' parking area located on Penfield Hill Road halfway between Shepherd's Nine and Shepherd's Green. Parking alongside the farmhouse is for staff and just-arriving guests only.

What to Bring:

Dance outfits: leotards or sleeveless top and shorts or tights (flesh-colored);
tunics (solid or hand-dyed fabrics preferred)

We have a few leotards and tunics for borrowing or purchasing.

Bring layers, top and bottom, for cold mornings at the Pavalon.

At least one warm sleeping garment (a night cap is good on cold nights)

A bathing suit, a sweater, shorts, and top

A raincoat or poncho and waterproof footwear

If you plan to hike, bring a pair of light weight long pants and
long-sleeved shirt.

Non-slip sandals or sneakers

A flashlight and usual toiletries

Insect and tick repellent

Linen and towels (These may be rented from the camp for a fee.)

We provide you a little home in the woods: Floored tents, shelves, cots with mattresses, blankets, pillows, basins, buckets, cups and lamps or lanterns. Maps of the grounds are available in the Farmhouse office and trunk room.