



WOMEN'S GETAWAY WEEKEND

DISCONNECT and RECONNECT

FRIDAY

- 6-7:00 pm Check In, Move In & Activity Sign-Ups
- 7:30 pm Opening Gathering and Hors d'oeuvres @ Lodge
- 8:00 pm Trivia Night & Activity Sign-Ups
- 9:30 pm Night Hike and Community Campfires - S'mores
- 11:00 pm Quiet Hours Begin

SATURDAY

- 7:00 am Morning Flow Yoga
- 8:00 am Breakfast @ Lodge
- 8:45 am Group Photo
- 9:15 am Activities Session 1
- 10:45am Activities Session 2
- 12:00 pm Lunch @ Lodge
- 1:15 pm Activities Session 3
- 2:45pm Activities Session 4
- 5:30 pm Dinner @ Lodge
- 7:00 pm Pool Party
- 11:00 pm Quiet Hours Begin

SUNDAY

- 7:00 am Aqua Aerobics
- 8:00 am Breakfast @ Lodge
- 9:00 am Chapel @ Camp Chapel
- 9:15 am Activities Session 5
- 10:45 am Activities Session 6
- 12:00 pm Lunch and Departure

Activities Offered

TARGET SPORTS: Archery, Riflery, Axe Throwing

WATER: Pool, River Float, Canoeing, Kayaking, Wet Willie Slide, Tom Sawyer Swing, Fishing, Stand Up Paddleboarding

HIGH ADVENTURE: Alpine Tower, Rock Wall, Giant Swing, Zip Line

CREATIVE ARTS: Pottery, Candle Making, Tie Dye, Beginners Crochet

TRAILS: Mountain Biking, Nature Walks, Fen Hike

MINDFULNESS & RELAXATION: Yoga (Flow , Aqua and Restorative), Guided Meditation/Nature Bath

*** OPTIONAL CLINICS** - Additional Fee
Space is limited. Prerival sign up required.

- ◇ Massage Therapy (direct pay to vendor)
- ◇ Horseback Trail Riding \$25
- ◇ Cake Decorating Instruction \$15
- ◇ Guided Painting \$15
- ◇ Possibly Flower Arranging Instruction

* Sign Up for Optional Clinics will be made available by July 12, 2024. An email will be sent to all who are registered.