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
10:45 am  Activities Session 2
12:00 pm  Lunch @ Lodge
1:15 pm  Activities Session 3
2:45 pm  Activities Session 4
5:30 pm  Dinner @ Lodge
7:00 pm  Pool Party
11:00 pm  Quiet Hours Begin

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. Prearrival 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.

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