

ACTIVITIES & PROGRAMS

WELLNESS ACTIVITIES

- Yoga classes
- Wine Tours
- Ropes Course
- Giant Swing
- Bike Riding
- Nature Walks
- Drop-in craft area
- Manicures & Pedicures*
- Acupuncture*
- Professional Massage Therapy*

Activities may vary retreat to retreat, but a wide range of fun activities and exciting experiences is always guaranteed!

*Additional charge for these services.

ACCOMMODATIONS

COLMAN CABINS

Each cabin sleeps twelve women and has its own bathroom and shower. Cabins have electricity and wood stoves. Participants supply their own sleeping bags and linens.

INCLUSIVE MEALS

All meals are included and served in the lodge, beginning with Friday dinner. Our menu is restaurant-quality, healthy and well-balanced. Vegetarian options are available at every meal.



HOW TO REGISTER

Women 18 and older and chaperoned daughters 10th grade and up are welcome to attend.

REGISTER ONLINE

Go to campcolman.org and choose the "Retreats" tab at the top of the screen. Select the "Register Now for a Retreat" button on the left-hand side of the screen.

MAIL, FAX OR PHONE

You may fill out and return the attached registration form with the required deposit.

YMCA Camping Services **P:** 206 382 5009
909 Fourth Avenue **F:** 206 382 4920
Seattle, WA 98104

Everyone is welcome. Financial assistance is available. The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

Cancellation Policy. Deposits are non-refundable for cancellations made within 60 days of your visit. Final payments are due one month prior to your arrival at camp and are non-refundable within one week of your visit. Camping Services reserves the right to cancel or adjust programming based on registration.

2012 REGISTRATION FORM Women's Wellness Weekends YMCA Camp Colman

BILLING INFORMATION

Participant Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

DATES & RATES

April 27th-29th, 2012 \$150

Sept. 28th-30th, 2012 \$150

Group or Cabinmate request* _____

* We will do our best to accommodate your request.

PAYMENT INFORMATION

A 25% deposit must be included with your registration to hold your place. We accept credit card payment by Visa, Discover, MasterCard and American Express. Please make checks payable to YMCA Camping Services.*

- Charge the 25% deposit only, at the time of registration*
 Please automatically charge the remaining balance one month prior to the event (optional)

OR

- Charge the balance in full at the time of registration

Name on card: _____

Credit Card #: _____

Exp. Date: _____

Signature: _____

Relax at last. Yearning for some downtime and a chance to recharge? The perfect escape is closer than you think. Women's Wellness Weekends at YMCA Camp Colman open doors to creative exploration and recreation.

Enjoy amazing views and many fun things to do. Relax with a massage, experiment with arts and crafts or challenge yourself with a wide variety of physical activities. Reconnect with friends and make new ones while nurturing your spirit, mind and body.

YMCA Camp Colman

Colman's one hundred acres of forests, mile of beachfront, enclosed saltwater lagoon and stunning view of the Olympic Mountains are the perfect backdrop for relaxation and new friendships - all within easy driving distance of Seattle!



YMCA of Greater Seattle
Camping Services
909 Fourth Avenue
Seattle, WA 98104

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REST & REFRESH

2012 Women's Wellness Weekends
YMCA CAMP COLMAN

