

## ACTIVITIES & PROGRAMS

### WELLNESS ACTIVITIES

- Fitness & Yoga classes
  - Nutrition Workshops
  - Jewelry Making
  - Zipline
  - Drop-In Craft Area
  - Hikes in the forest
  - Giant Swing
  - Kayaking
  - Professional Massage Therapy\*
- \*Additional charge for this service.

## ACCOMMODATIONS

### DEDERER CENTER

Each cabin includes four bedrooms (each housing four participants) two bathrooms, a cozy lounge, and a kitchen. Full linen service is provided. All meals are provided during the weekend, but you may use the kitchen in your cabin if you choose. Kitchens are equipped with dishware, silverware and cookware.

### WALLY FISHER LODGE

The lodge has four large, adjoining bedrooms (each housing 14 women) and is attached to a shared bathroom and common area. Participants provide sleeping bags and linens. The lodge is heated and has electricity.

### INCLUSIVE MEALS

Meals are served buffet style starting with Friday dinner. Vegetarian options are available at every meal.

### DAY ONLY PASS

If you would like to enjoy Women's Wellness activities during the day only and do not require accommodations, you may purchase a Day Only Pass. Lunch is included.



Wally Fisher Lodge



Dederer Center



## HOW TO REGISTER

### PARTICIPANTS

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

### REGISTER ONLINE

Go to [camporkila.org](http://camporkila.org) and choose the "Retreats" tab at the top of the screen. Choose 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 by fax or mail, or register over the phone.

YMCA Camping Services  
909 Fourth Avenue  
Seattle, WA 98104

P: 206 382 5009  
F: 206 382 4920

**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 Orkila

### BILLING INFORMATION

Participant Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

### DATES & RATES

Please mark your choice below.

	<b>Dederer</b>	<b>Wally Fisher Lodge</b>
<b>March 2-4th</b>	<input type="checkbox"/> \$198	<input type="checkbox"/> \$142
<b>Day Only Pass</b>	<input type="checkbox"/> \$58 Saturday	

	<b>Dederer</b>	<b>Wally Fisher Lodge</b>
<b>Nov. 2nd-4th</b>	<input type="checkbox"/> \$208	<input type="checkbox"/> \$153
<b>Arrive Nov. 1st</b>	<input type="checkbox"/> \$269	<input type="checkbox"/> \$214
<b>Day Only Pass</b>	<input type="checkbox"/> \$61 Friday	<input type="checkbox"/> \$61 Saturday

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: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

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 Orkila 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 Orkila

Located on beautiful Orcas Island and encompassing 280 acres of private beach, preserved forest and open fields, Camp Orkila is the perfect setting for outdoor activities and the most colorful sunsets imaginable.



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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

