**ACTIVITIES & PROGRAMS**

**WELLNESS ACTIVITIES**
Activities may vary retreat to retreat and camp to camp, but a wide range of fun activities and exciting experiences is always guaranteed! Activities may include:

- Fitness and Yoga Classes
- Nutrition Workshops
- Jewelry Making
- Crafts
- Belly Dancing
- Giant Swing
- Zip line (at Orkila only)
- Ropes Course
- Biking
- Kayaking
- Walking and Hiking
- Wine Tours (at Colman only)
- Campfire Circles
- Acupuncture*
- Professional Massage Therapy*
- Manicures & Pedicures*

*Additional charge for these services, cash or check only.

**ACCOMMODATIONS**

**CAMP ORKILA**
Dederer Center: Each cabin includes four bedrooms (each housing four participants in bunk beds) two bathrooms, a cozy lounge, and a kitchen. Full linen service is provided. While all meals are provided during the weekend, there is also a kitchen in each Dederer cabin equipped with dishes, utensils and cookware.

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

**CAMP COLMAN**
Each cabin sleeps twelve women in bunk beds 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 dinner on your arrival day. Our menu is restaurant-quality, healthy and well-balanced. Vegetarian options are available at every meal.

**HOW TO REGISTER**

**REGISTRATION WILL OPEN DECEMBER 1**

**PARTICIPANTS**
Women’s Wellness Weekends are for women 18 years old and older. Please note, chaperoned daughters 10th grade and up are welcome to attend Orkila’s April Women’s Wellness Weekend.

**REGISTER ONLINE**
Go to camporkila.org or campcolman.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 YMCA Camping & Outdoor Leadership
909 Fourth Avenue P 206 382 5009
Seattle, WA 98104 colmanorkilainfo@seattlemca.org

**Cancellation Policy.** Deposits are non-refundable for cancellations made within 30 days of your visit. Final payments are due one month prior to your arrival at camp and are non-refundable within two weeks of your visit. Camping & Outdoor Leadership reserves the right to cancel or adjust programming based on registration.

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

<table>
<thead>
<tr>
<th>Accommodations &amp; Rates</th>
<th>Orkila’s Wally Fisher Lodge</th>
<th>Colman Cabin</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CAMP ORKILA</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dederer</td>
<td>Wally Fisher</td>
<td>Day Use*</td>
</tr>
<tr>
<td>March 31- April 2</td>
<td>$233</td>
<td>$168</td>
</tr>
<tr>
<td>Oct. 20-22</td>
<td>$257</td>
<td>$185</td>
</tr>
<tr>
<td>Oct. 20-23 (Mon)</td>
<td>$329</td>
<td>$257</td>
</tr>
<tr>
<td>*Note: Payment for Day Use is due in full upon registration.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CAMP COLMAN</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Colman Cabin</td>
<td>Day Use*</td>
<td></td>
</tr>
<tr>
<td>Sept. 22-24</td>
<td>$189</td>
<td>$80</td>
</tr>
<tr>
<td>*Note: Payment for Day Use is due in full upon registration.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PAYMENT INFORMATION**

Name on card: ____________________________________________
Credit Card #: ____________________________________________
Exp. Date: ____________
Name: ___________________
Amount to be invoiced: ___________________
Less 25% deposit enclosed*: ___________________

*Note: Payment for Day Use is due in full upon registration.

**PERCENTAGE**

Charge the balance in full at the time of registration
Charge only the 25% deposit at the time of registration*
Please automatically charge the remaining balance 30 days prior to the event (optional)

**OR**
Charge the balance in full at the time of registration

Payment for Day Use is due in full upon registration.

Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.
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 Camps Orkila and Colman open doors to creative exploration, recreation and relaxation.

Luxuriate in a massage, experiment with arts and crafts or challenge yourself with a wide variety of physical activities – all amidst the unparalleled beauty of the Pacific Northwest. Reconnect with friends and make new ones while nurturing your spirit, mind and body. Fill a cabin with your neighbors, friends or family!

TWO BEAUTIFUL LOCATIONS

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.

YMCA CAMP COLMAN
Colman’s one hundred acres of forest, 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!