Relax, unwind and play during this weekend designed for YOU!

**2020 DATES & RATES**

Women’s Wellness Weekends are for women 18 and older. Please note: chaperoned daughters 10th grade and up are welcome to attend Camp Orkila’s Spring Retreat.

<table>
<thead>
<tr>
<th>CAMP ORKILA*</th>
<th>DATES</th>
<th>Dederer Center</th>
<th>Main Camp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Retreat</td>
<td>April 3-5</td>
<td>$303</td>
<td>$218</td>
</tr>
<tr>
<td>Fall Retreat</td>
<td>October 16-18</td>
<td>$303</td>
<td>$218</td>
</tr>
<tr>
<td>Fall Retreat Plus</td>
<td>October 16-19</td>
<td>$388</td>
<td>$303</td>
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</tbody>
</table>

*Orkila Day Use offering: $85/person per day. Includes all meals and programming but not lodging. Payment for Day Use is due in full at time of registration.

<table>
<thead>
<tr>
<th>CAMP COLMAN</th>
<th>DATES</th>
<th>Colman Cabin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Retreat</td>
<td>April 24-26</td>
<td>$208</td>
</tr>
<tr>
<td>Fall Retreat</td>
<td>October 2-4</td>
<td>$208</td>
</tr>
</tbody>
</table>

**REGISTER ONLINE TODAY**

Camps fill quickly so register today and let the relaxation begin!

**HOW TO REGISTER:**

1. Choose your camp location (Orkiia or Colman)
2. Go online to camporkila.org or campcolman.org
3. Click on Family Camps & Retreats > Learn More
4. Click on Women’s Wellness Weekend Retreats > Register for a Retreat
5. Choose your camp / date preference and follow remaining prompts

YMCA CAMPING & OUTDOOR LEADERSHIP
909 Fourth Avenue • Seattle, WA 98104 • 206 382 5009 • campinfo@seattlemca.org

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

Fun and exciting experiences abound!
Sample activities include (may vary by camp):
- Yoga & Fitness Classes
- Specialty Classes like Belly Dancing
- Kayaking, Boating & Paddle Boarding
- Low & High Ropes Courses
- Climbing Tower & Giant Swing
- Zipline (Orkila)
- Nutrition Workshops
- Walking & Hiking
- Arts & Crafts
- Archery
- Wine Tour (Colman, extra cost)
- Massage & Acupuncture (extra cost)

**NUTRITIOUS MEALS**

Leave the cooking at home! All meals are included and served in our beautiful lodges, beginning with dinner on your first day. Every meal features a healthy, well-balanced menu with high-quality ingredients. Vegetarian selections are always available.

**TWO BEAUTIFUL LOCATIONS**

**YMCA CAMP ORKILA**

With more than 280 acres of beach, forest and fields on beautiful Orcas Island, Camp Orkila is the perfect place to relax and play. Whatever your interest, Orkila will leave you feeling inspired.

Orkila offers two accommodation options. The Dederer Center cabins have heating and electricity, and are more private with four bedrooms that sleep four participants each in bunk beds. They feature two bathrooms, a cozy lounge, and an equipped kitchen with linens provided.

If rustic is more your style, Main Camp housing is nestled among the evergreen trees. Fully enclosed, these house 12 participants each in bunk beds with linens provided. These cabins have electricity and shared bathroom facilities with showers.

**YMCA CAMP COLMAN**

Located on the Case Inlet in Lower Puget Sound, Camp Colman is within easy driving distance from Seattle. With 100 acres of forest, a mile of beachfront and an enclosed saltwater lagoon, Colman is the perfect place to explore nature and rejuvenate.

Fully enclosed, heated cabins house 12 guests each in bunk beds, and have their own bathroom and shower, electricity and gas stoves. Participants supply their own linens.