YMCA CAMP HI-ROCK

When:  Friday, May 31 – Sunday, June 2, 2013
(5 meals–Friday dinner through Sunday breakfast)
Busy weekend? Saturday–Sunday reservations are available as well.

What:  A weekend just for women of all ages (11 and up).
Activities for the body, mind and spirit include:
•  Fitness classes
•  Jewelry and craft making
•  Low ropes, high ropes and climbing wall
•  Tasty (and healthy) desserts
•  Hiking and boating
•  Massage
•  Nutritional information

Accommodation will be dormitory style and we will try to honor roommate requests.

Who:  Women and girls 11 and older are invited to participate.  All participants under the age of 18 must be accompanied by a parent/guardian.

How:  Please return this registration form to Camp Hi-Rock by May 15, 2013.  A $50 deposit reserves your space.  Please include either a personal check or credit card information.

Send registration form to:  Women’s Wellness Weekend Registration
YMCA Camp Hi-Rock
162 East Street
Mt. Washington MA, 01258

Fax registration forms to:  413.528.4234  ATTN: Women’s Wellness

Questions:  Call Charles Hirsch, Senior Camp Director, at 413-528-1227 ext 14, or send and email to seniorcampdirector@camphirock.org.
Women’s Wellness Weekend
Registration form

Please register me for Women’s Wellness Weekend!
Name: _____________________________________________________________________________
Home Address: ______________________________________________________________________
City: __________________________________ State: ________ Zip Code: ________
Home Phone: (______) ________ - ________  Cell Phone: (______) _______ - ________
Email Address: _______________________________________________________________________

Rates:
Full Weekend: Adults: $145 (Saturday night only $103)
Full Weekend: Girls age 11-17: $103 ($68 Saturday night only)

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<th>Name</th>
<th># of Nights</th>
<th>Adult or Child</th>
<th>Price</th>
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Card Type:
___ MasterCard  ___ Visa
Name on card: __________________________
Credit Card # __________________________
Exp. Date: _______ / _________
Security code: __________

Less $50 Deposit: ~$50
Total due by May 15:

Roommate request: ___________________________________________________________________
Dietary concerns or special circumstances: ________________________________________________

YMCA CAMP HI-ROCK
162 EAST STREET MOUNT WASHINGTON, MA 01258
P: 413.528.1227 | F: 413.528.4234 | camphirock.org
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