

# Women's Wellness Weekend

YMCA Camp Hi-Rock  
Mt. Washington, MA  
June 2-4, 2017



**WHEN:** Friday, June 2, 2017 - Sunday, June 4, 2017  
5 meals included - Friday dinner through Sunday breakfast (Sunday lunch available at \$7 extra), all ages of women welcome!  
Busy Weekend? One night & day pass only reservations are available as well!

**WHAT:** You are invited to join us for a weekend of rest & relaxation at Camp Hi-Rock. Enjoy:

- Massage therapy & meditation
- Fitness, dance & yoga classes
- Scenic hikes & beautiful morning runs
- Low ropes, high ropes & climbing wall
- Swimming, boating & other lakeside activities
- Tasty & healthy food
- And more!

**HOW:** Please return this registration form to Camp Hi-Rock by May 15, 2017 or register online at [camphirock.org/group-camping-retreats/](http://camphirock.org/group-camping-retreats/)  
A \$50 deposit reserves your space. Please include either a personal check or credit card information.

**QUESTIONS?** Call Meghan O'Hara, Camp Director at 413-528-1227 ext 3005, or e-mail her at [summer@camphirock.org](mailto:summer@camphirock.org)

Send Registration Form to: YMCA Camp Hi-Rock  
ATTN: Women's Wellness  
162 East Street  
Mt. Washington MA, 01258

Fax Registration Forms to: 413.528.4234

**YMCA CAMP HI-ROCK | 162 EAST STREET MOUNT WASHINGTON, MA 01258**  
**P: 413.528.1227 | F: 413.528.4234 | [camphirock.org](http://camphirock.org)**  
**A branch of the Central Connecticut Coast YMCA**



**Register me for the Women's Wellness Weekend!**

Name: \_\_\_\_\_  
 \_\_\_\_\_  
 Home Address: \_\_\_\_\_  
 \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Home Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
 Cell Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
 E-Mail Address: \_\_\_\_\_  
 \_\_\_\_\_

**Rates:**

Adults: Full weekend (2 nights): \$125, 1 night only: \$80, Day only: \$35  
 Girls aged 7-14: Full weekend (2 nights): \$65, Saturday night only: \$45, Day only: \$20  
 \*If you would like to have lunch on Sunday please add \$7/person

Name	Number of nights	Adult or child	Total price
<b>PAYMENT INFORMATION</b>			
Card type:	<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> AMEX	Total due now:	\$50
Name on card:		Total due by <b>June 2, 2017</b> (Please subtract \$50 deposit)	
Card number:			
Exp. Date:			

If you would like to room with another person, please write their name below. Private rooms will be available if you do not have a roommate request.

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**YMCA CAMP HI-ROCK | 162 EAST STREET MOUNT WASHINGTON, MA 01258**  
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