

# Women's Wellness Weekend

YMCA Camp Hi-Rock  
Mt. Washington, MA  
June 1-3, 2018



**WHEN:** Friday, June 1, 2018 – Sunday, June 3, 2018  
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
- Chocolate & tea tastings
- Swimming, boating & other lakeside activities
- Tasty & healthy food
- And more!

**HOW:** Please return this registration form to Camp Hi-Rock by May 15, 2018 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 Heather Neaz-Nibur, Camp Director at 413-528-1227 ext 3005, or e-mail her at [heather@camphirock.org](mailto:heather@camphirock.org)

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

**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

or

Register for the full weekend with a friend and pay \$200 for both of you!

*\*ONLY AVAILABLE IF AT LEAST ONE OF THE PARTICIPANTS HAS NEVER BEEN TO WOMEN'S WELLNESS WEEKEND BEFORE\**

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	Sunday Lunch	Cost
			<b>Total:</b>

**Payment Method: \$50 deposit due now, full payment due by June 1, 2018**

Check enclosed

Credit Card (AMEX, Visa or Mastercard):

Name on Card \_\_\_\_\_ Billing Zip Code \_\_\_\_\_

Card Number \_\_\_\_\_

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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