

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/
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

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
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
			Total:

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 _____

Expiration 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.

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