

# Women's Wellness Weekend

June 3 – 5, 2022

YMCA Camp Hi-Rock

Mount Washington, MA



## Women's Wellness Weekend: June 3 – June 5, 2022

- 6 meals included – Friday dinner through Sunday lunch
- Women of all ages welcome!
- Busy Weekend? One night & day pass only reservations are available as well!

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!

\*Extra fee for private massages

**Questions:** Contact Heather Neaz-Nibur, Senior Camp Director  
413-528-1227 ext 3005 or [heather@camphirock.org](mailto:heather@camphirock.org)

**How to Register:** Return this registration form to Camp Hi-Rock by May 15, 2022 or register online at [camphirock.org/camps/family-camp/](http://camphirock.org/camps/family-camp/)

- A \$50 deposit reserves your space. Please include payment with registration.

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

**Email Registration Form to:**  
[tanya@camphirock.org](mailto:tanya@camphirock.org)  
**Fax Registration Form to:**  
413-528-4234

**YMCA Camp Hi-Rock 544 East Street Mount Washington, MA 01258**

**P 413.528.1227 F 413.528.4234 W [camphirock.org](http://camphirock.org)**

**A branch of Central Connecticut Coast YMCA**



Rates:	Adults		Girls 7-14	
	Full Weekend	Saturday Night	Full Weekend	Saturday Night
Lodging Type				
Basic Cabin with shared bathroom facilities	\$110	\$72	\$63	\$45
Lodge room with shared bathroom in hallway	\$150	\$98	\$85	\$61
Lodge room with en suite bathroom	\$155	\$105	\$93	\$66
Saturday only	<b>Day Rate:</b>	\$50	<b>Day Rate:</b>	\$25

**Name of person registering:** \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_ **Home Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Home Phone:** (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ **Cell Phone:** (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Optional Roommate Request:**

Name of Attendee(s)	Date of Birth	Dietary needs/restrictions/allergies	Number of Nights	Cost
<b>TOTAL</b>				<b>\$</b>
<b>Deposit due upon registration</b>				<b>-\$50</b>
<b>Balance due by June 3, 2022</b>				<b>\$</b>

- Payment option (please choose one below)**
- Check for deposit included, balance to be sent by check
  - Check for deposit included, balance to payment method below on due date
  - Check for deposit included, balance on due date
  - Charge deposit and balance to payment method below on due date
  - Charge deposit to payment method below, send invoice for balance on due date
  - Pay full balance now by check or payment method below

<p><b>Credit Card Details:</b></p> <p><input type="checkbox"/> Master Card <input type="checkbox"/> Visa <input type="checkbox"/> AMEX</p> <p>Name on Card _____</p> <p>Card Number: _____</p> <p>Exp Date: _____</p>	<p><b>EFT Bank Draft Details:</b></p> <p><input type="checkbox"/> Checking <input type="checkbox"/> Savings</p> <p>Name on Account _____</p> <p>Bank Routing Number _____</p> <p>Bank Account Number _____</p>
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Please register my group for Women's Wellness Weekend 2022 according to the above registration form at YMCA Camp Hi-Rock.

Signature \_\_\_\_\_ Date \_\_\_\_\_