



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RELAX & REJUVENATE IN THE REDWOODS

2017 Women's Wellness Weekends
YMCA CAMP CAMPBELL

April 21–23
November 3–5

Camp isn't just for the kids! Join us for Women's Wellness Weekend to focus on you and join a community of supportive, passionate women. Build the weekend experience you need from any number of activities focused on mind, body and spirit or simply relax and enjoy the beauty of the Santa Cruz Mountains. Whether your goals are to develop a love of fitness, learn ways to find balance in your life or discover a new hobby, Women's Wellness Weekend has something for you.

REGISTER ONLINE!

YMCA CAMP CAMPBELL
16275 Highway 9, Boulder Creek, CA 95006
831 338 2128 | ymcacampcampbell.org





REGISTRATION 2017 Women's Wellness Weekend

Mail completed form to: YMCA Camp Campbell, 16275 Highway 9, Boulder Creek, CA 95006 or email to redwoods@ymcasv.org.

Full payment due upon registration unless payment arrangements are made in advance.

Name Birthdate

Address

City State Zip

Phone (include area code) Talent to share

Emergency contact name Emergency contact number

Email Please send program information via Email Mail

Cabin Mate request (please specify)

Sleeping preferences Early to bed Late Riser Enjoys Social Cabin Enjoys Quiet Cabin

Dietary Restrictions

We are able to accommodate some dietary restrictions, such as vegetarian, gluten-free or dairy-free, with prior notification. Please indicate any dietary restrictions you may have in your group and we will try our best to accommodate you.

Vegetarian: Gluten Free: Dairy Free: Other:

How did you hear about YMCA Camp Campbell?

Flyer Camp Fair Internet Search Friend/Family Other:

DATES

April 21-23 November 3-5

FEES

Per person: \$264*

*Fee includes two nights of lodging, all meals, staffed activities, and more.

LODGING

Our cabins each sleep between 14 and 20 people and are equipped with electricity, hot showers, sinks, and toilets.

ACTIVITIES

While you're here, do as much (or little) as you like.

Camp Activities

Arts and Crafts
Card Making
Climbing Wall
High Ropes Course
Jewelry Making
Nature Hikes

Fitness Classes

Pilates
Strength Training
Yoga
Zumba
Hula Hooping
Aqua Aerobics
TRX
Body Sculpt

Healthy Lifestyles

Great Food
Massages
(additional fee)
Meditation
Workshops on self
care, relationships,
empowerment,
and more

Do you have a talent you would like to share? Let us know in advance if you are interested in leading a session.

PAYMENT

Camp fee \$

Payment Check - Amount Enclosed \$
(Payable to YMCA Camp Campbell)

Credit Card

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Card Type Visa MasterCard
 AmEx Discover

Name on Card

Expiration Date Date

Total Credit Card Charges \$

Signature

I authorize the YMCA to charge my credit card for the total amount listed above.