



YOUTH DEVELOPMENT[®]
HEALTHY LIVING
SOCIAL RESPONSIBILITY

2022 WOMEN'S WELLNESS WEEKEND

Registration Form
YMCA TROUT LODGE

February 25–27, 2022

888-386-9622
www.troutlodge.org

WORKSHOP SCHEDULE

Scheduled activities are subject to change.

Friday, February 25

1:00 pm	5K Run/Walk (pg 11)
3:00-5:00 pm	Stepping Stones (pg 5)
3:30-10:00 pm	Check-in at Trout Lodge
5:00-5:30 pm	Dinner - 1st shift
5:30-6:00 pm	Dinner - 2nd shift
6:00-6:30pm	Dinner - 3rd Shift
6:00-8:00 pm	Stepping Stones (pg 5)
6:15 pm	Moonlight Swing (pg 5)
7:15-9:00 pm	Evening Program COSMIC BINGO & WINE/BEER BAR
7:45 pm	Moonlight Swing (pg 5)
9:15-10:00 pm	Evening Yoga
9:15 pm	Moonlight Swing (pg 5)

Saturday, February 26

7:30-8:30 am	Morning Yoga (pg 5)
7:00-7:30 am	Breakfast - 1st shift
7:30-8:00 am	Breakfast - 2nd shift
8:00-8:30am	Breakfast - 3rd Shift
8:45-10:00 am	SESSION 1 (see reg. form)
10:30-11:45 am	SESSION 2 (see reg. Form)
11:45-12:15 pm	Lunch - 1st shift
12:15-12:45pm	Lunch - 2nd shift
12:45-1:15pm	Lunch - 3rd Shift
2:00-3:15 pm	SESSION 3 (see reg. form)
3:45-5:00 pm	SESSION 4 (see reg. form)
5:00-5:30 pm	Dinner - 1st shift
5:30-6:00 pm	Dinner - 2nd shift
6:00-6:30pm	Dinner - 3rd Shift
7:30-10:30 pm	Evening Program MIRAGE BAND & WINE/BEER BAR

Sunday, February 27

7:00-7:45 am	Nature Hike
7:00-7:30 am	Breakfast - 1st shift
7:30-8:00 am	Breakfast - 2nd shift
8:00-8:30am	Breakfast - 3rd Shift
8:45-10:00 am	SESSION 5 (see reg. form)
10:30-11:45 am	SESSION 6 (see reg. form)
11:45-12:15 pm	Lunch - 1st shift
12:15-12:45pm	Lunch - 2nd shift
12:45-1:15pm	Lunch - 3rd Shift

ADDITIONAL ACTIVITIES

Country Store: Gift items, snacks/drinks, YMCA apparel, toiletry items, jewelry, scarves, trinkets and more will be available.

Fitness Room: Will be open 24 hours a day.

Hiking: Come to the Front Desk to pick up a copy of our trail map so you can enjoy a self-guided hike.

Mini Golf, Games, etc.: Equipment for games are available at the Front Desk: horseshoes, shuffleboard, mini-golf and more.

45-Minute Massage (throughout weekend)
Sign up for a relaxing massage on your registration form. To ensure that we are able to schedule your massage, please suggest five different time slots. It may be necessary to schedule your massage during a class session, so make sure you don't request a time during your favorite class. Massages are offered on Friday from 4-10 p.m., Saturday from 8 a.m.-noon, 1-5 p.m. and 6-10 p.m., and on Sundays from 8-10 a.m. **\$45 (cash only) payable to massage therapist** - see page 9

THE Y IS FOR ALL

We work hard to ensure that everyone has an opportunity to experience Trout Lodge and all of the wonderful activities Women's Wellness has to offer regardless of abilities or financial need. Please contact Tasha Fitzwater or Teri Claar for any requests regarding accommodations.

FACILITY INFORMATION

The YMCA of the Ozarks is a modern facility with a variety of lodging. Some rooms and cabins have a flight of stairs. If you have difficulty negotiating stairs, please let us know. You can request a particular type of lodging, but cabins require a minimum of five people.

Meals are served buffet style in our dining room overlooking Sunnen Lake. Vegetarian and gluten-free options are available.

For more information about our facility in general, go to ymcaoftheozarks.org. For more information on our women's programs, please visit our website at www.ymcaoftheozarks.org/stay/adults-programs/womens-programs.

AGE REQUIREMENT

This weekend is designed for women, and all participants must be at least 18 years old to register/participate.

REGISTRATION INFO.

Registration Fee

\$295 per person

Fee includes meals from Friday dinner to Sunday lunch, lodging, equipment use, instruction and special events. See pg .9 for additional lodging option. Some courses require an additional fee.

Registration deadline is Feb. 15, 2022

Registrations will be accepted after the deadline if space is available. After this deadline, please call before submitting your registration to determine availability.

Class changes will not be permitted after Feb. 28 and can be made upon arrival.

QUESTIONS

P 573 438 2154

E womens.wellness@gwrymca.org

HOW TO SEND IN YOUR REGISTRATION FORM

BY MAIL:

Women's Wellness
YMCA Trout Lodge
13528 State Highway AA
Potosi, MO 63664

BY FAX:

Women's Wellness 573-438-5752

BY E-MAIL:

womens.wellness@gwrymca.org



CLASS DESCRIPTIONS

A TASTE OF DUTCH OVEN COOKING
(Session 3) **OUTDOORS**

Learn the basics of Dutch oven cooking. Explore what can be made in this traditional oven over the fire or in the stove at home. In this demonstration, you will see how to make different types of dishes, regulate the heat over a fire, and eat some great food!

NEW! ALCOHOL INK DREAMCATCHER EARRINGS

(Sessions 3, 5, or 6)

\$18 - payable in Arts & Crafts

You'll begin with a blank pair of silver-colored dreamcatcher earrings, which are beautiful all on their own and apply the alcohol ink colors you love onto glass stones which sparkle in the light and on your ears! No one will believe you created these yourself. It's easy to do and lots of fun making them.

ALCOHOL INK PENDANT

(Sessions 1, 5, or 6)

\$10 - payable in Arts & Crafts

You choose, from start to finish. Pick from different necklaces and apply colors of your choice to a glass stone. Swirl it, dot it, stripes, whatever strikes your fancy. When you're done, it's permanently attached to the necklace and chain. These pendants are absolutely gorgeous as they sparkle - you'll get a lot of ohhs and ahhs over this project.

ALPINE TOWER

(Sessions 1 or 2)

OUTDOORS

Learn beginning climbing techniques as you climb and explore our 50-foot tower. You'll wear a harness & helmet and be held by a belay system for a safe & fun climb.

ARCHERY BASICS

(Sessions 1, 2, 4, 5 or 6)

OUTDOORS

Learn how to shoot with a bow. Your instructor will cover basic safety and shooting techniques, and then open the range for practicing.

ARCHERY TAG

(Session 3)

Archery Tag is played similar to Dodgeball with our bows and patented foam arrows. This exciting, action-packed game offers the ultimate family-friendly experience that engages everyone. Don't miss out on Tag - the game you never grow out of.

AXE THROWING

(Sessions 2, 4, 5 or 6)

OUTDOORS

Come try your hand at the new trending axe throwing at our axe throwing range. You will learn safety and technique, so no prior knowledge is needed.

NEW! BARN QUILT

(Sessions 5 or 6)

\$20 - payable to instructor at time of class We will provide everything you need to paint a small version (12x12inch) of a Decorative Barn Quilt. Great wall hanging, front door sign, or gift.

BASIC AUTO MAINTENANCE

(Session 3)

OUTDOORS

Learn all of the basics of auto maintenance that all women should know. In this class you will learn automotive essentials - how to check your oil, how to check a fuse panel, how to jump start a car. There will also be information given about how to create an emergency kit to keep in your car. Also, learn how to check tire pressure and tread.

BASIC WOOD WORKING

(Sessions 1 or 2)

\$10 - payable to instructor at time of class Learn how to operate a jig saw, chop saw and drillers, proper use of wood glue and fastening techniques. Choose to make a blue jay house or a garden tool box, then enjoy expert answers to questions about how to complete those little household projects that just don't ever seem to get done.

BELLY DANCING

(Sessions 3, 4, or 6)

Learn one of the most dynamic and diverse forms of dance while incorporating a variety of movement and styles.

BETTER BALANCE FOR FALL PREVENTION

(Session 5)

Learn ways to improve your balance so you can prevent debilitating falls and injuries. Identify hazards in the home that may contribute to falls and how to strengthen leg muscles.

CERAMICS

(Sessions 1, 2, 3, or 4)

\$ varies and payable in Arts & Crafts

We have a huge selection of ceramics - figurines, mugs, dishes, holiday items, light ups, banks, boxes, ornaments and so much more. Let your creative juices flow as you create your own ceramic piece to use or display. We also have specialty glazes that are simply brushed on, letting the kiln do all of the work. All ceramics must be fired overnight.

COLD SPRINGS HIKE

(Sessions 1 or 4)

OUTDOORS

Take a hike through the countryside and discover the natural beauty of the land. Find your way to Cold Spring and hear the history of the Trout Ponds that give the Lodge its name.

NEW! COMMUNICATE TO CONNECT

(Sessions 5 or 6)

In a world that seems more divided with each passing day, it can be difficult to create an atmosphere of safe communications, both personally and professionally. In this breakthrough session, participants will explore their individual communication styles, limitations, and strengths, while learning innovative ways to communicate with anyone and everyone safely. Come prepared to laugh, learn, and walk away ready to impact your world through safe communication skills while being genuine and setting healthy boundaries.

NEW! CROSSFIT

(Session 1 or 5)

Break a sweat with this high intensity strength and conditioning workout that is made up of functional movements at high intensity intervals!

NEW! DAYLILIES: NOT YOUR GRANDMA'S DITCH LILIES

(Session 1)

When you think of Daylilies, do you think of the orange ones you see on the side of the road? Or do you think of the yellow ones in landscaping? Well, there are over 80,000 varieties of daylilies of every color, size, and bloom time. In this session, we will cover what is a daylily, how to grow them, how to care for them, how to split them when they get too big, and how hybridizers create new varieties.



CLASS DESCRIPTIONS

NEW! DECORATIVE WINE BOX

(Session 4)

\$15- payable in Arts & Crafts

Standing at a glorious one foot tall with a removable lid and rope handle, apply metallic craft paper, of various designs that you'll mix and match, trim work, beads, bow and more. Make it for yourself or as a gift. It's also perfect as a stand alone decoration. You don't need any special skill. Just come ready to make it your own and have fun doing it. BYOB is OK with us!! After all, it's a wine box. What's the box without the wine?

NEW! DON'T BE DISSATISFIED

(Sessions 1 or 2)

Dissatisfaction is painful and difficult to identify and talk about. This session is a safe place to release some of that pressure and process some of the emotion and ruminating thoughts that stem from an undertone of dissatisfaction. There are very specific reasons that every one of us feel dissatisfied, and very strategic ways to address it. Come learn powerful tools to experience the peace and joy that accompany a satisfied mind.

NEW! DREAMCATCHER HORSESHOE WALL HANGING

(Session 6)

\$18- payable in Arts & Crafts

With a real horseshoe, adorn with copper wiring, draping glass beads, hanging stones and feathers, and even an alcohol ink pendant as your centerpiece. Top it off with leather roping to round out the southwest style flair of this unique piece.

DRIVING RANGE AT FOURCHE VALLEY GOLF CLUB

(Sessions 1, 2, 3, 4 or 5)

OUTDOORS

Additional Fee - payable at Fourche Valley

At Fourché, we offer zoysia tee boxes and mats for hitting areas, and a 6,000 square foot practice green. We know your game will reap great rewards from regular use of our practice facilities.

EDG-CLIF BREWERY TOUR

(Session 4)

\$10 - payable to Edg-Clif at time of tour

Take a tour and taste six on-site brewed beers from this local brewery. A shuttle leaving from the 4th Floor Lobby will take you to the brewery located just down Highway AA on a 550-acre private estate nestled in the Ozark Highland appellation.

EDG-CLIF WINERY TOUR

(Sessions 3 or 4)

\$10 - payable to Edg-Clif at time of tour

Take a private tour of Edg-Clif Farms and Vineyard. A shuttle leaving from the 4th Floor Lobby will take you to the vineyard located just down Highway AA on a 550-acre private estate nestled in the Ozark Highland appellation. Tour the vineyard then enjoy a private tasting.

EXTREME COUPONING

(Sessions 1 or 5)

Ever watched shows where a grocery bill totals hundreds of dollars but after discounts they pay little or nothing because of coupons? Or how about those who have mini grocery stores in their homes because of couponing. This class shows you how it's done.

NEW! FARMHOUSE WINDOW GRID/ WREATH PROJECT

(Session 4)

\$20 - payable to instructor at time of class

You'll be white washing a window grid and enhancing a wreath to attach. Creating a lovely farm house wreath decor!

NEW! FITNESS FUN - UNO STYLE

(Session 3)

Fitness can be fun when you combine exercise with the game of UNO. Exercises are tailored to your fitness level of intermediate, advanced or beginner. Work at your own pace. Take breaks as needed.

FREE TIME

(All Sessions)

Select this option if you'd prefer not to be scheduled for a class during one of the six class sessions.

GEOLOGY/LEAD MINE HIKE

(Sessions 1 or 6)

OUTDOORS

Explore different rocks of Missouri as you hike to the Lead Mines at Trout Lodge. You will dig for various stones as well as lead. You'll get plenty of exercise and take home a souvenir piece of Missouri stone

GLASS ETCHING

(Sessions 2 or 5)

\$ varies and payable in Arts & Crafts

You will learn the basics of glass etching while you make your own personalized art. Choose from a variety of glassware.

GOLF AT FOURCHE VALLEY GOLF CLUB

(Sessions 1, 2, 3, or 5)

OUTDOORS

Additional Fee - payable at Fourche Valley

Play 9 holes at our beautiful Fourche Valley Golf Course. Carts will be provided and clubs are available for rent.

GOURD BIRD HOUSE

(Sessions 1 or 2)

\$10 - payable to instructor at time of class

Attract wildlife to your yard with a bird house made from a gourd! A pre-cut dried gourd will be provided for you to decorate by wood-burning a simple design around the doorway, applying dye, and adding a handle and a coat of clear finish. Birds love to nest in this natural container.

GOURD EASTER EGGS

(Session 3)

\$2/egg or \$20/dozen - payable to instructor at time of class

The hard-shelled "egg gourd", grown by the instructor, is exactly the shape of a real egg, only harder and sturdier. You will use pastel-colored paint to decorate and personalize these gourds as re-usable Easter Eggs.

NEW! HEALING STONE PENDANT

(Session 1)

\$15 - payable to instructor at time of class

Create a one of a kind healing stone necklace. Whether you choose healing stones and crystals, natural stones or unique beads, you will find a fun and relaxing activity that will open your eyes to the inner artist that is in all of us.

NEW! HOOPS CLASS

(Sessions 2 or 3)

Have fun and burn calories while learning to hula hoop. No experience necessary. Hoops provided.

HORSEBACK RIDING

(Sessions 1, 2, 3, 4, 5 or 6)

OUTDOORS

Join our wranglers for a two-mile trail ride designed to show off our beautiful Ozarks foothills. Long pants & sturdy shoes required.

LANDSCAPING: A BEGINNER'S APPROACH

(Session 2)

Do you have an area of your yard that needs attention? Do you have a bare spot just begging for color? Learn how to create a plan for your landscaping and picking the right plants for the right place.

LET'S SING!

(Session 5)

Singing can lighten our load, express our feelings, build community, and lift our spirits. No music experience or talent is needed for this class, it is a casual sing-along and purely for fun! We will enjoy singing some of those folksy songs that everybody knows, and maybe learn a few new ones. Sometimes we'll sing along with the guitar, and sometimes we'll sing just use our voices. We'll also get a chance to sing some rounds, and add a little rhythm with shakers and drums.

MOSAICS

(Sessions 1 or 3)

\$ varies and payable in Arts & Crafts

Start with a base of your choice - ornament, trivet, various picture frames and more - and adhere tiles, stones, colored glass and more. Go abstract or create a specific design.

NATURE CENTER

(Sessions 4 or 6)

Join us for a hands-on experience with a collection of animals that hop, crawl, slither and meander.

CLASS DESCRIPTIONS

PAINT AND POUR

(Sessions 2 or 6)

\$22 - payable to instructor at time of class

Enjoy an instructor lead masterpiece painting! This will be your beautiful creation, while sipping a glass of wine or two or perhaps mimosas. Relax, have fun, let your personality shine through.

PAINTED WINE BOTTLE WITH LIGHTED CORK

(Sessions 1, 2, 3, 4, 5, or 6)

\$10 - payable to instructor at time of class

Paint, brushes, empty wine bottles, cork light and all other supplies. You will be given examples of designed to choose from and paint your own creation.

PICKLEBALL

(Sessions 2 or 4)

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Imagine a court like badminton, a net similar to tennis, and using a paddle much like table tennis. It's big fun and very popular.

PINES PEAK

(Sessions 3 or 4)

OUTDOORS

A vertical climbing wall for all experience levels!

PINES ZIP

(Sessions 5 or 6)

OUTDOORS

This 250-ft. zip line sends you flying back down to the ground.

POUR PAINTING

(Sessions 1 or 2)

\$15 for one, \$27 for two - payable in Arts & Crafts

It's the newest thing that is perfect for everyone, regardless of skill level. Using specially thinned paints, select your colors, pour on a canvas or record (or one of each), and through a series of movements, create a super-colorful abstract work of art that everyone will love - especially you. Can choose from a canvas or record, or one of each. Not to be confused with brush painting and wine, but BYOB is definitely OK with us. Must dry overnight and not recommended for those who are flying home.

PREPPING YOUR GARDEN FOR SPRING

(Session 3)

It's never too early to begin preparing your garden for spring. Whether you are planning a veggie garden, maintaining a landscape garden, or want to start a garden, winter is the best time to start planning.

RELAXATION SPA

(Sessions 5 or 6)

Enter a candlelit room enhanced with relaxing music, enjoy an exfoliating hand treatment, a moisturizing foot treatment using warm spa socks. Enjoy a shoulder massage, Deep breathing and deep relaxation. You will leave pampered and relaxed.

RIFLE BASICS

(Sessions 3 or 4)

OUTDOORS

Head out to the rifle range to learn more about .22 caliber rifles. You'll have the opportunity to handle, load, and shoot a rifle.

SELF DEFENSE

(Session 6)

Learn how to get out of bad situations. Tips on travel, home, and shopping safety, and hands on training based on your abilities to test your skills for doing the right thing as a bystander or as the intended target.

SHOTGUN BASICS

(Session 2)

OUTDOORS

Familiarize yourself with different parts of a shotgun, learn effective shooting skills, and practice shooting clay targets. We will cover basic concepts of firearm safety.

SQUARE FOOT GARDENING

(Session 5)

This fun class will teach you about the square foot gardening technique. These gardens are weed free and have adjustable heights. They are water friendly and require low maintenance. You will never have to till! Grow much more in less time.

STRENGTH/CARDIO CLASS

(Sessions 1 or 6)

A fun combination of strength and cardio!

SURVIVAL HIKE

(Sessions 2 or 4)

OUTDOORS

This is an exciting hike into the woods where you will learn basic survival skills. This includes shelter building, fire building, and more! Join us on this fun adventure and get in touch with the outdoor woman in you!

THE BS OF BETTER

(Sessions 3 or 4)

Most of us live under immense stress that is indicated by the language we use on a daily basis. This language represents underlying mindsets that are limiting instead of promoting us. This enlightening session will help participants identify their individual pressure-induced mindsets and create plans to reduce stress. If you ever feel overly stressed, overwhelmed with busyness, under appreciated, not good enough, or worrying excessively, this session is for you.

THE POWER OF PREVENTION

(Session 2)

Improve the quality and quality of life. Positive lifestyle modifications, changes and choices, to prevent, delay, manage and sometimes reverse chronic disease with diet and exercise. You can do what super healthy people do.

TREE OF LIFE PENDANT

(Session 2)

Create a unique Tree of Life Pendant with wire wrapping and natural stones. Whether you choose to create a pendant from healing stones, natural stones and crystals or create a family tree with birthstones, your inner artist will shine through. You are able to choose the level of detail and the colors that complement your one of a kind masterpiece.

WHISPERS OF THE PAST CEMETERY TOUR

(Sessions 2 or 5)

OUTDOORS

Take a short hike to explore, with an artist's heart and a historian's curiosity, distinguished Silvey Cemetery and Old Shirley Cemetery. Hear the stories of individuals and families who farmed the soil, mined the lead, logged the forest and operated the saw mill on this land that we call YMCA of the Ozarks. If you listen carefully, you may hear voices of the past whisper their secrets while two alumni regale you with the ghost stories that have been told through the years.

WINEOLOGY

(Sessions 3 or 4)

Learn about the art of mixing wine-cocktails, using different varieties of a dry and sweet Edg-Clif wines.

YOGA

(Session 4)

Yoga is an exercise that uses slow movements and stretching, and is good for flexibility, balance, relieving stress, and relaxing.

ZUMBA

(Sessions 2 or 6)

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.



ADDITIONAL DESCRIPTIONS

FRIDAY, FEBRUARY 25

5K RUN/WALK

(Friday 1 pm)

\$15 Up - payable with registration form

See last page of registration form for information on our 5K Run/Walk which benefits one of our special needs groups. Prizes include a free pre-registration for 2023!

OUTDOORS

MOONLIGHT SWING

(Fri. 6:15, 7:45, or 9:15 pm)

\$10 - payable with registration form

Swing in the traditional alpine style at night if you dare! Alpine Swing is a combination of a brief free fall and circular swing. You will be pulled up 30 ft. into the air, where you will begin your drop and swing.

OUTDOORS

STEPPING STONES

(Fri 3-5 pm or 6-8 pm)

\$15 - payable with registration form

Make your own garden décor using glass and concrete. (You may not need the entire time.)

Questions?

888-386-9622

womens.wellness@gwrymca.org

SATURDAY, FEBRUARY 26

EARLY MORNING YOGA

(Saturday at 7:30 am)

Yoga is an exercise that uses slow movements and stretching, and is good for flexibility, balance, relieving stress and relaxing. Start the day well! **Note: Please bring a yoga mat.**

SUNDAY, FEBRUARY 27

NATURE HIKE

OUTDOORS

(Sunday at 7:00 am)

For you early morning walkers - take in the clean, crisp morning air as you traverse our beautiful property (no matter what time of year), and take in all that nature has to offer.



CLASS SESSIONS

Please choose your top four class choices for each session by placing the number (located to the left of the class name) on the "Session Selection" portion of the registration form. Courses with an additional fee will say so in the description. Sometimes we have to cancel a course if the instructor unexpectedly cancels or enrollment is insufficient. If you've requested a course that has been canceled, we will assign you to your next available choice. Classes that are outdoors will say "OUTDOORS" next to the name in the description. These classes will not be canceled unless the weather conditions are severe. Arts & Crafts programs are introductory-level programs.

SESSION 1: Saturday, Feb. 26 (8:45-10:00 am)

CODE	CLASS NAME
AP1	Alcohol Ink Pendant
AT1	Alpine Tower
AR1	Archery Basics
WW1	Basic Wood Working
CE1	Ceramics
CS1	Cold Springs Hike
CF1	Crossfit
DL1	Daylilies: Not Your Grandma's Ditch Lilies
DD1	Don't Die Dissatisfied
DR1	Driving Range at Fourche Valley Golf Club
EC1	Extreme Couponing
FREE	Free Time
GE1	Geology/Lead Mine Hike
GO1	Golf at Fourche Valley Golf Club
GB1	Gourd Bird House
HS1	Healing Stone Pendant
HO1	Horseback Riding
MO1	Mosaics
PW1	Painted Wine Bottle with Lighted Cork
PP1	Pour Painting
SC1	Strength/Cardio Class

SESSION 2: Saturday, Feb. 26 (10:30-11:45 am)

CODE	CLASS NAME
AT2	Alpine Tower
AR2	Archery Basics
AX2	Axe Throwing
CE2	Ceramics
DD2	Don't Die Dissatisfied
DR2	Driving Range at Fourche Valley Golf Club
FREE	Free Time
GE1	Glass Etching
GO2	Golf at Fourche Valley Golf Club
GB2	Gourd Bird House
HP2	Hoops Class
HO2	Horseback Riding
LA2	Landscaping: A Beginner's Approach
PA2	Paint and Pour
PW2	Painted Wine Bottle with Lighted Cork
PI2	Pickleball
PP2	Pour Painting
SB2	Shotgun Basics
SH2	Survival Hike
PO2	The Power Of Prevention
TL2	Tree Of Life Pendant
WH2	Whispers of the Past Cemetery Tour
ZU2	Zumba

SESSION 3: Saturday, Feb. 26 (2:00-3:15 pm)

CODE	CLASS NAME	CODE	CLASS NAME
DO3	A Taste of Dutch Oven Cooking	GO3	Golf at Fourche Valley Golf Club
AD3	Alcohol Ink Dreamcatcher Earrings	GG3	Gourd Easter Eggs
AG3	Archery Tag	HP3	Hoops Class
BA3	Basic Auto Maintenance	HO3	Horseback Riding
WW3	Basic Wood Working	MO3	Mosaics
BD3	Belly Dancing	PW3	Painted Wine Bottle with Lighted Cork
CE3	Ceramics	PN3	Pines Peak
DR3	Driving Range at Fourche Valley Golf Club	PR3	Prepping Your Garden for Spring
WT3	Edg-Clif Winery Tour	RB3	Rifle Basics
FF3	Fitness Fun-UNO Style	BS3	The B Of Better
FREE	Free	WI3	Wineology

CLASS SESSIONS

SESSION 4: Saturday, Feb 26 (3:45-5:00 pm)

CODE	CLASS NAME	CODE	CLASS NAME
AR4	Archery Basics	HO4	Horseback Riding
AX4	Axe Throwing	NC4	Nature Center
BD4	Belly Dancing	PW4	Painted Wine Bottle with Lighted Cork
CE4	Ceramics	PI4	Pickleball
CS4	Cold Springs Hike	PN4	Pines Peak
DW4	Decorative Wine Box	RB4	Rifle Basics
DR4	Driving Range at Fourche Valley Golf Club	SH4	Survival Hike
BT4	Edg-Clif Brewery Tour	BS4	The BS Of Better
WT4	Edg-Clif Winery Tour	WI4	Wineology
FW4	Farmhouse Window Grid/Wreath Project	YO4	Yoga
FREE	Free		

SESSION 5: Sunday, Feb 27 (8:45-10:00 am)

CODE	CLASS NAME
AD5	Alcohol Ink Dreamcatcher Earrings
AP5	Alcohol Ink Pendant
AR5	Archery Basics
AX5	Axe Throwing
BQ5	Barn Quilt
BB5	Better Balance For Fall Prevention
CC5	Communicate To Connect
CF5	Crossfit
DR5	Driving Range at Fourche Valley Golf Club
EC5	Extreme Couponing
FREE	Free Time
GE5	Glass Etching
GO5	Golf at Fourche Valley Golf Club
HO5	Horseback Riding
LS5	Let's Sing!
PW5	Painted Wine Bottle with Lighted Cork
PZ5	Pines Zip
RS5	Relaxation Spa
SF5	Square Foot Gardening
WH5	Whispers of the Past Cemetery Tour

SESSION 6: Sunday, Feb 28 (10:30-11:45 am)

CODE	CLASS NAME
AD6	Alcohol Ink Dreamcatcher Earrings
AP6	Alcohol Ink Pendant
AR6	Archery Basics
AX6	Axe Throwing
BQ6	Barn Quilt
BD6	Belly Dancing
CC6	Communicate To Connect
DC6	Dreamcatcher Horseshoe Wall Hanging
FREE	Free Time
GE6	Geology/Lead Mine Hike
HO6	Horseback Riding
NC6	Nature Center
PA6	Paint and Pour
PW6	Painted Wine Bottle with Lighted Cork
PZ6	Pines Zip
RS6	Relaxation Spa
SD6	Self Defense
SC6	Strength/Cardio Class
ZU6	Zumba

2022 WOMEN'S WELLNESS REGISTRATION FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime phone: (____) _____ Evening or cell phone: (____) _____

E-mail address: _____

SESSION SELECTION

Please provide four different choices by placing the code corresponding to the course in the appropriate box below. See previous page for course numbers. Each participant must complete a registration form. You may photocopy the form for additional registrations.

If you have a class you absolutely don't want to miss, let us know. If you've requested it during a session that is full, we will make an effort to assign you to that class in an alternate time slot.

IMPORTANT: If you do not list four choices you will automatically be given Free Time if your chosen session is full. If all four are listed, we will ensure you get one of your four choices.

Session	1	2	3	4	5	6
1st choice						
2nd choice						
3rd choice						
4th choice						

OPTIONAL ACTIVITIES

Please check any additional optional activities in which you would like to participate. See page 5 for descriptions, and must be paid for at the time of registration. **Availability is on a first-come, first served basis, and cancellations must be made by February 1. After that date, there will be no refunds.**

— **Stepping Stone Sign-Up** (Friday, February 25) **Cost: \$15**

Yes, I would like to sign-up at: ___ 3:00 - 5:00 pm or ___ 6:00 - 8:00 pm

Feeling adventurous? Sign up for one of our Moonlight Swing sessions. Eight slots are available for each session. Choose your first three choices below, identifying the day and/or time of your choice.

Moonlight Swing Sign-Up (Friday, February 25) **Cost: \$10**

MOONLIGHT SWING Friday or Saturday nights at 6:15 pm, 7:45 pm and 9:15 pm

Choice	1st	2nd	3rd
Day			

2021 WOMEN'S WELLNESS REGISTRATION FORM

Name (last, first): _____

MASSAGES (Optional)

45-Minute Massage Sign-Up

Friday 4-10 pm; Saturday 8 am -12 pm, 1-5 pm, 6-10 pm; and Sunday 8-10 am

Massages start on the hour. Choose your first five choices below, identifying the day and one-hour block of your choice. Cost is \$45 CASH, payable to the massage therapist. Time slots that are not during class times fill up quickly, so please be sure to include times during which sessions are offered. Don't choose times during classes you absolutely don't want to miss! **Times are assigned on a first-come, first-served basis.**

Choice	1st	2nd	3rd	4th	5th	6th
Day						
Time						

MEAL SHIFT REQUEST

Times listed below indicate time you need to arrive for each meal. Meal Shift requests are not guaranteed. If your requested shift is full, we will assign you to the other shift. If you are coming with friends, we will try to assign everyone to the same mealtime.

- Meal Shift 1 (7:00 am breakfast; 11:45 am lunch; 5:00 pm dinner)
- Meal Shift 2 (7:30 am breakfast; 12:15 pm lunch; 5:30 pm dinner)
- Meal Shift 3 (8:00 am breakfast; 12:45 pm lunch; 6:00 pm dinner)

HOODIE (Optional - payable with registration only) Cannot be purchased at event

Yes, I would like to purchase a Women's Wellness hooded sweatshirt. Please choose size.

\$30 S M L XL **\$34** 2XL 3XL

FEES & ROOMMATES

The registration fee is \$295 per person. If you are coming alone and would like a room to yourself, the fee is \$500. You must send in this registration form and payment before we will reserve a room for you. The fees listed above do not include any activities which carry an additional charge.

Singles: You can reserve a single room for one person for \$500, or you can pay the \$295 registration fee if you agree to have a roommate assigned. If you agree to a roommate, you will not be in a room with more than one other person.

3-4 people: If you are coming with three to four people, you will be assigned to either a guest room with two queen-sized beds or to a loft suite with two queen-sized beds and either a couch or a rollaway bed.

5 or more people: If you are bringing five or more people as a group, we will assign you to a cabin if one is available. However, if all of our cabins are reserved by the time we receive your registration form, we will assign separate rooms in the Lodge. You can request to be split up into Guest Rooms in the Lodge if you prefer. It is helpful, but not required, for roommates to send in all of their registration forms together.

Please list the names of roommates (not including yourself), if any:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | |

2022 WOMEN'S WELLNESS REGISTRATION FORM

Name (last, first): _____

If you are paying for more than one person, please send in all registration forms together and list their names below.

1. _____ 2. _____

3. _____ 4. _____

PAYMENT METHOD

Registration Fee (\$295 per person or \$500 for a single room) \$ _____

Stepping Stones (optional) (\$15 per person): \$ _____

Moonlight SWING (optional) (\$10 per person): \$ _____

Hooded Sweatshirt (optional) (\$30-34 per person): \$ _____

TOTAL ENCLOSED: \$ _____

Check enclosed (payable to YMCA of the Ozarks)

Charge my credit card



PLEASE CALL TO PAY BY CREDIT CARD

573-438-2154

Mon-Fri 9am-3pm

CANCELLATION POLICY

If you cancel on or before February 1, 2022, a \$50 processing fee will be deducted from each registration fee, and the remainder of the fee will be returned to you. Registrants who do not attend and who do not cancel by February 1, 2022 will be responsible for the full program fee. I agree to accept the conditions set forth in the cancellation policy.

Signature (REQUIRED) _____

_____ Date

For Office Use Only

Date rec'd: _____

Check #: _____

Date Confirmation sent: _____

WOMEN'S WELLNESS WEEKEND

5K RUN/WALK REGISTRATION FORM



This year's Women's Wellness 5K Run/Walk will benefit the YMCA Annual Campaign targeting Camp Rainbow. Through the Annual Campaign, Camp Rainbow receives financial assistance making it possible for children with cancer and their families to have an educational and fun-filled weekend at YMCA Trout Lodge.

The race will take place during Women's Wellness Weekend on Friday, February 25 at 1 pm

Suggested donation of **\$15.00** per participant

Donors who give **\$100** or more will be entered into a drawing to receive a FREE Women's Wellness weekend registration good for February 2023.

All participants will be entered into a raffle for a chance to win a variety of prizes donated by the Annual Campaign and various vendors.

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone #: _____ Evening/Cell #: _____

Email Address: _____

Total Enclosed: \$ _____

Check enclosed (payable to YMCA of the Ozarks)

Charge my credit card    

PLEASE CALL TO PAY BY CREDIT CARD
573-438-2154
Mon-Fri 9am-3pm