



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2023 WOMEN'S WELLNESS WEEKEND

Registration Form
YMCA TROUT LODGE

February 24-26, 2023

888-386-9622

troutlodge.org

WORKSHOP SCHEDULE

Scheduled activities are subject to change

Friday, February 24

3-5 pm	Stepping Stones (Arts & Crafts)
3:30-10 pm	Check in at Trout Lodge
5-5:30 pm	Dinner - First Shift
5:30-6 pm	Dinner - Second Shift
6-6:30 pm	Dinner Third Shift
6-8 pm	Stepping Stones (Arts & Crafts)
7:15-9 pm	EVENING PROGRAM Minute to Win It! Location: Hillcrest

Saturday, February 25

7:30-8:30 am	Morning Yoga
7-7:30 am	Breakfast - First Shift
7:30-8 am	Breakfast - Second Shift
8-8:30 am	Breakfast - Third Shift
8:45-10 am	SESSION 1 (see registration form)
10:30-11:45 am	SESSION 2 (see registration form)
11:45-12:15 pm	Lunch - First Shift
12:15-12:45 pm	Lunch - Second Shift
12:45-1:15 pm	Lunch - Third Shift
2-3:15 pm	SESSION 3 (see registration form)
3:45-5 pm	SESSION 4 (see registration form)
5-5:30 pm	Dinner - First Shift
5:30-6 pm	Dinner - Second Shift
6-6:30 pm	Dinner - Third Shift
7:30-10:30 pm	EVENING PROGRAM

Sunday, February 26

7-7:45 am	Nature Hike
7-7:30 am	Breakfast - First Shift
7:30-8 am	Breakfast - Second Shift
8-8:30 am	Breakfast - Third Shift
8:45-10 am	SESSION 5 (see registration form)
10:30-11:45 am	SESSION 6 (see registration form)
11:45-12:15 pm	Lunch - First Shift
12:15-12:45 pm	Lunch - Second Shift
12:45-1:15 pm	Lunch - Third Shift

ADDITIONAL ACTIVITIES

Country Store: Gift items, snacks & drinks, YMCA apparel, toiletry items and more will be available.

Fitness Room: Open 24 hrs. a day

Hiking: A trail map is at the front desk for a self-guided hike.

Games: Equipment for games are available at the front desk, including mini-golf, tennis, frisbee golf and more.

45-Minute Massage, Tarot and/or Reiki Session: Sign up for a relaxing massage, tarot card reading or Reiki session on your registration form. To ensure that we are able to schedule your massage, please suggest five different time slots (see form for times available). 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.

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. Please contact us for any requests regarding accommodations.

FACILITY INFORMATION

The YMCA of the Ozarks is a modern facility with a variety of lodging, both in the lodge itself or in a private cabin. Some rooms and cabins have a flight of stairs. If you have difficulty navigating 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, please visit <https://gwrymca.org/locations/ymca-trout-lodge>.

RESTRICTIONS

We want you to have a wonderful experience here at YMCA of the Ozarks. Because we value your safety, we want you to be aware that there will be no consumption of alcoholic beverages anywhere on property **except in the confines of your room or cabin**. You are welcome to sign up for a winery tour during class sessions. Any purchases made there must remain in your room.

AGE REQUIREMENT

This weekend is designed for women, and all participants must be at least 18 years old to register/participate. Winery tours are age 21+.

REGISTRATION INFORMATION

Registration Fee: \$350 per person (\$600 for solo lodging)

Fee includes meals from Friday dinner to Sunday lunch, lodging, equipment use, no cost sessions and special events. Some courses require an additional fee and will be listed on the form.

Registration deadline: February 15, 2023

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

Class changes will not be permitted after February 15, but can be made upon arrival.

QUESTIONS?

Phone: 888-386-9622 E-mail: womens.wellness@gwrymca.org

SENDING IN REGISTRATION FORM

BY MAIL

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

BY FAX

573-438-5752

BY E-MAIL

womens.wellness@gwrymca.org

CLASS DESCRIPTIONS

ALCOHOL INK PENDANTS/EARRINGS

(Sessions 4, 5 or 6)

Prices vary - payable to Arts & Crafts at time of session

You choose, from start to finish. Select your pendant and/or earring shape, and apply ink colors to the glass gem. Swirl it, dot it, stripes, whatever strikes your fancy. When it's done it will be permanently attached to the necklace and chain and/or earring base. These are gloriously colorful. No one will believe you made it yourself. By Arts & Crafts Staff

ALCOHOL INK PLATES/GLASSWARE/ORNAMENTS

(Sessions 3 or 4)

Prices vary - payable to Arts & Crafts at time of session

Start with a clear glass plate, cup, vase, ornament, bottle or other item and add ink colors in any abstract design you want. The colors on the glass will create a stained glass effect. (Note: After applying inks, the items becomes decorative use only.) By Arts & Crafts Staff

ALPINE TOWER

(Sessions 1 or 2)

OUTDOORS

\$12 - charged to your room with credit card on file

Learn beginning climbing techniques as you climb and explore our 50-foot tower. You'll wear a harness and helmet, and be held by a belay system for a safe and fun climb. *Close-toed shoes required.* By YMCA Program Staff

ARCHERY BASICS

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

OUTDOORS

Learn how to shoot with a bow. Your instructor will cover basic safety and shooting techniques, and then will open the range for practicing. *Close-toed shoes required.* By YMCA Program Staff

ARCHERY TAG

(Session 6)

Archery tag is played similar to Dodgeball, with our bows and patented foam arrows. This exciting, action-packed game offers the ultimate experience that engages everyone. *Close-toed shoes required.* By YMCA Program Staff

AXE THROWING

(Sessions 1, 4, 5 or 6)

OUTDOORS

Come try your hand at the new trend - axe throwing at our axe throwing range. You will learn safety and technique, so no prior knowledge is needed. *Close-toed shoes required.* By YMCA Program Staff

BASIC AUTO MAINTENANCE

(Session 1, 2, 3 or 4)

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. *Close-toed shoes required.* By YMCA Maintenance Staff

BASIC WOODWORKING

(Session 1, 2, 3 or 4)

\$10 - charged to your room with credit card on file

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. *Close-toed shoes required.* By YMCA Maintenance Staff

BETTER BRA, FIT AND FASHION

(Session 2)

Over 85% of women are not wearing the right sized bra. Being in the right fit can make a difference in relieving back, neck and shoulder pain, with the added benefit of making your clothes look better. In this class, you will learn how to measure yourself for bra shopping, reasons why bras don't fit correctly, different styles for different body shapes and sizes, along with help to find your right fit. See the many different bra options and how to care for your bras. By Penny Buhr

BUNS & GUNS

(Sessions 1 or 5)

Buns & Guns is for upper and lower body cardio, strength and core! For all fitness levels. **Note: Please bring a mat.**

By Jennifer Brooks

CERAMICS

(Sessions 1, 2, 3)

Prices vary - payable to Arts & Crafts at time of session

We have a good selection of ceramic pieces - figurines, dishes, holiday items, banks, boxes and so much more. Spend time letting your creative juices flow. We also have specialty glazes that you simply brush on, letting the kiln do all of the work. Must be fired overnight. By Arts & Crafts Staff

COPPER STONE OR GLASS JEWELRY

(Session 6)

\$15 - charged to your room with credit card on file

Join us to create a beautiful pendant and earrings made from stained glass shapes or natural stones. Wrap your glass or stones in copper wire or foil and then create your own necklace to attach to your pendant. Earrings are on wire holders. By Elizabeth Baker

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 the yellow ones in landscaping? There are over 80,000 varieties of every color, size and bloom time. We will cover what is a daylily, how to grow and care for them, how to split them when they get too big, and how hybridizers create new varieties. By Laura Million

DYNAMIC STABILITY AND FALL PREVENTION

(Session 2 or 5)

More than 95% of hip fractures are caused by falls. Identify who is at risk and what hazards in your home may contribute to falls. Learn exercises that keep you mobile and strong so that you can live in your home as long as possible.

By Paula Klump

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. By Edg-Clif Winery

EDG-CLIF WINERY TOUR

(Session 2 or 3)

\$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. By Edg-Clif Winery

ELIXERS FOR VITALITY AND FUN

(Sessions 3 or 4)

\$10 - payable to instructor at time of class

Participants will learn ancient herbalism preparations to enhance everyday life. Celebrating life, wisdom and vitality at any age. We will go over some common herbs, probiotics and get right to work making a bottle of spirits to take home. By Colleen Rabbitt Smith

EXTREME COUPONING

(Sessions 3 or 4)

Ever watched shows where a grocery bill totals hundreds of dollars but after dollar but after discounts they pay little or nothing because of coupons? Learn how it's done! By Felicia Mitchel-Evans

CLASS DESCRIPTIONS

FIRED GLASS GARDEN ART

(Session 3)

\$15 - charged to your room with credit card on file

Come make one-of-a-kind garden stakes with colorful pieces of glass and your imagination. You will design three beautiful garden stakes to get you and your garden (or potted plant) ready for Spring. These are fired and picked up the next day. Examples and ideas will be available. By Elizabeth Baker

GEOLOGY/LEAD MINE HIKE

(Sessions 1 or 5)

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. *Close-toed shoes required.* By Steve "Big Dog" Schmic

GOURD BIRDHOUSE

(Sessions 1 or 2)

\$10 - payable to instructor at time of class

Attract wildlife to your yard with a birdhouse 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. By Gail Havens

HAMMERED NECKLACE AND EARRINGS

(Session 2)

\$15 - charged to your room with credit card on file

Create your own design or choose from pre-cut designs and hammer the design into a unique pattern. Be bold and colorful or sleek and simple. You are the artist. By Elizabeth Baker

HEALING STONE PENDANT

(Session 1)

\$15 - charged to your room with credit card on file

Create one of a kind healing stone necklace. Whether you choose healing stones and crystals, natural stones or unique beads, you will enjoy this relaxing activity. By Elizabeth Baker

HEALING WITH FOOD - NO MORE PRESCRIPTIONS

(Session 2, 4 or 5)

\$19 - payable to instructor at time of class

Participants will be provided nutritional information about the purpose of healthy food. You can reverse illnesses and ailments by consuming different types of fruits, vegetables and herbs. Your doctor will be amazed and congratulate you on your numbers. By LaTonya Neely

HORSEBACK RIDING

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

OUTDOORS

Join our wranglers for a two-mile trail ride designed to show off our beautiful Ozark foothills. **Long pants/sturdy shoes are required.** By Triangle Y Ranch Staff

HULA HOOPS

(Session 1, 4 or 6)

If you're looking for something new, or a challenge that will push your whole body, build a strong core, and increase mobility, then it's time to try hula hooping. It's a fun way to burn calories, improve your balance, strengthen your core, and boost your cardiovascular fitness. No experience necessary. Hoops provided. By Jill Woehrl

LANDSCAPING: A BEGINNER'S APPROACH

(Session 3)

Do you have an area of your yard that needs attention or a bare spot begging for color? Create a plan for your landscaping and picking the right plants for the right places. By Laura Million

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. Enjoy singing those folksy songs that you know, and maybe learn a few new ones. By Gail Havens

MOSAICS

(Session 3)

Prices vary - payable to Arts & Crafts at time of session

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. By Arts & Crafts Staff

NATURE HIKE

(Sessions 2 or 4)

OUTDOORS

Take in the clean, crisp air as you traverse our beautiful property and take in all that nature has to offer on this guided tour. *Close-toed shoes required.* By Steve "Big Dog" Schmic

PAINT AND POUR

(Sessions 1 or 5)

\$22 - payable to instructor at time of class

Enjoy an instructor-led masterpiece painting session. This will be your beautiful creation while sipping on a glass or two of wine or perhaps a mimosa. Relax, have fun and let your personality shine through. By Angel Schoenberger & Tammy Bess

PAINTED DOORMATS

(Sessions 2, 3, or 4)

\$30 - payable to instructor at time of class

In this class you will make your own personal door mat. You will have the option of one of six designs to choose from. They will be painted with outdoor paint so you can use it at your door to bring a little décor to your front porch. By Catrina Stecker and Vicki Rademacher

PAINTED WINE BOTTLE WITH LIGHTED CORK

(Sessions 1, 3 or 5)

\$10 - payable to instructor at time of class

We supply paint, brushes, empty wine bottles, cork light, decals and all other supplies. You will be shown examples of designs to choose from to paint your own creation. **\$5 for each additional bottle** By Donna Shinn

PHOTO SOS

(Sessions 3, 4, 5 or 6)

Do you struggle to find a specific photo or video among the masses? What happens to your stuff that's "in the cloud" when you die? Are your photos and videos stored "in the cloud" really private? Would you love to easily share full resolution photos with close friends and family? Do you have outdated media - VHS, slides, film reels) that you can no longer view and would like to have digitized to current file formats? You'll learn how to save, organize and share your photos by using 15 minutes a day to go from overwhelmed to organized. By Stephanie Bledsoe

PICKLEBALL

(Session 1-Beginner, 2-Intermediate or 5-Expert)

Pickleball is a paddle sport that combines elements of badminton, tennis and ping pong. Imagine a court like badminton, a net similar to tennis and using a paddle much like ping pong. It's big fun and very popular. By Andy & Debbie Schwartz

PILATES

(Session 2, 3 or 5)

Pilates is a full body-conditioning program focusing on the core and performed on a mat. Pilates improves strength, flexibility, balance, control and muscular symmetry. All levels welcome. Mats provided. By Jill Woehrl

POUR PAINTING

(Sessions 1 or 2)

Prices vary - payable to Arts & Crafts at time of session

It takes no skill, but the results are dramatic. Using thinned paints, pour colors over a canvas, record, wine glass, bottle or ornament and through a series of movements create a beautiful abstract piece of art. Must dry overnight and not recommended for anyone who is flying. By Arts & Crafts Staff

CLASS DESCRIPTIONS

PREPPING YOUR GARDEN FOR SPRING

(Session 6)

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. By Laura Million

R.A.I.S.E

(Sessions 2 or 6)

R.A.I.S.E stands for: reduce anger in a social environment. Felicia created a system that will enable participants to acknowledge how to respond and address adversity in a classroom setting or job capacity.

By Felicia Mitchel-Evans

RELAXATION SPA EXPERIENCE

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

\$5 - payable to instructor at time of class

Enter a candlelit room and receive a moisturizing foot treatment using warm spa socks, an exfoliating hand treatment, guided deep breathing, shoulder massage and aromatherapy using Indian peppermint. Participants will receive a gift valued at \$10+. By Elaine Hall and Alicia Engle

RIFLE BASICS- pre-req for Shotgun Basics

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

OUTDOORS

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

SAND CANDLES

(Sessions 5 or 6)

Prices vary - payable to Arts & Crafts at time of session

Using colored sand, create your own unique design and top it off with a layer of gel. Can also use shells and colored glass for an extra added effect. This class will not take the entire session. By Arts & Crafts Staff

SAND CLAY ART

(Session 4)

\$15 - charged to your room with credit card on file

This is a surprisingly therapeutic project! You choose a bag of sand with either fossils or stones, sit down with a cup of tea or coffee and let your cares fade away as you dig through your treasure bag. You then choose the project that best fits your style and sculpt your sand clay into a candle, candle holder, hand print plaque or other item, and finish the project by adding your stones or fossils. You will have a unique decoration for your home, garden or a memory gift. Project will be picked up the next day. By Elizabeth Baker

SHOTGUN BASICS- must complete Rifle Basics first

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

OUTDOORS

\$12 - charged to your room with credit card on file

Head out to the shotgun range to learn about shotguns. You'll have the opportunity to handle, load and shoot a shotgun. *Close-toed shoes required.* By Clarissa Smallcanyon

SURVIVAL HIKE

(Sessions 3 or 6)

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 in this adventure to get in touch with the outdoor woman in you! Will meet in 4th floor lobby and bus to starting point on YMCA property. *Close-toed shoes required.* By Steve "Big Dog" Schmich

T'AI CHI CH'UAN

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

\$15 - payable to instructor at time of class

T'ai Chi Ch'uan, sometimes called "shadowboxing" is an internal Chinese martial art practiced for defense training, health benefits and meditation. By Holly Ohmes

TREE OF LIFE SUN CATCHER

(Session 5)

\$15 - cash or charged to your room with credit card on file

This is a fun project where you work with metal and wire, and then add healing stones, beads or other mediums of your choice. By Elizabeth Baker

TOTAL BODY CONDITIONING

(Sessions 1 or 6)

\$5 - payable to instructor at time of class

Strength training, toning, and balance combined in 45 minutes. A head-to-toe workout is achieved through high repetition, using dumbbells and body weight. Inclusive to all levels of fitness, you will *leave feeling fierce.* By Tiffany Hall

ADDITIONAL DESCRIPTIONS (OPTIONAL)

Friday, February 24

STEPPING STONES (3-5 pm and 6-8 pm)

\$17 (payable in Arts & Crafts)

Make your own garden concrete stepping stone using colored glass and gems. Must dry for two days. By Arts & Crafts Staff

Saturday, February 25

EARLY MORNING YOGA (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. **Please bring yoga mat.** By Debbie Dudenhoeffer

Sunday, February 26

EARLY MORNING NATURE HIKE (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. By Program Staff

All Weekend

45-MIN. MASSAGE (See registration form to sign up)

Friday: 4, 6, 7, 8 pm

Saturday: 9, 10, 11 am; 1, 2, 3, 4 pm and 6, 7, 8 pm

Sunday: 9, 10 am

\$50 (cash only) payable to massage therapist

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.

40-MIN. REIKI SESSIONS (See registration form to sign up)

Friday: 4, 6, 7, 8 pm

Saturday: 9, 10, 11 am; 1, 2, 3, 4 pm and 6, 7, 8 pm

Sunday: 9, 10 am

\$75 (payable to practitioner)

Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving flow and balance of your energy to support healing. By Jennifer Faulkner

TAROT CARD READING (See registration form to sign up)

Friday: 4, 6, 7, 8 pm

Saturday: 9, 10, 11 am; 1, 2, 3, 4 pm and 6, 7, 8 pm

Sunday: 9, 10 am

\$50 (payable to reader)

Tarot reading is the practice of divining wisdom and guidance through a specific layout of Tarot cards, meant to provide insight into the innermost truths of your higher self. By Kristy Brown

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. Classes with an additional fee will say so in the description, as well as how it is paid. Sometimes, we have to cancel a course if the instructor unexpectedly cancels or enrollment is insufficient. If you have requested a course that has been canceled, we will assign you to your next available choice. Classes that are outdoors will say OUTDOORS in the description. These classes will not be canceled unless the weather conditions are severe. **\$=extra charge**

SESSION 1: Saturday, February 25 (8:45 10 am)

CODE	CLASS NAME
AL1	Alpine Tower \$
AB1	Archery Basics
AX1	Axe Throwing
BA1	Basic Auto Maintenance
BW1	Basic Woodworking \$
CE1	Ceramics \$
DL1	Daylilies: Not Your Grandma's Ditch Lilies
GL1	Geology/Lead Mine Hike
GB1	Gourd Birdhouse \$
HS1	Healing Stone Pendant \$
HR1	Horseback Riding
HH1	Hula Hoops
PP1	Paint And Pour \$
PW1	Painted Wine Bottle With Lighted Cork \$
PB1	Pickleball - Beginner
PP1	Pour Painting \$
RS1	Relaxation Spa Experience \$
RB1	Rifle Basics
SB1	Shotgun Basics \$
TC1	T'ai Chi Ch'uan \$
TB1	Total Body Conditioning \$

SESSION 2: Saturday, February 25 (10:30 11:45 am)

CODE	CLASS NAME
AL2	Alpine Tower \$
AB2	Archery Basics
BA2	Basic Auto Maintenance
BW2	Basic Woodworking \$
BB2	Better Bra, Fit & Fashion
CE2	Ceramics \$
DS2	Dynamic Stability and Fall Prevention
EW2	Edg-Clif Winery Tour \$
GB2	Gourd Birdhouse \$
HN2	Hammered Necklace and Earrings \$
HF2	Healing With Food - No More Prescriptions \$
HR2	Horseback Riding
NH2	Nature Hike
PD2	Painted Doormats \$
PB2	Pickleball - Intermediate
PI2	Pilates
PP2	Pour Painting \$
RA2	R.A.I.S.E
RS2	Relaxation Spa Experience \$
RB2	Rifle Basics
SB2	Shotgun Basics \$
TC2	T'ai Chi Ch'uan \$

SESSION 3: Saturday, February 25 (2 3:15 pm)

CODE	CLASS NAME
AP3	Alcohol Ink Plates/Glassware/Ornaments \$
AB3	Archery Basics
BA3	Basic Auto Maintenance
BW3	Basic Woodworking \$
CE3	Ceramics \$
EC3	Extreme Couponing
EW3	Edg-Clif Winery Tour \$
EV3	Elixers for Vitality and Fun \$
FG3	Fired Glass Garden Art \$
HR3	Horseback Riding
LA3	Landscaping: A Beginner's Approach
MO3	Mosaics \$
PD3	Painted Doormats \$
PW3	Painted Wine Bottle With Lighted Cork \$
PS3	Photo SOS
PI3	Pilates
RS3	Relaxation Spa Experience \$
RB3	Rifle Basics
SB3	Shotgun Basics \$
SH3	Survival Hike
TC3	T'ai Chi Ch'uan \$

SESSION 4: Saturday, February 25 (3:45 5 pm)

CODE	CLASS NAME
AI4	Alcohol Ink Pendants/Earrings \$
AP4	Alcohol Ink Plates/Glassware/Ornaments \$
AB4	Archery Basics
AX4	Axe Throwing
BA4	Basic Auto Maintenance
BW4	Basic Woodworking \$
EB4	Edg-Clif Brewery Tour \$
EV4	Elixers for Vitality and Fun \$
HF4	Healing With Food—No More Prescriptions \$
HR4	Horseback Riding
HH4	Hula Hoops
NH4	Nature Hike
PD4	Painted Doormats \$
PS4	Photo SOS
RS4	Relaxation Spa Experience \$
RB4	Rifle Basics
SC4	Sand Clay Art \$
SB4	Shotgun Basics \$
TC4	T'ai Chi Ch'uan \$

SESSION 5: Sunday, February 26 (8:45 10 am)

CODE	CLASS NAME
AI5	Alcohol Ink Pendants/Earrings \$
AX5	Axe Throwing
DS5	Dynamic Stability and Fall Prevention
GL5	Geology/Lead Mine Hike
HF5	Healing With Food—No More Prescriptions \$
HR5	Horseback Riding
LS5	Let's Sing
PP5	Paint And Pour \$
PW5	Painted Wine Bottle With Lighted Cork \$
PS5	Photo SOS
PB5	Pickleball - Expert
PI5	Pilates
RS5	Relaxation Spa Experience \$
RB5	Rifle Basics
SC5	Sand Candles \$
SB5	Shotgun Basics \$
TC5	T'ai Chi Ch'uan \$
TL5	Tree of Life Sun Catcher \$

SESSION 6: Sunday, February 26 (10:30 11:45 am)

CODE	CLASS NAME
AI6	Alcohol Ink Pendants/Earrings \$
AB6	Archery Basics
AT6	Archery Tag
AX6	Axe Throwing
CO6	Copper Stone or Glass Jewelry \$
HH6	Hula Hoops
PS6	Photo SOS
PY6	Prepping Your Garden For Spring
RS6	Relaxation Spa Experience \$
RB6	Rifle Basics
SC6	Sand Candles \$
SB6	Shotgun Basics \$
SH6	Survival Hike
TC6	T'ai Chi Ch'uan \$
TB6	Total Body Conditioning \$

2023 WOMEN'S WELLNESS REGISTRATION FORM

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (_____) _____ Cell Phone: (_____) _____

E-Mail Address: _____

SESSION SELECTION (Required)

Please provide four different choices for each session by placing the code (see previous page) corresponding to the course in the appropriate box below. 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 by circling that code. If you've requested it during a session that is full, we will make every effort to assign you to that class in an alternate time slot.

NOTE: 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 that you get one of your four choices.

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

MEAL SHIFT REQUEST (Required)

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 another shift. If you are coming with friends, we will try to assign everyone to the same mealtime. Your meal shift will remain the same throughout your stay.

___ **Meal Shift 1** (Breakfast: 7 am; Lunch 11:45 am; Dinner 5:00 pm)

___ **Meal Shift 2** (Breakfast: 7:30 am; Lunch 12:15 pm; Dinner 5:30 pm)

___ **Meal Shift 3** (Breakfast 8 am; Lunch 12:45 pm; Dinner 6 pm)

CHECK ADDITIONAL OPTIONAL ACTIVITIES IN WHICH YOU WOULD LIKE TO PARTICIPATE See page 5 for descriptions.

STEPPING STONES (Optional)

Cost: \$17 charged to room with credit card on file

___ **Stepping Stones 3-5 pm:** Friday, February 24 ___ **Stepping Stones 6-8 pm:** Friday, February 24

Note: If you decide after you arrive that you would like to do a stepping stone, simply go to Arts & Crafts to see if there is an open slot still available.

45-MIN. MASSAGE (Optional)

Friday: 4 pm and 6, 7, 8 pm; Saturday: 9, 10, 11 am; 1, 2, 3, 4 pm and 6, 7, 8 pm; Sunday: 9, 10 am

Massages start on the hour. Choose your six choices below, identifying the day and one-hour block of your choice. Don't list a time during a class you do not want to miss! **First-come, first-served.**

Cost: \$50 cash payable to massage therapist

Choice	1	2	3	4	5	6
Day						
Time						

40-MIN. REIKI SESSION (Optional)

Friday: 4 pm and 6, 7, 8 pm; Saturday: 9, 10, 11 am; 1, 2, 3, 4 pm and 6, 7, 8 pm; Sunday: 9, 10 am

Reiki sessions start on the hour. Choose your six choices below, identifying the day and one-hour block of your choice. Don't list a time during a class you do not want to miss! **First-come, first-served.**

Cost: \$75 cash payable to practitioner

Choice	1	2	3	4	5	6
Day						
Time						

TAROT CARD READING (Optional)

Friday: 4 pm and 6, 7, 8 pm; Saturday: 9, 10, 11 am; 1, 2, 3, 4 pm and 6, 7, 8 pm; Sunday: 9, 10 am

Tarot readings start on the hour. Choose your six choices below, identifying the day and one-hour block of your choice. Don't list a time during a class you do not want to miss! **First-come, first-served.**

Cost: \$50 cash payable to reader

Choice	1	2	3	4	5	6
Day						
Time						

HOODIE (Optional) Payable with registration only. **Cannot be purchased at event.**

____ Yes, I would like to purchase a women’s wellness hoodie. (Please mark size below)

\$40: ____ Small ____ Medium ____ Large ____ XL **\$45:** ____ 2XL ____ 3XL ____ 4XL

FEES & ROOMMATES

Sharing a room: Registration fee is \$350 per person.
Room to yourself: Registration fee is \$600 per person.

You must send in your completed registration form with payment before we can reserve a room for you. The fee listed above includes your lodging, buffet meals and all no charge activities/classes. It does not include any classes which carry an additional charge.

Singles: You can reserve a single room for one person for \$600, or you can pay the \$350 registration fee if you agree to have a roommate assigned (or you already have another person coming that will be rooming with you). If you agree to a roommate, you will not be in a room with more than one other person.

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

Five 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 (maximum is 10 people per cabin). If all cabins are already reserved by the time you submit your registration form and payment, 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. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | |

PAYMENT

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

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

Registration fee (\$350 per person or \$600 for a single room) \$ _____

Hoodie - optional (\$40 or \$45 per person based on size selected) \$ _____

Total Enclosed: \$ _____

____ **Check enclosed** (payable to YMCA of the Ozarks)

____ **Charge my credit/debit card.** Please call to pay by credit/debit card at 888-386-9622 Mon-Fri 9 am - 3 pm. We accept Visa, MasterCard, Discover and American Express. *(Reservation will not be made until you call in your card information AFTER submitting this registration form)*

CANCELLATION POLICY

If you cancel on or before February 1, 2023, 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, 2023 will be responsible for the full program fee. I agree to accept the conditions set forth in the cancellation policy.

Signature (Required)

Date