

## WORKSHOP SCHEDULE

Scheduled activities are subject to change

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### Friday, February 23

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3:30-10 pm	Check in at Trout Lodge
5-5:45 pm	Dinner - First Shift
5:45-6:30 pm	Dinner - Second Shift
5-7 pm	Stepping Stones (Arts & Crafts)
7:15-9 pm	<b>EVENING PROGRAM</b> <b>Minute to Win It!</b> <b>Location: Hillcrest</b>

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### Saturday, February 24

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7:30-8:15 am	Breakfast - First Shift
8:15-9 am	Breakfast - Second Shift
9-10:15 am	<b>SESSION 1</b>
10:45am-12 pm	<b>SESSION 2</b>
12-12:45 pm	Lunch - First Shift
12:45-1:30 pm	Lunch - Second Shift
2-3:15 pm	<b>SESSION 3</b>
3:45-5 pm	<b>SESSION 4</b>
5-5:45 pm	Dinner - First Shift
5:45-6:30 pm	Dinner - Second Shift
7:30-10:30 pm	<b>EVENING PROGRAM</b> <b>Music by: Phoenix Band</b>

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### Sunday, February 25

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7:30-8:15 am	Breakfast - First Shift
8:15-9 am	Breakfast - Second Shift
9-10:15 am	<b>SESSION 5</b>
10:45am-12 pm	<b>SESSION 6</b>
12-12:45 pm	Lunch - First Shift
12:45-12:30 pm	Lunch - Second Shift

## ADDITIONAL ACTIVITIES

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

**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 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 or the meeting room on Saturday**. 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: \$375 per person (\$625 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, 2024**

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](mailto: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](mailto:womens.wellness@gwrymca.org)

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## CLASS DESCRIPTIONS

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### ALPINE TOWER

(Sessions 1, 2, 5, or 6)

OUTDOORS

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. *Closed-toed shoes required.* By YMCA Program Staff

### BAMBI'S CRYSTAL CREATIONS

(Session 3, 4, 5 or 6)

**\$25 standard or \$35 deluxe- payable to instructor at time of class**

1 hour classes painting and decorating glass potion or moon water bottles with natural crystals. By Bambi Duncan

### BEGINNING BOOKBINDING

(Session 5 or 6)

Participants will create a simple, custom book they can use as a journal or simply jotting notes. A selection of materials will be provided to use in class along with examples of more advanced handmade books for inspiration. Participants can also take home reading materials with resources to learn about the history of bookmaking and how to get started trying more advanced techniques. By Wendi Corbin Reeder

### BETTER BALANCE FOR ACTIVE LIVING

(Session 3 or 4)

More than 95% of hip fractures are caused by falling sideways. Learn who is at risk and what hazards in your home may contribute to falls. Learn exercises to keep you mobile and strong so that you can live an active lifestyle with confidence! By Paula Klump

### BOARD GAME: PHOTOSYNTHESIS

(Session 6)

Learn to play Photosynthesis, a strategy board game for any nature lover. Plant and shape the everchanging forest as you cultivate your seeds and your strategy. Take trees through their life-cycle from seedling to full grown trees. Earn points as their leaves collect energy from the revolving sun's rays. By Susan Young

### CERAMICS

(Sessions 1, 2, 3, or 4)

**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

### DAYLILIES: NOT YOUR GRANDMA'S DITCH LILIES

(Session 3)

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

### DUTCH OVEN COOKING: HANDS ON

(Sessions 1 and 2)

Come experience the fun of cooking over the open fire as you take a given recipe and turn it into a delicious dish. Attendees will be guided through the creation of a dutch oven masterpiece by camp chef Mark Young. As a result of this extended class, you will go from the raw ingredients to a final dish and enjoy the fruits of your labor as the class breaks bread together. You will also learn the history of the dutch oven, how to care for them and what to look for when buying one. By Mark Young

### DUTCH OVEN COOKING: DEMONSTRATION

(Sessions 3 and 4 or 5 and 6)

Come learn the basics of dutch oven cooking. The joy of outdoor cooking at its finest. You will sample 4 different recipes, learn coal placement, the history of the dutch oven and what can be cooked in one. Also, we will discuss the care of these beasts and what to look for when buying one. By Mark Young

### EDG-CLIF BREWERY TOUR

(Session 4 — Starts at 3 pm)

**\$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 —leaves at 11 am and 1 pm)

**\$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

### GENTLE YOGA

(Sessions 4, 5 or 6)

**\$15 - payable to instructor at time of class**

Gentle yoga is a calming class with gentle breaths and a slow pace. We move out of a stress mode, release tension, and restore a sense of balance. By Holly Ohmes

### GEOLOGY/LEAD MINE HIKE

(Sessions 2 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 YMCA Staff

### 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 and Jeanne Stanley

### GROUP MEDITATION FOR RELAXATION & IMMUNE BOOST

(Sessions 1 or 5)

**\$20 - payable to instructor at time of class**

Group meditation session with gentle breathing exercises. It will be focusing on relaxation and boosting the immune system which we all can use at this time of year. By Jennifer Faulkner

### HEALING WITH HERBS: A MODERN APPLICATION OF TRADITIONAL FOLK MEDICINE

(Sessions 1, 2 or 3)

**\$10 - payable to instructor at time of class**

In this class participants will receive information on beneficial botanicals used by our ancestors as well as emerging scientific data that supports their use. Nancy will share the best practices for introducing herbs safely, as well as considerations when combining them with prescription medicines. Nancy will also share how the expansive knowledge of herbal remedies can be broken down for practical use by the average lay person. She offers tips for self study and area resources to learn even more. By Nancy Herold RN, BSN

### HISTORY HIKE

(Session 2)

Discover the rich history of the Sunnen Lake area as you hike through the beautiful hills of YMCA of the Ozarks. Immerse yourself in tales of the Native Americans who first called this valley home. Imagine the paths of the first European explorers who ventured this way. 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. By Lisa Franz and Susan Young

## CLASS DESCRIPTIONS

### HORSEBACK RIDING

(Sessions 2, 4, or 6)

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

### HORSEMANSHIP

(Sessions 1, 3 or 5)

Learn the basics of grooming and saddling a horse, put your skills to work and groom and saddle your new equine friend. Head to the arena for a basic arena riding lesson, learning the basics of controlling a horse in a group setting, to better prepare you for horseback riding out on the trail. **Long pants/sturdy shoes are required.** By Triangle Y Ranch Staff

### HOW TO MAKE YOUR OWN NATURAL, HERBAL HEALING SALVE

(Sessions 1 and 2 — double session)

Participants will learn the recipe to make their own natural, herbal healing salve — one we have made and sold for almost 20 years with thousands of favorable feedback and reports. Participants will be able to help prepare the salve and help pour into various containers. By Jack Greer and Cynthia Cook

### IRISES & HOSTAS

(Session 4)

Irises and Hostas are a staple in gardens since Grandma's day. Maybe Great-Grandma's day. Learn about the many varieties of each as well as how to take care of them. By Laura Million

### LANDSCAPING: A BEGINNER'S APPROACH

(Session 2)

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 3)

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

### LIGHTED PAINTED WINE BOTTLE WITH CORK

(Sessions 3)

**\$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. By Donna Shinn

### MIX IT UP

(Sessions 1 or 2)

This is a temp based total body conditioning/strength class focused on playing fun music and concentrating on the whole body and muscles using free weights and a mat. By Lisa Killoren

### MOSAICS

(Sessions 3, 5, or 6)

**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

### MYSTIC MAGIC MALLA

(Sessions 2 or 6)

**\$40 - payable to instructor at time of class**

Make your own pocket malla that can be worn three different ways! Necklace, anklet, or bracelet. Made with beautiful crystal beads. All you need to be able to do is tie a knot! By Kristy Brown

### NATURE HIKE

(Sessions 1 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 YMCA Staff

### NOURISH YOUR LIFE: A WELLNESS JOURNEY THROUGH FOOD MASTERCLASS 101

(Session 1 or 2)

**\$55 - payable to instructor at time of class**

Join our Comprehensive Health and Wellness Workshop for a holistic exploration of nutrition and lifestyle choices. In this interactive class, understanding the components and impact of the Standard American Diet (SAD), delving into the common dietary patterns and potential health implications. Explore the benefits and practical aspects of a plant-based diet, emphasizing the incorporation of nutrient-rich plant foods for optimal well-being. This dual-session to empower with knowledge and choices for a balanced and sustainable approach to better health. By LaTonya Neely and Zana Scott

### PAINTED ROCKS

(Sessions 1 or 5)

**\$4 per rock or \$10 for 3**

Painted rocks for decorative or garden. We have examples or you can use your imagination. Costs include: rocks, paints, brushes, paint pens, clear spray to seal it and with 3 or more includes a drawstring cloth bag. By Donna Shinn

### PINES ZIP

(Sessions 3 or 4)

Get in touch with your adventurous side! Pines Zip is a 35 foot tall zipline with a gravity break. Try something you've never tried before. **Close-toed shoes required.** By YMCA Staff

### POUR PAINTING

(Sessions 2 or 4)

**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

### THE POWER OF PREVENTION

(Sessions 5 or 6)

To promote wellness to improve the quality and quantity of life. You will gain positive lifestyle modifications, changes and choices to prevent, delay, manage and sometimes reverse chronic diseases with diet and exercise. By Jane Kaiser RN, BSN

### RESTORATIVE YOGA WITH ESSENTIAL OILS

(Session 3)

**\$10 - payable to instructor at time of class**

Unwind and rejuvenate with our Restorative Yoga class, where tranquility meets aromatherapy. This class is thoughtfully designed to guide you through a gentle yoga practice, focusing on deep relaxation and stress relief. By incorporating the healing power of essential oils, we enhance the restorative benefits, creating a sensory-rich experience for your mind and body. By Sandy Fenili

### 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 YMCA Staff

## T'AI CHI CH'UAN

(Sessions 1, 2, or 3)

### \$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

## TARGET SPORTS

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

Try your hand at a target sports! Here you will get the opportunity to participate in archery, axe throwing, air rifles, or slingshots. You never know, you may find a new sport to love! By YMCA Staff

## TEA, LETTING GO, AND ACTION VISION BOARD CLASS

(Sessions 5 or 6)

### \$20 – payable to instructor at time of class

The Gratitude Tea and Action Vision Board Class is designed to provide women with a transformative and empowering experience. Through gratitude, letting go rituals, essential oils, mirror painting and action-focused vision board creation, participants will leave with a sense of gratitude, empowerment, clarity on their goals and commitment to taking actionable steps toward their dreams. By Sandy Fenili and Cheryl Atkins

## TIE DYE

(Sessions 1, 5, or 6)

### Prices vary – payable to Arts & Crafts at time of session

Express your bright colorful self with a twist of tie dye! By Arts and crafts staff

## WINGSPAN FOR BEGINNERS

(Session 4)

Calling all bird enthusiasts! Learn to play the popular board game Wingspan! Designed and beautifully illustrated by women, Wingspan is published by Stonemeier Games based in St. Louis. Players compete to see who can build the healthiest wildlife preserve, scoring points for each bird and egg gathered. The characteristics of the birds in the game reflect the actual diet, habitat, nesting habits, and wingspan of each North American species, helping players gain deep insights into our fine feathered friends! By Lisa Franz and Susan Young

## WONDER WOMAN WORKOUT

(Sessions 5 or 6)

This is a 45 minute strength, cardio, and core. Options and levels for all! Please bring a mat. By Jennifer Brooks

## ZUMBA

(Sessions 1, 2, or 5)

a Latin-inspired dance workout that instructors say is primarily an aerobic workout — and it's all about having fun. Few exercise classes have had Zumba's staying power. This dance workout — which looks and sounds more like a dance party — remains a popular go-to for fitness-minded folks around the world. By Sarah Huck

## 40-MIN. REIKI SESSION (Sign up on Google Form)

Friday: 6, 7 and 8 pm

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

### \$75 (cash only) 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 CARDS (Sign up on Google Form)

Friday: 6, 7 and 8 pm

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

Sunday: 9 am

### \$30 (cash only) payable to practitioner

Sign up for a Reiki session on your registration form. To ensure that we are able to schedule your session, please suggest six different time slots. It may be necessary to schedule your session during a class session, so make sure you don't request a time during your favorite class.

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## ADDITIONAL DESCRIPTIONS (OPTIONAL)

### Friday, February 23

#### STEPPING STONES (5-7 pm)

##### \$25 (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

### All Weekend

#### 45-MIN. MASSAGE (Sign up on Google Form)

Friday: 4, 6, and 7 pm

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

Sunday: 9 and 10 am

##### \$60 (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.

## 2024 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: 7:30 am; Lunch 12:00 pm; Dinner 5:00 pm)

\_\_\_\_\_ **Meal Shift 2** (Breakfast: 8:15 am; Lunch 12:45 pm; Dinner 5:45 pm)

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

#### STEPPING STONES (Optional)

**Cost: \$25 charged to room with credit card on file**

\_\_\_\_\_ **Stepping Stones 5-7 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, 6, or 7 pm Saturday: 9, 10, 11 am; 1, 2, 3, 4 pm and 6 or 7 pm; Sunday: 8, 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: 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 CARDS SESSION (Optional)

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

Tarot Card 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: \$30 cash payable to practitioner**

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)

**\$35:** \_\_\_\_ Small \_\_\_\_ Medium \_\_\_\_ Large \_\_\_\_ XL

**\$40:** \_\_\_\_ 2XL \_\_\_\_ 3XL \_\_\_\_ 4XL

**FEES & ROOMMATES**

Sharing a room: Registration fee is \$375 per person.

Room to yourself: Registration fee is \$625 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 \$625, or you can pay the \$375 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. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_

**PAYMENT**

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. \_\_\_\_\_

Registration fee (\$375 per person or \$600 for a single room) \$ \_\_\_\_\_

Hoodie - optional (\$35 or \$40 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