



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOMEN'S WELLNESS WEEKEND

February 24-26, 2012

Women's Programs
YMCA TROUT LODGE

*A partnership with Siteman Cancer Center
at Barnes Jewish Hospital and
Washington University School of Medicine*

1-888-FUN-YMCA
www.troutlodge.org

Find us online!



WORKSHOP SCHEDULE

Scheduled activities are subject to change.

Friday, February 24

1:00 – 4:00 p.m.	Bluff Trail Ride <i>(see registration form for sign-up & cost)</i>
3:30 – 10:00 p.m.	Check-in at Trout Lodge
5:30 – 6:15 p.m.	Dinner – 1st shift
6:15 – 7:00 p.m.	Dinner – 2nd shift
6:00 – 8:00 p.m.	Stepping Stones <i>(see registration form for sign-up & cost)</i>
7:00 – 8:00 p.m.	Wellness Trivia
8:00 – 9:00 p.m.	Hypnotist
9:00 p.m.	Ghost Traveler Band

Saturday, February 25

7:00 – 7:45 a.m.	Hike – sign-up at check-in
7:45 – 8:30 a.m.	Early Morning Yoga – sign up at check-in
7:00 – 7:45 a.m.	Breakfast – 1st shift
7:45 – 8:30 a.m.	Breakfast – 2nd shift
8:45 – 10:00 a.m.	Session 1 – See registration form for courses scheduled this session
10:15 – 11:30 a.m.	Session 2 – See registration form for courses scheduled this session
11:45 a.m. – 12:30 p.m.	Lunch – 1st shift
12:30 – 1:15 p.m.	Lunch – 2nd shift
1:15 – 2:00 p.m.	Free Time
2:00 – 3:15 p.m.	Session 3 – See registration form for courses scheduled this session
3:30 – 4:45 p.m.	Session 4 – See registration form for courses scheduled this session
4:45 – 5:30 p.m.	Free Time
5:30 – 6:15 p.m.	Dinner – 1st shift
6:15 – 7:00 p.m.	Dinner – 2nd shift
7:30 – 9:00 p.m.	Wine Tasting & Our House Band
9:00 p.m.	The Mirage Band

Sunday, February 26

7:00 – 7:45 a.m.	Early Morning Yoga – sign up at check-in
7:45 – 8:30 a.m.	Hike – sign up at check-in
7:00 – 7:45 a.m.	Breakfast – 1st shift
7:45 – 8:30 a.m.	Breakfast – 2nd shift
8:45 – 10:00 a.m.	Session 5 – See registration form for courses scheduled this session
10:15 – 11:30 a.m.	Session 6 – See registration form for courses scheduled this session
11:45 am – 12:30 p.m.	Lunch – 1st shift
12:30 – 1:15 p.m.	Lunch – 2nd shift

SPECIAL NEEDS

We will make reasonable efforts to accommodate persons with special needs. Please include a letter with your registration form describing any special needs you have.

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 options are available.

AGE RESTRICTIONS

This weekend is designed for adults. Participants must be at least 18 years old to register.

REGISTRATION INFO

Registration fee is \$235 per person.

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

Registration deadline is February 1, 2012.

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 February 1, 2012.*

QUESTIONS?

Contact Stephanie Fridley

P 573 438 2154, ext. 223

E sfridley@ymcastlouis.org

YMCA Trout Lodge
13528 State Hwy AA
Potosi, MO 63664

www.ymcaoftheoark.org/womenswellness



CONNECTING LIFE AND SCIENCE

Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine

The Siteman Cancer Center is proud to partner with the YMCA Trout Lodge again for the Women's Wellness Weekend. We are excited to have experts in cancer prevention share healthy lifestyle tips and important cancer screening information with all the women participating in the weekend.

The Alvin J. Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine is an international leader in cancer treatment, research, prevention, education and community outreach. It is the only cancer center in Missouri and within a 240-mile radius of St. Louis to hold the prestigious Comprehensive Cancer Center designation from the National Cancer Institute and membership in the National Comprehensive Cancer Network. Parent institutions Barnes-Jewish Hospital and Washington University School of Medicine also are nationally recognized, with *U.S. News & World Report* magazine consistently ranking both among the best in the country.

Siteman offers the expertise of more than 350 Washington University research scientists and physicians who provide care for about 8,000 newly diagnosed cancer patients each year. A full range of advanced diagnostic and treatment services are available for patients with all types of cancer, many of them provided in a state-of-the-art outpatient facility that opened in 2001. Siteman also offers patients access to support services throughout their care. Satellite facilities are conveniently located near the campus of Barnes-Jewish West County Hospital in Creve Coeur and at Barnes-Jewish St. Peters Hospital in St. Charles County.

To learn more about the Siteman Cancer Center, call 800-600-3606 or visit www.siteman.wustl.edu.



COURSE DESCRIPTIONS

Classes with an asterisk () are held outdoors, so please dress appropriately! These classes will not be cancelled unless weather conditions are severe. Arts & Crafts programs are introductory-level programs. Some programs will be more challenging than others. The quality of the final arts & crafts project will vary based on skill level of participant.*

Aerobic Kickboxing (Sessions: 1 or 3)

Learn boxing, kickboxing and basic self-defense tactics while improving your strength, flexibility and endurance.

Alpine Swing* (Sessions: 3 or 4)

The swing is an exciting combination of a brief free fall and swing. You'll choose the height from which you'll swing—10 to 40 feet!

Alpine Tower* (Sessions: 1 or 2)

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.

Archery Basics* (Sessions: 1 or 2)

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

Beaded Jewelry (\$) (Sessions: 1 or 4)

Learn how to make your own beautiful beaded bracelet and earrings set! You will learn the basics of jewelry making and create your own bracelet and earring set. Cost is \$8.00 and is payable upon checkout.

Belly Dancing (Sessions: 2, 4 or 6)

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

Bluff Trail Ride* (\$) (Friday 1 pm)

Take a 2 1/2 - 3 hour horseback trail ride to the bluff overlooking Sunnen Lake. The cost is \$30; see the registration form for details.

Capoeira (Sessions: 3 or 4)

Test your body's skills with wonderful music and movements of Capoeira. Capoeira is a combination of dance and fight moves created in 16th century Brazil.

Ceramics (\$) (Session: 1)

We have a variety of ceramics ready to be painted and personalized. Use this studio time to paint your own work of art! Cost varies and is payable in Arts & Crafts.

Circuit Training (Sessions: 5 or 6)

Circuit training is a form of conditioning combining resistance training and high-intensity aerobics. Learn effective weight training techniques specifically designed for women in this fun circuit class.

NEW! Cold Springs Hike* (Sessions: 4, 5 or 6)

Join your guide for a hike starting at the trailhead in the lower guest parking lot. This two-mile hike, which winds through the winter forest and ends at the Trout Ponds, is a great way to clear your mind and get a little exercise! A shuttle will return you to Trout Lodge in time for your next class.

Copper Enameling (Parts 1 & 2) (\$) (Sessions: 3 & 5)

Learn basic techniques of copper enameling while completing a linked bracelet out of several separate enameled pieces. Cost is \$12 and is payable upon checkout.

Core Fusion (Sessions: 4, 5 or 6)

Strengthen your core with this exciting new class. You will be using different forms of strength exercises such as pilates, yoga, and weight training. Please bring your own set of weights to class. The weight of the dumbbells should be between 3-8 lbs depending on your current fitness level.

Creative Journaling (Sessions: 5 or 6)

Journaling is a relaxing way to make sense of your daily life, to preserve your memories, to explore your talents or to learn more about nature. Your instructor will teach you creative ways to make your journal more than just a bunch of words.

Digital Photography (Parts 1 & 2*) (Sessions: 1,2 or 3)

In part 1 learn how to make the most of using your digital camera to capture the special times in your life. Your instructor will focus on taking better photos by learning how to use the functions on your camera. Part 2 will take place outside the classroom to offer you a chance to use the skills you just learned. Bring your cameras to class and your camera manuals if you want to get the most out of the class; it may help if you have any questions specific to your camera. *You must take Part 1 to take Part 2, but you CAN take Part 1 and NOT take Part 2.*

Dutch-Oven Cooking (Parts 1 & 2*) (Sessions: 2 & 3)

Any meal is more exciting when you cook outside in a Dutch oven! This cast-iron cooking pot is as versatile as it is fun. Choose this course and discover a new way to cook many different kinds of dishes. Portions of this class are outdoors. *You must sign up for Part 1 and Part 2 to participate in this class.*

NEW! Eight Ways to Stay Healthy and Prevent Cancer (Sessions: 3 or 4)

When you know your risk, you can change your future. Join a Washington University Public Health Researcher as they explain eight healthy behaviors you can begin today to help prevent cancer tomorrow. You will find out how to discover your risk for certain types of cancer, get healthy recipe tips and learn about free health screenings that include colorectal cancer risk assessments, blood pressure screenings and disease risk assessments.

NEW! Financial Wellness (Sessions: 1 or 2)

Part of our new and improved financial series! Want to learn how to beef up your credit score and other smart tips to helping you become more financially strong? Check out our new class on Financial Wellness.

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.

Geocaching (Parts 1 & 2*) (Sessions: 3 and 4)

Geocaching is like modern treasure hunting. Learn how to use a GPS (Global Positioning System) and a map to locate "treasures" hidden around Trout Lodge. Part 2 is held outdoors. *You must take Part 1 to take Part 2, but you CAN take Part 1 and NOT take Part 2.*

NEW! Get Smart With Your Money (Sessions: 1 or 5)

Part of our new and improved financial series! Learn to avoid pitfalls that many woman make when choosing where to invest their money.

Glass Etching (\$) (Session: 2 or 6)

Your instructor will teach you the basics of glass etching while you make your own personalized wine glass. Cost is \$10.00 and is payable upon checkout.

Horseback Riding* (Sessions: 1, 2, 3, 4, 5 or 6)

Join our wranglers for a two-mile winter trail ride designed to show off our beautiful hardwood forest. Please dress appropriately because we will not cancel unless the trails are impassable.

NEW! Inner & Outer Beauty (Session: 6)

Taking the extra step in our outer beauty, gives us more confidence in our inner beauty. Learn basic makeup and style tips for the current trends, and simple things to amp up your look.

NEW! Knitting Basics (Parts 1 & 2) (\$) (Sessions: 3 & 4)

This class will give knitting beginners instructions on getting started on the right track. This includes a description of supplies, the differences in yarns and needles, finding the right patterns and other knitting resources on the internet. The second part to this class will be a hands-on instruction of techniques and yarn tensions, types of stitches, and following patterns. Two instructors will be present to give one-on-one help with class participants. Cost is \$10.00 for the two-part class and is payable upon checkout.

Know Your Numbers (Sessions: 1 or 4)

Join special guest RN, BSN Jane Kaiser to learn about your health. This class will give positive insight on blood pressure, body mass, self-care skills and more.

Laughter Yoga (Sessions: 3 or 4)

Experience laughter without depending on jokes or humor. Laughter has many benefits such as increased happiness hormones and endorphins to reduced stress and blood pressure.

Line Dancing (Sessions: 5 or 6)

If you've ever longed to step up and step out at one of those cowboy dance halls, here's your chance to learn a few of the basic moves.

Massage (\$) (see registration form)

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. The cost is \$45 for a 45-minute massage, payable directly to the massage therapist.

Meditation Techniques (Sessions: 5 or 6)

Meditation is more than just sitting quietly. Your instructor will help you learn how to achieve a maximum state of relaxation and enjoyment through meditative techniques.

Moonlight Zip* (\$) (see registration form)

Take a short walk in the woods, get clipped into the Zip by our staff, and take off running down a hill into the night until you feel your feet leave the ground! Love it?? Just your luck, we'll let you go twice more! Cost of session is \$10 for 3 zips.

Mosaics (\$) (Sessions: 1 or 4)

Learn how to make mosaics while you create your own home décor. Make a set of two coasters for your house while learning a new craft. Cost is \$10.00 payable upon checkout.

Music & Wine (Sessions: 2, 3, or 4)

Join Katie Gill from Peaceful Bend Winery to discover how music and ambiance can affect the way that wine tastes. It's sure to be an experience you'll never forget.

Nia (Sessions: 1, 5 or 6)

Nia is a softer, low-impact exercise technique focusing on functional and natural movements that provide comfort and protection to the joints and bones as well as cardiovascular conditioning. This class is all floor work and is designed for beginners.

Nutrition 101 (Sessions: 5 or 6)

Learn the fundamentals of everyday good nutrition and how you can make small changes to your everyday healthy lifestyle.

NEW! Paper Craft Gift Set (\$) (Sessions: 2 or 3)

Impress your friends while your instructor teaches you the basics of paper crafting! You will make your own adorable candy box with matching candy, a gift bag, and a gift greeting card. The Cost is \$10.00. The two sessions will be uniquely different if you would like to take both sessions.

Pilates (Sessions: 1, 2 or 3)

Learn the basics of pilates and strengthen your body in this class designed for beginners. This class is all floor work (we strongly recommend that you bring a mat), and requires a moderate level of fitness.

Reiki (Sessions: 5 or 6)

Learn about and experience this Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive.

Rifle Basics* (Sessions: 3 or 4)

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

Salsa Dancing (Sessions: 1 or 2)

Turn up the heat and learn this sensational dance. Get ready to move your hips and find out how fun this dance can be.

Shotgun Basics* (Parts 1 & 2) (Sessions: 1 & 2)

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. *You must sign up for Part 1 and Part 2 to participate in this class. Both sessions are outdoors.*

Skeet Shooting* (Parts 1 & 2) (Sessions: 5 & 6)

Take your shot at this challenging sportsman's game. Clay targets will cross in front of you sometimes two at a time! Make your best attempt as you move along eight stations and see what kind of score you can get. It is recommended that you attend the Shotgun Basics course prior to attending this session but not required. *You must sign up for Part 1 and Part 2 to participate in this class. Both sessions are held outside.*

NEW! Skin Care & Mini-Facials (Session: 5)

Get a personalized skin care analysis and learn tips for your specific skin type. Class will include learning to apply your own mini-facial that you can do at home!

NEW! Spa Set: Create Your Own (\$) (Session: 3)

Create your own spa set choose from a relaxing or invigorating set. The set includes body scrub, bath salt, body spray, and lotion or bath oil. Cost is \$12.00 and is payable at checkout.

Spice of Life: Herbs and Spices 101 (Sessions: 1, 2, 3 or 4)

Reinvent your life with the power of herbs and spices! Our special guest Steve Berkel will show you how herbs and spices can be used for more than just your everyday cooking.

Stepping Stones (\$) Friday night 6-8pm

Make your own garden décor using glass and concrete. Space is limited please see registration form to sign up. Cost is \$10.00, payable upon checkout. *(you may not need the entire 2 hours.)*

Summit High Ropes Course* (Parts 1 & 2) (Sessions: 1 & 2 or 3 & 4)

Find out how balanced your life is! You'll have a chance to explore the ropes and cables in our high ropes course while up to 40 feet in the air. End your session with an exciting 40-foot rappel to the ground. *You must sign up for Part 1 and Part 2 to participate in this class. Both sessions are held outside.*

Summit Zip Line* (Sessions: 5 or 6)

This zip line is high (35 feet), long (400 feet), and fast. Participants wear a harness and helmet and are held by a belay system (safety rope).

Tai Chi Chih (Sessions: 1, 2, 3 or 4)

Tai Chi Chih's purpose is to circulate and balance the chi of the body. During this class you'll learn about the history and philosophy of Tai Chi Chih as well as learn some basic movements. This class requires a low level of physical fitness.

Tie Dye (Sessions: 2 or 5)

Your instructor will show you how to do different tie-dye techniques while you make your own personalized tee shirt. Cost is \$10.00 payable upon checkout.

The Power of 10 (Sessions: 4, 5 or 6)

Join Angie Chadoir from the Wellness Now Center to learn how to use 10 power phrases to create leadership success in the home, workplace or the inner you.

Trap Shooting* (Parts 1 & 2) (Sessions: 3 & 4)

See how good your aim is as you take five shots at clay pigeons from each of the five trap stations. This challenging game is extremely fun! Attempt to shoot your personal best or make it a friendly competition. It is recommended that you attend the Shotgun Basics course prior to attending this session but not required. *You must sign up for both Part 1 and Part 2 to participate in this class. Both sessions are held outside.*

Travel Tips for Women (Session: 6)

You need to do more than just pack to be well prepared for a trip. Learn how to present yourself in unfamiliar places to keep you safe from situations around you.

NEW! Winery Tour (\$) (Sessions: 2, 3 or 4)

Take a private tour of Edg-Clif Farms and Vineyard. A shuttle will take you to the vineyard located just down Highway AA on a 550-acre private estate nestled in the Ozark Highland Appellation. Take a tour of the vineyard then enjoy a private tasting. Cost is \$10.00, payable directly to Edg-Clif at the time of the tour.

NEW! Women of the Bible (Sessions: 1 or 2)

Work on your spiritual wellness with this Bible Study focused on the Women of the Bible.

NEW! Yoga (Sessions: 5 or 6)

Yoga is a physical, mental, and spiritual discipline, originating in ancient India, whose goal is the attainment of a state of perfect spiritual insight and tranquility.

NEW! Zumba (Sessions: 1, 3 or 5)

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

ADDITIONAL ACTIVITIES

Arts & Crafts

Create your own work of art! Projects include candles, spa baskets, plaster, ceramics, beaded jewelry, floral and more. Costs range from \$1 to \$20. Please note that Arts & Crafts will be closed while classes are in session.

Friday	3:30 p.m. - 8:00 p.m.
Saturday	11:45 a.m. - 2:00 p.m. 4:45 p.m. - 8:00 p.m.
Sunday	11:45 a.m. - 2:00 p.m.

Country Store

Gift items, snacks, drinks, YMCA apparel and Women's Wellness souvenirs will be available at the Country Store.

Friday	9:00 a.m. - 9:00 p.m.
Saturday	8:00 a.m. - 9:00 p.m.
Sunday	8:00 a.m. - 5:00 p.m.

Facility Tours

Guided tours of the facility will be available at 1:15 p.m. and 4:50 p.m. on Saturday.

Fitness Room

The fitness room will be open during times when classes are not in session.

Hiking

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

Hawkins Pavilion

Bicycles, volleyballs, tennis equipment, and bocce ball sets will be available from 11:45 a.m. to 2:00 p.m. on Saturday and Sunday.

Mini-Golf, Horseshoes & Shuffleboard

Equipment for these popular games are available at the Country Store.

COURSE REGISTRATION

Please choose your top four class choices for each session. Most courses with two parts require that you sign up for both in order to participate. Courses with a "\$" require an additional fee. See course descriptions for details on these special requirements.

Course cancellations & changes: 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 cancelled, we will assign you to your next available choice.

Classes with an asterisk () are held outdoors, so please dress warmly! These classes will not be cancelled unless the weather conditions are severe. Arts & Crafts programs are introductory-level programs. Some programs will be more challenging than others. The quality of the final arts & crafts project will vary based on skill level of participant.*

Session 1

Sat., Feb. 25 (8:45 - 10:00 a.m.)

CODE: PROGRAM NAME:

AK1 Aerobic Kickboxing
AT1 Alpine Tower*
AB1 Archery Basics*
BJ1 Beaded Jewelry (\$)
CR1 Ceramics (\$)
DP1 Digital Photography (Part 1)
FW1 Financial Wellness
FT1 Free Time
GS1 Get Smart With Your Money
HR1 Horseback Riding*
KN1 Know Your Numbers
MO1 Mosaics (\$)
NI1 Nia
PI1 Pilates
SD1 Salsa Dancing
SB1 Shotgun Basics* (Part 1)
SL1 Spice of Life: Herbs & Spices 101
SM1 Summit High Ropes Course* (Part 1)
TC1 Tai Chi Chih
WB1 Women of the Bible
ZM1 Zumba

Session 2

Sat., Feb. 25 (10:15 - 11:30 a.m.)

CODE: PROGRAM NAME:

AT2 Alpine Tower*
AB2 Archery Basics*
BD2 Belly Dancing
DP2 Digital Photography* (Part 1)
DO2 Dutch Oven Cooking (Part 1)
FW2 Financial Wellness
FT2 Free Time
GE2 Glass Etching (\$)
HR2 Horseback Riding*
MW2 Music & Wine
PC2 Paper Craft Gift Set (\$)
PI2 Pilates
SD2 Salsa Dancing
SB2 Shotgun Basics* (Part 2)
SL2 Spice of Life: Herbs & Spices 101
SM2 Summit High Ropes Course* (Part 2)
TC2 Tai Chi Chih
TD2 Tie Dye (\$)
WT2 Winery Tour* (\$)
WB2 Women of the Bible

Session 3

Sat., Feb. 25 (2:00 - 3:15 p.m.)

CODE: PROGRAM NAME:

AK3 Aerobic Kickboxing
AS3 Alpine Swing*
CP3 Capoeira
CE3 Copper Enameling (Part 1) (\$)
DP3 Digital Photography* (Part 2)
DO3 Dutch Oven Cooking (Part 2)
EW3 Eight Ways
FT3 Free Time
GC3 Geocaching* (Part 1)
HR3 Horseback Riding*
KT3 Knitting Basics (Part 1) (\$)
LY3 Laughter Yoga
MW3 Music & Wine
PC3 Paper Craft Gift Set (\$)
PI3 Pilates
RB3 Rifle Basics*
SL3 Spice of Life: Herbs & Spices 101
SS3 Spa Set: Create Your Own (\$)
SM3 Summit High Ropes Course* (Part 1)
TC3 Tai Chi Chih
TS3 Trap Shooting* (Part 1)
WT3 Winery Tour* (\$)
ZM3 Zumba

Session 4

Sat., Feb. 25 (3:30 - 4:45 p.m.)

CODE: PROGRAM NAME:

AS4 Alpine Swing*
BJ4 Beaded Jewelry (\$)
BD4 Belly Dancing
CP4 Capoeira
CS4 Cold Springs Hike*
CF4 Core Fusion
EW4 Eight Ways
FT4 Free Time
GC4 Geocaching* (Part 2)
HR4 Horseback Riding*
KT4 Knitting Basics (Part 2) (\$)
KN4 Know Your Numbers
LY4 Laughter Yoga
MO4 Mosaics (\$)
MW4 Music & Wine
RB4 Rifle Basics*
SL4 Spice of Life: Herbs & Spices 101
SM4 Summit High Ropes Course* (Part 2)
TC4 Tai Chi Chih
PT4 The Power of 10
TS4 Trap Shooting* (Part 2)
WT4 Winery Tour* (\$)

Session 5

Sun., Feb. 26 (8:45 - 10:00 a.m.)

CODE: PROGRAM NAME:

CT5 Circuit Training
CS5 Cold Springs Hike*
CE5 Copper Enameling (Part 2) (\$)
CF5 Core Fusion
CJ5 Creative Journaling
FT5 Free Time
GS5 Get Smart With Your Money
HR5 Horseback Riding*
LD5 Line Dancing
MT5 Meditation Techniques
NI5 Nia
NT5 Nutrition 101
RK5 Reiki
SK5 Skeet Shooting* (Part 1)
SC5 Skin Care & Mini-Facials
SZ5 Summit Zip Line*
PT5 The Power of 10
TD5 Tie Dye (\$)
YG5 Yoga
ZM5 Zumba

Session 6

Sun., Feb. 25 (10:15 - 11:30 a.m.)

CODE: PROGRAM NAME:

BD6 Belly Dancing
CT6 Circuit Training
CS6 Cold Springs Hike*
CF6 Core Fusion
CJ6 Creative Journaling
FT6 Free Time
GE6 Glass Etching (\$)
HR6 Horseback Riding*
IO6 Inner & Outer Beauty
LD6 Line Dancing
MT6 Meditation Techniques
NI6 Nia
NT6 Nutrition 101
RK6 Reiki
SK6 Skeet Shooting* (Part 2)
SZ6 Summit Zip Line*
PT6 The Power of 10
TT6 Travel Tips for Women
YG6 Yoga

2012 WOMEN'S WELLNESS REGISTRATION FORM

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

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

E-mail address: _____

If you would like to take a 2 1/2 - 3 hour horseback trail ride for an additional \$30, please check the box below. Cancellations must be made prior to February 1. No refunds after February 1.

Friday Bluff Ride, Feb. 24 at 1:00 p.m.

Would you like to purchase a Women's Wellness hooded sweatshirt for \$28? yes no

If yes, please choose one of the following sizes: S M L XL 2XL

Registration Fee

The registration fee is \$235 per person. If you are coming alone and would like a room to yourself, the fee is \$470. You must send in a registration form and payment before we will reserve a room for you.

Roommate Information

- **Singles:** You can reserve a single room for one person for \$470, or you can pay the \$235 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, if any:**

1. _____ 2. _____ 3. _____ 4. _____

Payment Method

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 (\$235 per person or \$470 for a single room) \$ _____





Friday Bluff Ride (optional) (\$30 per person): \$ _____

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

Hooded Sweatshirt (optional) (\$28 per person): \$ _____

YMCA Member?: Yes (if yes, include copy of membership card)
 No (if no, add \$10 temporary membership fee) \$ _____

TOTAL ENCLOSED: \$ _____

Check enclosed (payable to YMCA of the Ozarks) Charge my credit card    

CC #: _____ Exp. Date: _____ Signature: _____

Cancellation Policy

If you cancel on or before February 1, 2012, 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, 2012 will be responsible for the full program fee.

I agree to accept the conditions set forth in the cancellation policy. (signature required)

Signature _____

Date _____

Not done yet! Turn page for more...



Name (last, first): _____

Session Registration

- 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.
- 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						

Stepping Stones Sign-Up

Yes, I would like to sign-up for Stepping Stones. Cost is \$10.00 payable upon check out.

Massage Sign-Up

45-minute massages are offered on Friday from 4-10 p.m.; Saturday from 8 a.m. - 12 p.m., 1-5 p.m., and 6-10 p.m.; and Sunday from 8-10 a.m. Massages start on the hour. Choose your first five choices below, identifying the day, date and one-hour block of your choice. Cost of session is \$45 payable to the massage therapist at the end of your massage.

Times are assigned on a first-come, first-served basis.

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!

	1st choice	2nd choice	3rd choice	4th choice	5th choice
Day					
Date					
Time (1-hour block)					

Moonlight Zip Sign-Up

Feeling adventurous? Moonlight Zip sessions are offered on Friday and Saturday night at 6:15 p.m., 7:45 p.m. and 9:15 p.m. Twelve slots are available for each session. Choose your first five choices below, identifying the day and time of your choice. Cost of session is \$10 (see Payment Method section). Cancellations must be made prior to February 1. No refunds after February 1.

Times are assigned on a first-come, first-served basis.

	1st choice	2nd choice	3rd choice	4th choice	5th choice
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 a.m. breakfast - 11:45 a.m. lunch - 5:30 p.m. dinner)

Meal Shift 2 (7:45 a.m. breakfast - 12:30 p.m. lunch - 6:15 p.m. dinner)

For Office Use Only

Date received: _____ Confirmation Sent: _____ Check #: _____