



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOMEN'S WELLNESS WEEKEND 2018

Registration Form
YMCA TROUT LODGE
April 13-15, 2018

888-FUN-YMCA
www.troutlodge.org

Find us online!



WORKSHOP SCHEDULE

Scheduled activities are subject to change.

Friday, April 13, 2018

1:00 pm	5K Run/Walk (back pg)
1:00-4:00 pm	Bluff Trail Ride (pg 5)
3:00-5:00 pm	Stepping Stones (pg 5)
3:30-10:00 pm	Check-in at Trout Lodge
5:15-6:00 pm	Dinner - 1st shift
6:00-6:45 pm	Dinner - 2nd shift
6:00-9:00 pm	Stepping Stones (pg 5)
6:15 pm	Moonlight Zip (pg 5)
7:00-9:00 pm	Evening Program COSMIC BINGO
7:45 pm	Moonlight Zip (pg 5)
9:15-10:00 pm	Evening Yoga
9:15 pm	Moonlight Zip (pg 5)

Saturday, April 14, 2018

7:00-7:45 am	Nature Hike
7:30-8:30 am	Morning Yoga (pg 5)
7:00-7:45 am	Breakfast - 1st shift
7:45-8:30 am	Breakfast - 2nd shift
8:45-10:00 am	Session 1 (see reg. form)
10:30-11:45 am	Session 2 (see reg. Form)
12:00-12:45 pm	Lunch - 1st shift
12:45-1:30 pm	Lunch - 2nd shift
2:00-3:15 pm	Session 3 (see reg. form)
3:45-5:00 pm	Session 4 (see reg. form)
5:15-6:00 pm	Dinner - 1st shift
6:00-6:45 pm	Dinner - 2nd shift
6:15 pm	Moonlight Zip (pg 5)
6:30-8 pm	Breathform Yoga Work- shop (pg. 9)
6:15 pm	Moonlight Swing (pg 5)
7:30-10:30 pm	Evening Program THE MIRAGE BAND & WINE TASTING
7:45 pm	Moonlight Zip (pg 5)
7:45 pm	Moonlight Swing (pg 5)
9:15 pm	Moonlight Zip (pg 5)
9:15 pm	Moonlight Swing (pg 5)

Sunday, April 15, 2018

7:00-7:45 am	Nature Hike
7:30-8:30 am	Early Morning Yoga
7:00-7:45 am	Breakfast - 1st shift
7:45 - 8:30 am	Breakfast - 2nd shift
8:45-10:00 am	Session 5 (see reg. form)
10:30-11:45 am	Session 6 (see reg. form)
12:00-12:45 pm	Lunch - 1st shift
12:45-1:30 pm	Lunch - 2nd shift

ADDITIONAL ACTIVITIES

Arts & Crafts: Create a work of art! Projects include candles, spa baskets, plaster, ceramics, floral and more. Cost varies and is open during non-class hours.

Country Store: Gift items, snacks/drinks, YMCA apparel and Women's Wellness items will be available.

Fitness Room: Will be open during non-class hours.

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

Hawkins Pavilion: Equipment for games are available here: 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 payable to massage therapist - see page 8**

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 Ashley Lanier 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.

REGISTRATION INFO.

Registration Fee

\$265 per person (Y member)

\$275 per person (non Y member)

Fee includes meals from Friday dinner to Sunday lunch, lodging, equipment use, instruction and special events. See pg .13 for additional lodging option. Some courses require an additional fee.

Registration deadline is March 23, 2018

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 March 23, 2018.

QUESTIONS

Contact Ashley Lanier

P 573 438 2154, ext. 223

E ashley.lanier@gwrymca.org

HOW TO SEND IN YOUR REGISTRATION FORM

BY MAIL:

Ashley Lanier
YMCA Trout Lodge
13528 State Highway AA
Potosi, MO 63664

BY FAX:

Ashley Lanier 573-438-5752

BY E-MAIL:

ashley.lanier@gwrymca.org



..... CLASS DESCRIPTIONS

Attention Ladies: Women's Wellness is for you! Trust your intuition when designing your retreat! Please note that we play outside rain or shine, so come prepared for your activities! Flashlights for night hikes, trekking poles for nature hikes, sturdy shoes as needed, and yoga mats for movement classes are a great idea. We can't wait to see you. -Ashley Lanier

AEROBICS

(Session 3 or 5)

Get your heart pumping and your body moving with low impact aerobics. Easy for all levels.

ALCOHOL INK COASTERS

(Session 2, 4 or 5)

\$16 - payable with registration form

Create beautiful works of art on coasters using alcohol ink. Max 12 people in each class.

ALPINE TOWER

(Session 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.

APPRECIATION YOGA

(Session 4 or 6)

NEW! Cultivate feelings of gratitude in this uplifting yoga practice. Gratitude is a powerful life-changing emotion. In this yoga sequence, we will meditate to create appreciation for our lives while performing a series of gratitude themed yoga poses. Love donations only.

ARCHERY BASICS

(Session 1 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 3-4 or 5-6) **TWO SESSIONS**

\$15 - payable to instructor at time of class

Archery Tag is played similar to Dodgeball with our bows and patented foam-tipped 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 outgrow!

BASEBALL WREATH

(Session 1 or 4)

\$21 - payable to instructor at time of class

NEW! Hey baseball lovers, this is a fun wreath project for your front door. Create an adorable decor to welcome summer and America's favorite sport: BASEBALL!

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 WOODWORKING

(Session 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.

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BELLY DANCING

(Sessions 1, 4 or 5)

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

BIRD WATCHING

(Session 1 or 5) **OUTDOORS**

Join a wonderful outdoor bird watching experience with Pat Lueders of the St. Louis Audubon Society. SLAS was started in 1916 as the St. Louis Bird Club. In 1944, it became the first local Audubon chapter in the US. Today, the chapter consists of nearly 3,000 members across metro region that includes 11 counties in MO & IL.

BOOK FOLDING

(Session 3 or 4)

If you've ever seen books with the pages folded into the shape of words and wondered how the heck it's done, here's your chance to learn! Learn how to create your own folded book art. It's such a fun way of re-using old books and give them another purpose. Basic patterns will be taught. Love donation only.

BOOT CAMP

(Session 1 or 2)

Get your heart pumping with this HIGH INTENSITY workout!

BREATH DYNAMICS FOR HEALTH & LONGEVITY

(Session 3 or 6)

NEW! Learn from a Certified Breathwork Instructor a series of breathing exercises you can do every day that will radically increase blood flow to tissues and cells in your body. This dynamic exercise session will teach several distinct techniques. This class is sponsored by the The Healing Arts Center in St. Louis, MO.

CANOEING

(Session 4)

NEW! Enjoy a brief lesson on how to steer, and head out onto Sunnen Lake for beautiful views and a relaxing time. (Weather permitting)

CERAMICS

(Session 1, 2, 3 or 4)

\$ varies and payable in Arts & Crafts

We have a variety of ceramics ready to be painted and personalized. Use this studio time to paint your own work of art!

COLD SPRINGS HIKE

(Session 1, 2, 4 or 6) **OUTDOORS**

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!

COLORED PENCIL ART BASICS

(Session 5)

NEW! Learn proper techniques, including how to blend colors. This is for the serious adult color enthusiast or card makers. Love donation accepted.

COPPER ENAMELING

(Session 6)

\$14 - payable with registration form

Learn basic techniques of copper enameling while creating a lovely pendant to take home.

DIY GARDENING

(Session 2)

Learn about the benefits of incorporating raised garden beds, rain barrels and compost bins in your garden, as well as learning some popular construction techniques.

DUTCH OVEN COOKING

(Session 3-4 or 5-6) **TWO SESSIONS**

OUTDOORS

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 **two session course** and discover a new way to cook many different kinds of dishes.

ENHANCING EMOTIONAL INTELLIGENCE FOR JOY

(Session 1, 5 or 6)

NEW! Learn from a Professional Life Coach the elements of emotional intelligence, how to overcome emotional obstacles and process emotions to produce the life you want.

ESSENTIAL OILS 101

(Session 1)

\$5 - payable to instructor at time of class

NEW! Join us as we take you through all of the wonderful, practical and life-changing ways you can incorporate essential oils into your life. We will review specific oils and what they are good for.

ESSENTIAL OILS FOR BEAUTY & BODY

(Session 3)

\$10 - payable to instructor at time of class

NEW! Did you know the average woman

CLASS DESCRIPTIONS

wears 515 chemicals on an average day? We will be reviewing serums, scrubs, moisturizers and awesome mineral make-up that helps us feel and look beautiful without putting on chemicals. You will walk out of this class confident and feeling empowered!

ESSENTIAL OILS FOR NON-TOXIC HOME (Session 4)

\$5 - payable to instructor at time of class

NEW! We will show you the endless possibilities of how to kick chemicals to the curb and have an all natural home. Today, only about 50% of the chemicals on the market have been subjected to any chemical testing at all. Learn ways you can make a change for a chemical-free home.

ESSENTIAL TAI CHI FOR HEALTH

(Session 3 or 5)

Tai Chi is an ancient Chinese martial art, as well as healing art. Master Violet Li will teach this simplified Tai Chi form, which is graceful and fun to perform. Medically proven, Tai Chi is good for the health of the muscles, bones, joints, heart, lungs and nervous system. Anyone who is able to walk can participate in this class and is suitable for all ages.

EXTREME COUPONING

(Session 5)

Ever watched those 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.

FELDENKRAIS® METHOD

(Session 2 or 6)

This experiential class guides you through gentle movements used in reaching, turning, breathing, or walking with greater ease. This new approach to movement and exercise focuses on learning to move freely, effectively, and enjoyably. This class is open to all ages and fitness levels, including those with orthopedic, chronic pain and stress-related conditions. Bring mat and/or blankets if desired.

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

(Session 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!

GLADIATOR ZIP

(Session 3 or 4) **OUTDOORS**

Try this zip line with a twist! You'll step up to

a platform, get harnessed in, run off the ramp and zip out over the valley trying to hit the target with your lance. The best part is that you get to do it again, but this time you are throwing!

GLASS ETCHING

(Session 3, 5 or 6)

\$ varies and payable in Arts & Crafts

Your instructor will teach you the basics of glass etching while you make your own personalized art. Choose from a variety of glassware.

GOURD BIRD HOUSE

(Session 4 or 5)

\$15 - payable to instructor at time of class

Attract wildlife 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 coat of clear finish. Birds love to nest in this natural container.

GOURD EASTER EGGS

(Session 3)

\$2/egg or \$20/dozen to instructor at class

The hard-shelled "egg gourd", grown by the instructor, is exactly the size and shape of a real egg, only harder and sturdier. At this class, you will use pastel-colored paint to decorate and personalize these gourds as re-usable Easter eggs. Decorate an egg for someone special, or decorate a dozen and use them for your egg hunts or part of a centerpiece year after year.

HAUNTED HIKE

(Session 3) **OUTDOORS**

NEW! Calling all history and paranormal enthusiasts! Enjoy a hike through the pre-civil war cemeteries right here at Trout Lodge. Learn the history of the amazing pioneers who settled this land originally hundreds of years ago.

HEALING CRYSTALS

(Session 2)

\$10 - payable to instructor at time of class

NEW! Love is in the Earth! Crystals have been used for centuries for healing, protection and empowerment. Learn about how crystals correspond to power points in the body and can help with many things.

HORSEBACK RIDING

(1, 2, 3, 4 or 5) **OUTDOORS**

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

HOW TO MAKE HEALING SALVES

(Session 2 or 5)

NEW! Learn the basics of creating your own healing salve suited to your personal needs. Learn how salves can be personalized based on the desired effect with unique ingredients. Each participant will receive a complimentary .5 oz salve to take home with you.

HULA, CORE AND MORE

(Session 1 or 5)

Awaken your Aloha spirit with this Hula Fusion class. Enjoy dance moves inspired by the Hawaiian Islands and beyond, and learn universal core movements from Honolulu to Cairo. No dance experience necessary - just shake it and enjoy.

HULA HOOPING

(Session 2 or 3)

Ahhh, the hula hoop. Takes you back in time! You can burn up to 500 calories/hour by learning this art while listening to fun, upbeat music for a great workout. No experience necessary, hoops are provided.

ICE DYE

(Session 1 or 4)

\$15 - payable with registration form

Your instructor will teach you how to make a tie dye masterpiece out of ice and powdered dye. 12 people maximum per class.

JESSE JAMES MYSTERY CHEST

(Session 1 or 6)

Appearing to be one of the fabled lost treasures of the James-Young game, the mystery chest opens to reveal a series of riddles, puzzles and ingenious locked boxes that hold the key to finding the hidden secrets.

KAYAKING

(Session 3)

NEW! Enjoy a relaxing boating session on pristine Sunnen Lake! You will receive instruction on how to properly steer and then be let loose to enjoy the beauty and tranquility of our 360-acre lake. Weather permitting.

KNITTING BASICS

(Session 1)

\$15 - payable with registration form

Class will consist of a brief overview of tools, yarn, and patterns. The majority of the time will be spent learning the casting on, knitting, and purling techniques. Time allowing, increasing, decreasing, and binding off techniques will be demonstrated.

LANDSCAPING: A BEGINNER'S APPROACH

(Session 5)

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.

LEARN THE TRICK OF CUPCAKES

(Session 3 or 4)

Have fun while learning the tricks to decorate awesome cupcakes!

LET'S SING!

(Session 6)

Music can lighten our load, relieve stress, express feelings, build community and lift spirits. No music experience or talent needed - this is purely for fun! We will cover a bit of

CLASS DESCRIPTIONS

singing technique, but mostly we will just enjoy singing some of those songs that everybody knows, and maybe learn a few new ones. Sometimes we'll sing along with a guitar, and sometimes we'll sing a-Capella. We will also get a chance to harmonize by singing some rounds and add a little rhythm with some shakers and drums.

LIVING A HEALTHY LIFESTYLE

(Session 6)

Join Jane Kaiser, RN, who specializes in preventative health, to learn how simple changes in nutrition, exercise, sleep and coping with stress leads to better quality and quantity of life!

MISSOURI EDIBLE & MEDICINAL WALK IN THE WOODS

(Session 3) **OUTDOORS**

NEW! Come walk with herbalist/horticulturist Colleen Smith as we learn how common weeds can change our life. Discover sacred plants that have historical significance and still hold relevance in our lives today. Learn simple identification techniques, how to use wild plants in your daily life, and medicinal benefits. Discuss the mysterious union of life on the forest floor and communication of The Green.

MIXOLOGY

(Session 6)

Learn about the art of mixing cocktails, studying classics, concocting new and exotic drinks, experimenting with lesser known distilled spirits and mixers, and pushing the limits of classic bartending.

MOSAICS

(Session 1, 2 or 6)

\$16 - payable with registration form

Learn to make mosaics while you create your own home décor. Make a mosaic framed mirror for your home while learning a new craft.

NATURE CENTER

(Session 6)

Join us for an up close and personal look at a collection of animals that hop, crawl, slither and meander. This will be a hands-on experience!

OZARK MEDICINE-MAKING

(Session 4)

\$25 - payable to instructor at time of class

NEW! Connect with your healing self! Taste-test herbs and understand how herbalism's ancient wisdom still lives within you. Learn how to make a fresh plant tincture and blend an herbal tea just for you. Be prepared to take notes and make medicine. All participants will take home a tincture and tea blend with a hand-out on herbal products. All will be able to enter a drawing for a ceramic tea bowl made by Jamie Zane Smith, Wyandot potter.

PAINT AND POUR

(Session 4 or 6)

\$23 - payable to instructor at time of class

NEW! Try a fun painting experience! Connect

with your inner artist while having a few glasses of wine in a welcoming setting. We provide everything to create your masterpiece. All you need to do is sign up, show up, sip and paint! No experience necessary.

PAINTBALL

(Session 1 or 6)

\$20 at check-out

Try your hand at our new wooded paintball course. Learn the basic skills of playing paintball while challenging yourself and others in fun games. Participants must wear close-toed shoes. All equipment, including markers, masks and paintballs are provided.

PAINTED WINE GLASS

(Session 1, 5 or 6)

\$9 to instructor at time of class

Join us to create a beautiful, custom hand-painted wine glass to use or give as a gift. It's easier than you might think. Lots of ideas, each one unique!

PALLET BOARD ART

(Session 4 or 5)

\$30 to instructor at time of class

Interested in creating unique home decor? Do you love rustic and personalized folk art? We have the class for you! You will be transferring and hand painting on a reclaimed wood sign! Choosing from several popular words and a variety of colors and techniques you will come away with not only a gorgeous sign but the knowledge on how to make endless projects in the future!

PINOCHLE

(Session 4)

Learn how to play this classic card game. You'll discover the strategies of bidding, whether playing with a partner or in an exciting round of "take-along". Come alone or with friends for an hour of fun!

PITCH

(Session 2)

Pitch is a card game played throughout the midwest, and there are several tournaments in southern Missouri dedicated to this game. Two teams of two players bid against each other for up to six points per game in this trick-taking card game. The first team to 15 points wins and a new round begins. Will you be lucky enough to get the bid and control the trump suit?

QIGONG FOR HEALTH

(Session 4 or 6)

Qigong is an ancient Chinese healing art. Master Violet Li will teach the most essential Qigong form, which is easy to learn and medically proven to have huge health benefits from stress relief to immunity boost. No physical requirements and great for all ages.

RELAXATION SPA

(Session 2, 3 or 4)

Enjoy a miracle foot treatment, deep relaxation and more.

RIFLE BASICS

(Session 2, 3, 4, 5 or 6) **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.

ROCK PAINTING

(Session 3 or 6)

\$10 to instructor at time of class

Practice the art of rock painting and how to incorporate this craft into Random Acts of Kindness for the World!

ROYAL COOKIE CLASS

(Session 5)

You will learn the basic cookie decorating techniques used in decorating sugar cookies with royal icing. You can add anything!

RUSTIC FARMHOUSE CHALKBOARD SERVING TRAY

(Session 1 or 5)

\$16 - payable to instructor at time of class

NEW! Showcase fruits, cheeses, meats and hors d'oeuvres atop your creation of the Twine Rustic Farmhouse Chalkboard Wood Appetizer Board. This appetizer board is very attractive and useful while giving you the opportunity to label each delectable bite, wine choice ... or even use as a message board!

RUSTIC STRING ART

(Session 1, 5 or 6)

\$16 - payable to instructor at time of class

NEW! String art is a crafting classic - not to mention the latest art craze. With our help you'll be an expert in no time. Learn how to create a beautiful, personalized wall hanging by hammering nails into a wooden pallet and threading string through and around each nail to make a work of art. Each participant will leave with a finished wood pallet work of art made with string and nails.

SELF-DEFENSE FOR WOMEN

(Session 1-2 or 5-6) **TWO SESSIONS**

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. Please bring your own yoga mat! **MAY TAKE ONE CLASS OR BOTH, BUT MUST TAKE FIRST (INTRODUCTORY) CLASS IN ORDER TO TAKE THE SECOND (ADVANCED) CLASS.**

SENSUOUS SIPPING

(Session 2)

Drinking wine with awareness involves all five senses, making it more fun and engaging. Develop your wine vocabulary, hone in on what you appreciate in a glass of wine, and refine some techniques for getting what you want in a restaurant or wine shop.

SHOTGUN BASICS

(Session 1 or 2) **OUTDOORS**

\$10 - payable at check-out

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

CLASS DESCRIPTIONS

basic concepts of firearm safety.

SHOTGUN SKEET

(Session 3 or 4) **OUTDOORS**

\$18 - payable at check-out

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.

SHOTGUN TRAP

(Session 5 or 6) **OUTDOORS**

\$18 - payable at check-out

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.

SQUARE FOOT GARDENING

(Session 4)

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

Questions?

Contact Ashley Lanier
888-386-9622 ext. 223
ashley.lanier@gwrymca.org

STONE WIRE-WRAPPED PENDANTS

(Sessions 3, 5 or 6)

[\\$12-payable with registration form](#)

Choose a beautiful natural stone and get creative with wire to make your own pendant to place on a silver chain. This will make a wonderful gift for yourself or someone you love.

SUMMIT HIGH ROPES COURSE

(Session 1-2 or 3-4) **TWO SESSIONS**

OUTDOORS

In this two-session class, 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.

SUMMIT ZIP LINE

(Session 5 or 6) **OUTDOORS**

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

SURVIVAL HIKE

(Session 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 on this fun adventure and get in touch with the outdoor woman in you!

TAKE CHARGE OF YOUR HEALTH

(Session 3)

NEW! Join Jane Kaiser, RN, who specializes in preventative health to learn co-managing with your doctor using exercise, nutrition and sleep to prevent, delay, manage and sometimes reverse chronic diseases. Learn to age healthy!

WATERCOLORING

(Session 1-2) **TWO SESSIONS**

[\\$15 - payable with registration form](#)

Learn basic water color techniques and explore ways to express yourself. Experience and talent are not necessary; however you will need an open mind and an active imagination. Techniques include wet on wet, wet on dry, sponge on wet paint, salt on paint, paint on alcohol, dry brush, and water on dry paint. You will produce your own painting using some or all of the methods.

WINERY/BREWERY TOUR

(Session 2, 3, 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.

ZUMBA GOLD

(Session 2)

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. Note: Zumba Gold is an easier version of Zumba.

ADDITIONAL DESCRIPTIONS

The following classes are available outside of the normal classroom schedule. Some activities require sign-up on the registration form, while others are available for sign up at the time of arrival.

BLUFF TRAIL RIDE (Friday 1 pm)

OUTDOORS

Take a 2 1/2-3 hour horseback trail ride to the bluff overlooking Sunnen Lake. **\$30 payable with registration** (see pg 7)

STEPPING STONES (Fri 3-5 or 6-9 pm)

Make your own garden décor using glass and concrete. (You may not need the entire 3 hrs.) **\$15 - payable with registration** (see pg 7)

BREATHFORM YOGA WORKSHOP

(Saturday 6:30-8 pm)

NEW! This workshop combines traditional yoga poses with dynamic breathing techniques in order to create a profound overall experience. Participants will leave feeling rejuvenated and energized! (Love donations only.)

MOONLIGHT ZIP (Fri. & Sat. 6:15 pm, 7:45 pm, 9:15 pm)

OUTDOORS

Think a zip line at night and you've got the Moonlight Zip. Step up the platform, get harnessed and run off the ramp and zip into the night (twice) **\$10 - payable with registration form** (pg 7)

EARLY MORNING YOGA (Saturday & Sunday 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.**

MOONLIGHT SWING (Sat. 6:15 p.m., 7:45 p.m., 9:15 p.m.)

OUTDOORS

This ain't your grandma's swing - get harnessed in, lifted 30 feet into the air and experience a brief free fall followed by swinging - in the dark! **\$10 - payable with registration form** (pg 7)

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 two parts require that you sign up for both in order to participate, which are capitalized and have like colors. Courses with an additional fee will say so. 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 have (O) next to the name are held outdoors. These classes will not be canceled unless the weather conditions are severe. Arts & Crafts programs are introductory-level programs.

SESSION 1: Saturday, April 14 (8:45 - 10:00 am)

Class #	Title	Class #	Title	Class #	Title	Class #	Title
AT1	Alpine Tower (O)	CE1	Ceramics (\$ varies)	ID1	Ice Dye (\$12)	RA1	Rustic String Art (\$16)
AB1	Archery Basics (O)	CS1	Cold Springs Hike (O)	JJ1	Jesse James Mystery Chest	SD1	Self-Defense 1 (read description)
BW1	Baseball Wreath (\$21)	EE1	Enhancing Emotions for Joy	KB1	Knitting Basics (\$15)	SB1	Shotgun Basics (\$10) (O)
WW1	Basic Wood Working (\$10)	EO1	Essential Oils 101 (\$5)	MO1	Mosaics (\$16)	SH1 SUMMIT HIGH ROPES 1 (O)	
BD1	Belly Dancing	FREE	Free Time	PB1	Paintball (\$20) (O)	WC1 WATERCOLORING 1 (\$15)	
BI1	Bird Watching (O)	HR1	Horseback Riding (O)	PW1	Painted Wine Glass (\$9)		
BC1	Boot Camp	HM1	Hula, Core and More	RF1	Rustic Chalkboard Tray (\$16)		

SESSION 2: Saturday, April 14 (10:30 - 11:45 am)

Class #	Title	Class #	Title	Class #	Title	Class #	Title
AI2	Alcohol Ink Coasters (\$16)	FM2	Feldenkrais® Method	MO2	Mosaics (\$16)	SH2 SUMMIT HIGH ROPES 2 (O)	
AT2	Alpine Tower (O)	FREE	Free Time	PI2	Pitch	WC2 WATERCOLORING 2	
WW2	Basic Wood Working (\$10)	GL2	Geology/Lead Mine Hike (O)	RS2	Relaxation Spa	WT2	Winery/Brewery Tour (\$10)
BC2	Boot Camp	HC2	Healing Crystals (\$10)	RB2	Rifle Basics (O)	ZG2	Zumba Gold
CE2	Ceramics (\$ varies)	HR2	Horseback Riding (O)	SD2	Self-Defense 2 (must take SD1)		
CS2	Cold Springs Hike (O)	HS2	How to Make Healing Salves	SE2	Sensuous Sipping		
DY2	DIY Gardening	HH2	Hula Hooping	SB2	Shotgun Basics (\$10) (O)		

Session 3: Saturday, April 14 (2:00-3:15 pm)

Class #	Title	Class #	Title	Class #	Title	Class #	Title
AE3	Aerobics	ES3	Essential Oils for Beauty (\$10)	HR3	Horseback Riding (O)	RP3	Rock Painting (\$10)
AR3 ARCHERY TAG 1 (\$15)		ET3	Essential Tai Chi for Health	HH3	Hula Hooping	SS3	Shotgun Skeet (\$18) (O)
BA3	Basic Auto Maintenance	FREE	Free Time	KA3	Kayaking	SW3	Stone WirePendants (\$12)
BF3	Book Folding	GZ3	Gladiator Zip (O)	LC3	Learn the Tricks of Cupcakes	SH3 SUMMIT HIGH ROPES 1 (O)	
BH3	Breath Dynamics for Health	GE3	Glass Etching (\$ varies)	MM3	Missouri Medicine Hike (O)	SU3	Survival Hike (O)
CE3	Ceramics (\$ varies)	GO3	Gourd Easter Eggs (\$2-\$20)	RS3	Relaxation Spa	TC3	Take Charge of Your Health
DO3 DUTCH OVEN COOKING 1		HA3	Haunted Hike (O)	RB3	Rifle Basics (O)	WT3	Winery/Brewery Tour (\$10)

SESSION 4: Saturday, April 14 (3:45 - 5:00 pm)

Class #	Title	Class #	Title	Class #	Title	Class #	Title
AI4	Alcohol Ink Coasters (\$16)	CE4	Ceramics (\$ varies)	HR4	Horseback Riding (O)	QH4	Qigong for Health
AY4	Appreciation Yoga	CS4	Cold Springs Hike (O)	ID4	Ice Dye (\$12)	RS4	Relaxation Spa
AR4 ARCHERY TAG 2		DO4 DUTCH OVEN COOKING 2 (O)		LC4	Learn the Tricks of Cupcakes	RB4	Rifle Basics (O)
BW4	Baseball Wreath (\$21)	EN4	Essential Oils for Home (\$5)	OM4	Ozark Medicine-Making (\$25)	SS4	Shotgun Skeet (\$18) (O)
BD4	Belly Dancing	FREE	Free Time	PP4	Paint & Pour (\$23)	SF4	Square Foot Gardening
BF4	Book Folding	GZ4	Gladiator Zip (O)	PA4	Pallet Board Art (\$30)	SH4 SUMMIT HIGH ROPES 2 (O)	
CA4	Canoeing	GB4	Gourd Bird House (\$15)	PN4	Pinochle	WT4	Winery/Brewery Tour (\$10)

SESSION 5: Sunday, April 15 (8:45 - 10:00 am)

Class #	Title	Class #	Title	Class #	Title	Class #	Title
AE5	Aerobics	EI5	Enhancing Emotions for Joy	HR5	Horseback Riding (O)	RC5	Royal Cookie
AI5	Alcohol Ink Coasters (\$15)	ET5	Essential Tai Chi for Health	HS5	How to Make Healing Salves	RF5	Rustic Chalkboard Tray (\$16)
AR5 ARCHERY TAG 1 (\$15)		EC5	Extreme Couponing	HM5	Hula, Core & More	RA5	Rustic String Art (\$16)
BD5	Belly Dancing	FREE	Free Time	LB5	Landscaping	SD5	Self-Defense 1 (read description)
BI5	Bird Watching (O)	GL5	Geology/Lead Mine Hike (O)	PW5	Painted Wine Glass (\$9)	ST5	Shotgun Trap (\$18) (O)
CP5	Colored Pencil Art Basics	GE5	Glass Etching (\$ varies)	PA5	Pallet Board Art (\$30)	SP5	Stone Wire Pendants (\$12)
DO5 DUTCH OVEN COOKING 1		GB5	Gourd Bird House (\$15)	RB5	Rifle Basics (O)	SZ5	Summit Zip (O)

SESSION 6: Sunday, April 15 (10:30 - 11:45 am)

Class #	Title	Class #	Title	Class #	Title	Class #	Title
AY6	Appreciation Yoga	FM6	Feldenkrais® Method	NC6	Nature Center	SD6	Self-Defense 2 (Must take SD1)
AB6	Archery Basics (O)	FREE	Free Time	PP6	Paint & Pour (\$23)	ST6	Shotgun Trap (\$18) (O)
AR6 ARCHERY TAG 2		GE6	Glass Etching (\$ varies)	PB6	Paintball (\$20) (O)	SP6	Stone Wire Pendants (\$12)
BH6	Breath Dynamics for Health	JJ6	Jesse James Mystery Chest	PW6	Painted Wine Glass (\$9)	SZ6	Summit Zip (O)
CS6	Cold Springs Hike (O)	LS6	Let's Sing	QH6	Qigong for Health	SU6	Survival Hike (O)
CO6	Copper Enameling (\$14)	LH6	Living a Healthy Lifestyle	RB6	Rifle Basics (O)		
DO6 DUTCH OVEN COOKING 2 (O)		MX6	Mixology	RP6	Rock Painting (\$10)		
EE6	Enhancing Emotions for Joy	MO6	Mosaic (\$16)	RA6	Rustic String Art (\$16)		

2018 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 (pg. 9) **Availability is on a first-come, first served basis, and cancellations must be made by March 23, 2018. After that date, there will be no refunds.**

— **Bluff Trail Ride Sign-Up** (Friday, April 13 from 1:00 - 4:00 pm) **Cost: \$30**
 Yes, I would like to take a 2 1/2 - 3 hour horseback trail ride.

— **Stepping Stone Sign-Up** (Friday, April 13) **Cost: \$15**
 Yes, I would like to sign-up at: ___ 3:00 - 5:00 pm or ___ 6:00 - 9:00 pm

Moonlight Zip and Moonlight Swing Sign-Up (Friday, April 13 and/or Saturday, April 14)

Feeling adventurous? Sign up for one of our Moonlight Swing or Moonlight Zip sessions. Eight slots are available for each session. Choose your first three choices below, identifying the day and/or time of your choice. **Cost of session is \$10 per activity** (to be paid with registration).

MOONLIGHT ZIP Friday/Saturday nights at 6:15 pm, 7:45 pm and 9:15 pm

Choice	1st	2nd	3rd
Day			
Time			

MOONLIGHT SWING: Saturday night at 6:15 pm, 7:45 pm and 9:15 pm

Choice	1st	2nd	3rd
Day	Saturday	Saturday	Saturday
Time			

2018 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 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 am breakfast; 12 pm lunch; 5:15 pm dinner)

Meal Shift 2 (7:45 am breakfast; 12:45 pm lunch; 6 pm dinner)

HOODIE (Optional - payable with registration)

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 \$265 per person if you are a Y Member (add \$10 if not a Y member). If you are coming alone and would like a room to yourself, the fee for a Y member is \$500 (add \$10 if not a Y member). 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 \$265/\$275 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. _____ | |

2018 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 (\$265 per person or \$500 for a single room) \$ _____

Total of optional Arts & Crafts classes, listed as [payable with registration form](#) \$ _____
(Note: You will only be charged if you are assigned the class(es))

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

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

Hooded Sweatshirt (optional) (\$30-34 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 March 23, 2018, 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 March 23, 2018 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 No Limits. Through the Annual Campaign, Camp No Limits receives financial assistance making it possible for children/young adults with limb loss 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 Friday, April 13, 2018 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 2019.

All participants will be entered into a raffle for a chance to win a variety of prizes donated by the Annual Support 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    

CC #: _____ Exp. Date: _____

Signature: _____