



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2020 WOMEN'S WELLNESS WEEKEND

Registration Form
YMCA TROUT LODGE

February 28–March 1, 2020

888-386-9622
www.troutlodge.org

Find us online!



Fox Hoodie

WORKSHOP SCHEDULE

Scheduled activities are subject to change.

Friday, February 28

1:00 pm	5K Run/Walk (pg 11)
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 & WINE/BEER BAR
7:45 pm	Moonlight Zip (pg 5)
9:15-10:00 pm	Evening Yoga
9:15 pm	Moonlight Zip (pg 5)

Saturday, February 29

7:00-7:45 am	Early Guided Meditation
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)
6:15 pm	Moonlight Swing (pg 5)
7:30-10:30 pm	Evening Program MIRAGE BAND & WINE/BEER BAR
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, March 1

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

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

Fitness Room: Will be open 24 hours a day.

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

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 (cash only) payable to massage therapist** - see page 9

THE Y IS FOR ALL

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

FACILITY INFORMATION

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

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

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

AGE REQUIREMENT

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

REGISTRATION INFO.

Registration Fee

\$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 .9 for additional lodging option. Some courses require an additional fee.

Registration deadline is Feb. 1, 2020

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.

QUESTIONS

Contact Shannon Skaggs

P 573 438 2154, ext. 223

E shannon.skaggs@gwrymca.org

HOW TO SEND IN YOUR REGISTRATION FORM

BY MAIL:

Shannon Skaggs
YMCA Trout Lodge
13528 State Highway AA
Potosi, MO 63664

BY FAX:

Shannon Skaggs 573-438-5752

BY E-MAIL:

shannon.skaggs@gwrymca.org



CLASS DESCRIPTIONS

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. -Shannon Skaggs

A TASTE OF DUTCH OVEN

(Sessions 2 or 3)

OUTDOORS

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

AEROBICS WITH FUN MUSIC

(Session 5)

Move to the "beat" to increase the heart rate with motivating music. Burn some calories while exercising the heart and other muscles. Expect fun, music and moderate intensity when choosing this class!

ALCOHOL INK COASTERS

(Session 1 or 2)

\$8 large or \$4/small - payable in Arts & Crafts

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

ALCOHOL INK PENDANTS

(Session 4 or 6)

\$10 - payable in Arts & Crafts

Glass pendants + alcohol ink equals a gorgeous, totally unique necklace that everyone will admire.

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.

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 or 5)

\$15 at check out

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!

ARM KNITTING

(Session 1, 3 or 6)

\$15 - payable to instructor at time of class

Arm knitting is the art of "twisting and switching" yarn from arm to arm to make beautiful, thick fabric. You will learn to cast on, arm knit and bind off to create a warm, winter cowl. You do not have to be a knitter to enjoy this.

NEW! BASEBALL WOOD SIGN

(Session 1)

\$25 - payable to instructor at time of class

Design/paint your own baseball wooden sign.

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.

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.

BOOT CAMP

(Session 1)

Get your heart pumping with this HIGH INTENSITY workout!

BREATH DYNAMICS FOR HEALTH & LONGEVITY

(Session 3 or 6)

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.

NEW! BRINGING IN THE WILD

(Session 1)

Have herbal tea and enjoy learning how to bring a bit of wilderness into our daily lives. An inspirational talk by Colleen Smith.

CARD MAKING

(Session 1, 3 or 5)

\$5 - payable to instructor at time of class

Participants will complete two beautiful hand made greeting cards and one other project using different designs and techniques associated with rubber stamping. Cindy Petershagen, will guide you step-by-step in basic rubber stamping, embossing, sponging, die-cutting, embellishing, punching or blending. All supplies will be provided ... just bring your creativity!

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!

NEW! CHEN-STYLE TAI CHI

(Sessions 2 or 5)

Tai Chi for health has been practiced by millions. It is great to reduce stress and pain, to improve balance, cardio-pulmonary function, sleep quality, and to tone muscles.

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!

COPPER ENAMELING - EARRINGS

(Session 6)

\$15 - payable in Arts & Crafts

Learn basic techniques of copper enameling while creating a pair of earrings to take home.

COPPER ENAMELING - PENDANT

(Session 2)

\$15 - payable in Arts & Crafts

Learn basic techniques of copper enameling while creating a pendant you'll love to wear.

NEW! CORE/BACKMUSCLE CONDITIONING

(Session 2)

Do you suffer from low back pain and/or have a weak core? Meet with the certified personal trainer and corrective exercise specialist who can help you learn how to build up your core and other muscles to hopefully relieve some low back pain and strengthen your body. This class is not intended to diagnose or treat a condition.

CORE AND MORE

(Session 3)

All exercise routines will focus on the various CORE joints flexibility and CORE muscles that include abdomen, lower back, pelvis and hips. The selected routines will be performed while standing and on the mat.

NEW! CRUISE SHIP TOWEL FOLDING

(Session 2)

Learn to fold towels into fun animal shapes just like they do on cruise ships.

NEW! DEEP STUDY OF 3 MEDICINAL HERBS

(Sessions 3-4)

TWO SESSIONS

\$10 - payable to instructor at time of class

Learn about making herbal infusions. Make an herbal bath bag to use at home.

CLASS DESCRIPTIONS

DIY GARDENING PROJECTS

(Session 2)

Learn reasons why you should include raised beds, rain barrels and compost bins in your garden. You'll also learn about the construction techniques for all three. For those with a green thumb and even for those with no green on their thumb at all!

DUTCH OVEN COOKING

(Sessions 5 AND 6)

**TWO SESSIONS AND
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 course and discover a new way to cook many different kinds of dishes. Portions of this class are outdoors.

EDG-CLIF BREWERY TOUR

(Session 4)

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

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

EDG-CLIF UNCORKED

(Session 1 or 2)

This is the most fun way to learn about wine sensory yet! Come and play a game of "Uncork" with the folks from Edg-Clif Winery. Sample the local wines and win prizes. This game will wake up your tastebuds and tickle your funnybone too! Must be 21+ to attend.

EDG-CLIF WINERY TOUR

(Session 3)

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

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

NEW! EXPLORING INTUITION AND MINDFULNESS

(Session 1, 3, 4 or 5)

\$5 - payable to instructor at time of class

This mini-workshop is a crash course into intuitive development. Discussions include becoming aware and empowered by your own energy, spirit guides/guardian angels, and spiritual self-care/self-defense.

EXTREME COUPONING

(Session 1 or 5)

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

NEW! FOCUS ON HAPPINESS

(Session 3)

Everyone wants & needs to be happy. True happiness takes practice of positive traits. Learn how to change your habits and behaviors to your advantage for life's satisfaction, and how to development a happiness plan for you.

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!

GETTING OUT OF MY OWN WAY

(Session 1)

During this class, you will identify limiting personal tendencies and explore the humor in your own humanity by building a P-TAP (Personal Tendency Awareness Profile) for a heightened sense of awareness of self which you can take with you to positively impact your personal and professional life.

GLADIATOR ZIP

(Session 3 or 4)

OUTDOORS

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

GLASS ETCHING

(Session 5)

\$ varies and payable in Arts & Crafts

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

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.

NEW! GUIDED BREATHING QIGONG

(Session 5 or 6)

Learn guided breathing through gentle Qigong exercises.

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.

NEW! HOW TO MAKE YOUR OWN LYE SOAP

(Sessions 2 AND 3)

TWO SESSIONS

The soaps are made the old-fashioned way, with lye, lard, olive oil, coconut oil and soy oil. The soaps are long-lasting, high suds, hard bars. The recipe comes right out of the hills of the Ozarks.

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.

NEW! HULA HOOPING

(Session 2)

Beginner-level hula hooping class; a toy hoop that is twirled around the waist, limbs or neck.

NEW! IMPACT WEAPON SELF-DEFENSE

(Session 5)

Learn how to use a stick, club, hammer or any other impact tool to protect or ambush an armed or unarmed criminal intruder. Learn how to target specific areas on the human body that will give you a fighting chance to protect yourself and your loved ones. Don't miss this opportunity to learn to be your own hero!

IMPROVE YOUR BALANCE TO PREVENT FALLS

(Session 2 or 4)

Learn about the hazards in the home that could contribute to falls. Learn exercises that you can do at home to improve your balance so you can live in your home as long as possible.

JESSE JAMES BREAK OUT ROOM

(Session 1, 3 or 5)

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

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 pick the right plants for the right place.

NEW! LEATHER EARRING-MAKING

(Session 4)

\$10 - payable in Arts & Crafts

Enjoy making and tooling your own leather earrings.

CLASS DESCRIPTIONS

LET'S SING!

(Session 6)

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

MEDITATION

(Session 2)

Meditation is a practice where a person focuses their mind on a particular object, thought or activity, to achieve a mentally clear and emotionally calm state.

MOSAICS

(Session 1)

\$16 - payable in Arts & Crafts

Learn to make mosaics while creating your own mosaic framed mirror for your home.

NATURE CENTER

(Session 6)

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

PAINT AND POUR

(Session 4 or 6)

\$24 - payable to instructor at time of class

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

OUTDOORS

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.

NEW! PAINTED/LIGHTED WINE BOTTLE

(Session 1, 3 or 6)

\$10/bottle - payable in Arts & Crafts

You will have numerous examples, or create your own. Includes all necessary supplies to make your bottle a unique creation. Paint as many as you like.

PAINTING WITH CAREY

(Session 2, 3 or 4)

\$20 - payable in Arts & Crafts

Come paint along with Carey! Learn new techniques while creating your own 9x12 masterpiece with acrylic on canvas. All supplies provided. No experience necessary. Max. 15 people per class. Session 2-dandelions; Session 3-daisies; Session 4-lilacs.

PICKLEBALL

(Session 2 or 4)

OUTDOORS

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

NEW! PILATES

(Session 1 or 6)

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

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?

PREPARING YOUR GARDEN FOR SPRING

(Session 6)

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

RELAXATION SPA

(Session 2 or 3)

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 COOKIES

(Session 4 or 5)

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

NEW! SEA GLASS WIND CHIMES

(Session 1 or 5)

\$17 - payable in Arts & Crafts

Imagine a beautiful, light-catching sea glass mobile making a melody in the breeze. Join us in making your own unique sea glass mobile using various colors of the ocean. Each one is unique.

SHOTGUN BASICS

(Session 1)

\$12 - payable at check-out

OUTDOORS

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

SHOTGUN SKEET

(Session 6)

\$20 - payable at check-out

OUTDOORS

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 4)

\$20 - payable at check-out

OUTDOORS

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 foot gardening technique. These gardens are weed free and have adjustable heights. They are water friendly and require low maintenance. You will never have to till! Grow much more in less time.

NEW! STAYING CONNECTED TO SELF & CREATOR (Session 4)

Professional Life Coach and author discusses the challenges of getting in touch with, and staying connected to, yourself and your Creator in order to create the life you want. This session is for those who feel lost, disconnected or pulled in a million different directions but not yielding personal fulfillment.

STONE WIRE-WRAPPED PENDANTS

(Sessions 3, 5 or 6)

\$12 - payable in Arts & Crafts

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

CLASS DESCRIPTIONS

SUMMIT HIGH ROPES COURSE

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

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!

NEW! TIPS & TRICKS FOR HEALTHY LIVING

(Session 2 or 6)

Natural changes in your lifestyle can improve your overall health, which leads to better quality and quantity of life. Now is the time to balance your life with wise choices to achieve your goals. Learn what others do to improve their lives. Bring your hacks to share.

TOMAHAWK THROWING

(Session 4 or 6) **OUTDOORS**

Tomahawk (throwing axes) was a tool used during the middle ages by foot soldiers and occasionally knights. Come to our new Tomahawk range and try your hand at throwing a Tomahawk. You will learn safety and technique, so no prior knowledge is needed.

NEW! WHISPERS OF THE PAST

(Session 3) **OUTDOORS**

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

WINEOLOGY

(Session 4)

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

NEW! WOMEN'S SELF-DEFENSE GROUND

(Session 2)

Learn what to do when you fall or get taken down to the ground. If you don't like to get up close and personal with your training partner, this class is not for you. You'll learn how to get someone off of you who are sitting on you and restraining your arms. You'll learn how to escape from other positions you may get in to while fighting for your life. We make this class fun and informative, but it is very physical. If you just want to observe and learn, that is always an option as well.

NEW! WOMEN'S SELF-DEFENSE STAND

(Session 1)

Learn how to react and escape from the most common attacks from a standing position. Carjacking, home invasion, escape from different types of grabs and holds. Learn how to prevent an abduction! Take the Pressure Test Challenge - can you get away from Ray?

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 time of arrival.

FRIDAY, FEBRUARY 28

5K RUN/WALK **OUTDOORS**

(Friday 1 pm)

\$15 Up - payable with registration form

See last page of registration form for information on our 5K Run/Walk which benefits one of our special needs groups.

BLUFF TRAIL RIDE **OUTDOORS**

(Friday 1 pm)

\$50 - payable with registration form

Take a 2 1/2-3 hour horseback trail ride to the bluff overlooking Sunnen Lake.

STEPPING STONES

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

\$15 - payable with registration form

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

MOONLIGHT ZIP **OUTDOORS**

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

\$10 - payable with registration form

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).

SATURDAY, FEBRUARY 29

EARLY GUIDED MEDITATION

(Saturday at 7:00 am)

Start your day with a relaxing class of guided meditation in preparation to absorb all of the great classes you'll experience.

EARLY MORNING YOGA

(Saturday at 7:30 am)

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

MOONLIGHT ZIP **OUTDOORS**

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

\$10 - payable with registration form

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).

MOONLIGHT SWING **OUTDOORS**

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

\$10 - payable with registration form

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!

SUNDAY, MARCH 1

NATURE HIKE **OUTDOORS**

(Saturday at 7:00 am)

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

EARLY MORNING YOGA

(Sunday at 7:30 am)

and stretching, and is good for flexibility, balance, relieving stress and relaxing. Start the day well! **Note: Please bring a yoga mat.**

Questions?

Contact Shannon Skaggs
888-386-9622 ext. 223
shannon.skaggs@gwrymca.org



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, Feb. 29 (8:45-10:00 am)

CODE	CLASS NAME
AI1	Alcohol Ink Coasters (\$8 large or \$4 small)
AL1	Alpine Tower (Outdoors)
AB1	Archery Basics (Outdoors)
AK1	Arm Knitting (\$15)
BA1	Baseball Wood Sign (\$25)
BW1	Basic Woodworking (\$10)
BC1	Boot Camp
BI1	Bringing In The Wild
CD1	Card Making (\$5)
CE1	Ceramics (\$ varies)
CS1	Cold Springs Hike (Outdoors)
EI1	Exploring Intuition & Mindfulness (\$5)
EC1	Extreme Couponing
EU1	Edg-Clif Uncorked
FREE	Free Time
GO1	Getting Out Of My Own Way
HR1	Horseback Riding (Outdoors)
HC1	Hula, Core & More
JJ1	Jesse James Break Out Room
MO1	Mosaics (\$16)
PB1	Paintball (Outdoors - \$20)
PW1	Painted/Lighted Wine Bottle (\$10 each)
PT1	Pilates
SG1	Sea Glass Wind Chime
SD1	Self-Defense Stand Up
SB1	Shotgun Basics (Outdoors - \$12)
SR1	Summit High Ropes Part 1 (Two Sessions - Outdoors)

SESSION 2: Saturday, Feb. 29 (10:30-11:45 am)

CODE	CLASS NAME
DO2	A Taste of Dutch Oven (Outdoors)
AI2	Alcohol Ink Coasters (\$8 large or \$4 small)
AT2	Alpine Tower (Outdoors)
BW2	Basic Woodworking (\$10)
BD2	Belly Dancing
CE2	Ceramics (\$ varies)
CT2	Chen-Style Tai Chi
CS2	Cold Springs Hike (Outdoors)
CC2	Core & Back Muscle Conditioning
CF2	Cruise Ship Towel Folding
DY2	DIY Gardening Projects
EU2	Edg-Clif Uncorked
FREE	Free Time
GL2	Geology/Lead Mine Hike (Outdoors)
HR2	Horseback Riding (Outdoors)
HL2	How To Make Your Own Lye Soap (Two Sessions)
HH2	Hula Hooping
IB2	Improving Your Balance To Prevent Falls
MD2	Meditation
PC2	Painting With Carey (\$20- Dandelions painting)
PI2	Pickleball (Outdoors)
PT2	Pitch
RS2	Relaxation Spa
RB2	Riflery Basics (Outdoors)
SD2	Self-Defense Ground
SC2	Staying Connected To Self & Creator
SR2	Summit High Ropes Part 2 (Two Sessions - Outdoors)
TT2	Tips & Tricks for Healthy Living
ZG2	Zumba Gold

SESSION 3: Saturday, Feb. 29 (2:00-3:15 pm)

CODE	CLASS NAME	CODE	CLASS NAME
DO3	A Taste of Dutch Oven (Outdoors)	GZ3	Gladiator Zip (Outdoors)
AT3	Archery Tag (\$15)	HR3	Horseback Riding (Outdoors)
AK3	Arm Knitting (\$15)	HL3	How To Make Your Own Lye Soap (Two Sessions)
BM3	Basic Auto Maintenance (Outdoors)	JJ3	Jesse James Break Out Room
BR3	Breath Dynamics for Health & Longevity	PW3	Painted/Lighted Wine Bottle (\$10 each)
CD3	Card Making (\$5)	PC3	Painting With Carey (\$20 - Daisies painting)
CE3	Ceramics (\$ varies)	RS3	Relaxation Spa
CM3	Core & More	RB3	Riflery Basics (Outdoors)
DS3	Deep Study Of 3 Medicinal Herbs (Two Sessions)	RP3	Rock Painting (\$10)
EW3	Edg-Clif Winery Tour (\$10)	SP3	Stone Wire-Wrapped Pendants (\$12)
EI3	Exploring Intuition & Mindfulness (\$5)	SR3	Summit High Ropes Part 1 (Two Sessions-Outdoors)
FREE	Free Time	SU3	Survival Hike (Outdoors)
FH3	Focus On Happiness		

CLASS SESSIONS

SESSION 4: Saturday, Feb. 29 (3:45-5:00 pm)

CODE	CLASS NAME	CODE	CLASS NAME
AP4	Alcohol Ink Pendants (\$10)	IB4	Improving Your Balance To Prevent Falls
BD4	Belly Dancing	LE4	Leather Earring-Making (\$10)
CE4	Ceramics (\$ varies)	PP4	Paint & Pour (\$24)
CS4	Cold Springs Hike (Outdoors)	PC4	Painting With Carey (\$20- Lilacs painting)
DS4	Deep Study Of 3 Medicinal Herbs (Two Sessions)	PI2	Pickleball (Outdoors)
EB4	Edg-Clif Brewery Tour (\$10)	PN4	Pinochle
EI4	Exploring Intuition & Mindfulness (\$5)	RB4	Riflery Basics (Outdoors)
FREE	Free Time	RC4	Royal Cookies
GZ4	Gladiator Zip (Outdoors)	ST4	Shotgun Trap (Outdoors - \$20)
GB4	Gourd Bird House (\$15)	SF4	Square Foot Gardening
GQ4	Guided Breathing Qigong	SR4	Summit High Ropes Part 2 (Two Sessions - Outdoors)
HR4	Horseback Riding (Outdoors)	TH4	Tomahawk Throwing (Outdoors)
		WI4	Wineology

SESSION 5: Sunday, March 1 (8:45-10:00 am)

CODE	CLASS NAME
AE5	Aerobics With Fun Music
AT5	Archery Tag (\$15)
CD5	Card Making (\$5)
CT5	Chen-Style Tai Chi
CO5	Copper Enameling - Pendant (\$15)
DO5	Dutch Oven Cooking Part 1 (Two Sessions)
EI5	Exploring Intuition & Mindfulness (\$5)
EC5	Extreme Couponing
FREE	Free Time
GL5	Geology/Lead Mine Hike (Outdoors)
GS5	Glass Etching (\$ varies)
GB5	Gourd Bird House (\$15)
HR5	Horseback Riding (Outdoors)
HC5	Hula, Core & More
SD5	Impact Weapon Self Defense
JJ5	Jesse James Break Out Room
LS5	Landscaping: A Beginner's Approach
RB5	Riflery Basics (Outdoors)
RC5	Royal Cookies
SG5	Sea Glass Wind Chime
SP5	Stone Wire-Wrapped Pendants (\$12)
SZ5	Summit Zip Line (Outdoors)

SESSION 6: Sunday, March 1 (10:30-11:45 am)

CODE	CLASS NAME
AP6	Alcohol Ink Pendants (\$10)
AB6	Archery Basics (Outdoors)
AK6	Arm Knitting (\$15)
BD6	Belly Dancing
BR6	Breath Dynamics for Health & Longevity
CS6	Cold Springs Hike (Outdoors)
CO6	Copper Enameling - Earrings (\$15)
DO6	Dutch Oven Cooking Part 2 (Two Sessions-Outdoors)
FH6	Focus On Happiness
FREE	Free Time
GQ6	Guided Breathing Qigong
LE6	Let's Sing
NC6	Nature Center
PP6	Paint & Pour (\$23)
PW6	Painted/Lighted Wine Bottle (\$10 each)
PB6	Paintball (Outdoors - \$20)
PT6	Pilates
PG6	Preparing Your Garden For Spring
RB6	Riflery Basics (Outdoors)
RP6	Rock Painting (\$10)
SS6	Shotgun Skeet (Outdoors - \$20)
SP6	Stone Wire-Wrapped Pendants (\$12)
SR6	Summit Zip Line (Outdoors)
SU6	Survival Hike (Outdoors)
TT6	Tips & Tricks for Healthy Living
TH6	Tomahawk Throwing (Outdoors)