



Dear Women's Weekend Participant,

Thanks for registering for the September 10-12 Women's Weekend here at YMCA Camp Willson. We have a great weekend lined up for you and are looking forward to hosting you.

Please read through the enclosed information sheet. It answers questions about when to arrive, what to bring, and other useful facts about the weekend.

Check-in is from 6:00 – 7:30 pm on Friday. Please do not arrive before 6:00 pm. Our orientation will start at 7:30 pm in the dining hall and class registration will begin at 8:30 pm in the Conference Center.

The weekend will finish with a great lunch on Sunday, with departure at 1:00 pm. Come prepared to eat well, enjoy yourself, relax, and unwind.

We're looking forward to your visit!

Sincerely,

Roger Hanafin
Conference Director

Women's Weekend – 2010

General Information and What to Bring

Arrival Registration is from 6:00pm – 7:30pm on Friday. Please do not arrive earlier to allow us time to finish preparing for your visit. Our first meal together will be Saturday breakfast, so if you arrive before 6:00 pm, please feel free to float into town for a relaxing dinner on your own.

Departure We will finish with lunch on Sunday at 12:15 pm. Departure is after lunch on Sunday.

Cabins At registration, you will have the opportunity to select your cabin. Each cabin has 7 bottom bunks; no one needs to sleep in a top bunk unless it is by choice. All 14 cabins are equipped for year-round use with heat, sturdy wooden bunk beds, restrooms, and a shower.

What to Bring A typical list of items for the weekend would include:

Sleeping bag or Sheets/blankets	Raincoat/umbrella
Pillow	Alarm Clock
Flashlight	Shower Shoes
Toiletries	Long Pants (horseback riding)
A good book	Towels/washcloth
Comfortable clothes (for all weather)	Camping Chair
Swimsuit (if warm enough)	Yoga Mat

If you do want a massage while you're here, please bring 2 flat sheets, a pillowcase or towel, and a robe. These items will not be provided. For some beauty demonstrations, you may also need a small hand towel.

You may also want to bring cash or your checkbook for additional purchases during the weekend.

Do NOT Bring Alcohol, Pets, Valuables, or Worries. Please remember that YMCA Camp Willson is an *Alcohol Free* facility. Those disregarding this policy will be asked to leave the premises without a refund, and will be assessed a minimum \$200 fine.

Willson Phone # If there is an emergency and folks from home need to reach you, our telephone number is (937) 593-9001. Staff members live on site and can get a message to you, in the event of an emergency.

Schedule If we have your e-mail address, we will send out a tentative schedule a few days prior to arrival. Otherwise, you'll receive the printed program guide when you arrive to register. As always, the schedule is only a general guide and is subject to change.

Silent Auction Please bring any silent auction items with you. This annual event helps raise money for our "Kids to Camp" campaign. Last year, Women's Weekend participants raised over \$1,400 to help scholarship needy kids to a week of summer camp. Bring something you've made, created, or acquired that others would want to bid on (please, no white elephant items).

(over, please)

Class Sign Ups

You will have the opportunity at 8:30 pm on Friday evening to choose your classes/activities for the weekend. Attendance at classes is no charge; however you may have the opportunity to purchase materials and work with the instructor to create your own project.

We will continue to underwrite many of the materials for some craft projects, but major items (planters, large craft items, etc.) are available from vendors for purchase during the weekend. *Please bring checks or cash, as we cannot accept credit cards for these purchases.*

You do not need to sign up for something every hour. A quiet walk, time with friends, or other activities on your own are always great options. This is your weekend – you choose what best suits you.

Massages

For your relaxation, several options are available for pampering yourself. You're welcome to take advantage of a full body massage (\$45/hr), chair massage (\$10/20 min), foot reflexology (\$20/30 min), or a relaxing facial (\$25-\$40/hour).

Once you receive the schedule, you can find a relaxing time to schedule any of these extras to complete your weekend.

Craft Supplies

If you plan to work on any craft projects, feel free to bring your favorite scissors, glue gun, photos (for scrapbooking), or anything else that you feel would be helpful. Just like everything else, please put your name on your belongings. We'll also offer the stepping stones again – bring any special items (shells, scrabble tiles, etc.) that you'd like to include in your creation.

Outdoor Activities

Be ready for a variety of outdoor activities also. You can take part in a 1- or 2-hour trail ride (\$10/hr), the Zip Line (\$5), nature hikes, bird watching, canoeing, volleyball, tennis, the climbing wall, trap shooting, card and board games, fishing (bring your pole), or simply read your favorite book by the lake. We will also be dancing on Saturday night so bring some dancing shoes!

REMEMBER – It is YOUR weekend. Come prepared to do as much (or as little) as possible. You know what relaxes you better than anyone, so bring what you need to be comfortable.