

**WOMEN'S WELLNESS WEEKEND
YMCA CAMP ERNST
APRIL 29-MAY 1**



FRIDAY

7pm: Check in at Welcome Center, get settled in cabins

8pm: Campfire and s'mores

9:30pm: Night Hike

SATURDAY

8:30am: Breakfast at Lakeview

10am: Day-campers check in at Welcome Center

10-12: Morning Activities Open

- Archery/BBs/Sport Court Open in Valley (archery/bb contest at 11:30am)
- Wine Glass Painting Station Open (Back deck of Welcome Center) (advanced sign up required)
- Painting with Jon Perry Class (Welcome Center) (advanced sign up required)
- Guided Hike starting at 11am (Meet in the Lakeview Parking Lot)
- Camp Service Project

12:30pm: Lunch at Lakeview

2-5pm: Afternoon Activities Open

- Lakefront open
- Wine Glass Painting Station Open (Back deck of Welcome Center) (advanced sign up required)
- Tie Dye Station Open from 2-4pm (Pavilion by yurts) (advanced sign up required)
- Cooking with Javier from 3-4pm in the Lakeview dining hall (learn to make pico de gallo and guacamole)

3:30pm: Trail ride for: (Kari Becker, Rachel Birrer, Delaney Smith, Joni Bolles, Kim Burke, Kris Childers-Buschle, Gabby Yates, Athena Overstreet, Shelley Hicks)

4:30pm: Trail ride for: (Jessica Enderle, Michelle Pappas, Maria Fox, Annie McCane, Brittnee Lydy, Petty Killy, Laura Seelaus, Trista Williamson, Courtney Lee)

- 5:30pm:** Dinner at Lakeview
- 6:30pm:** Trail ride for: (Charissa Dolqueist, Christina Ventus, Nicole Kemplin, Kenna Stricker, Aubrey Ulenbrock, Angela Garls, Marie Mease, Margaret Sheldon, Suzanne Robinson)
- 7:30pm:** Sunset Yoga in the West field outside Lakeview
- 8:30pm:** Trivia Night (Lakeview Lodge)
- 9:30pm:** Campfire behind the loft
- 10pm:** Day campers depart

SUNDAY

- 8:30am:** Breakfast at Lakeview
- 9:30am:** Chapel/reflection time at Chapel by the Lake
- 10-11am:** Forest Bathing Walk (meet at Lakeview parking lot)
- 12pm:** Depart

SUGGESTED PACKING LIST:

- Yoga Mat
- Sunscreen
- Bug spray
- Bathing suit (in case boating gets a little wet?!)
- Towel
- Sweatshirts
- Snacks
- Water bottles
- Camping chairs
- Sleeping bags/pillows/bedding if staying overnight
- Toiletries
- Face mask
- Hand sanitizer
- Closed-toe shoes/long pants for horse trail ride