



INFORMATION

Please contact the Group Camping Coordinator at YMCA Camp Greenville (864) 836-3291 for this year's schedule and registration form, or more info. Discounts are available for YMCA Members.

Payment in full is due with registration forms.

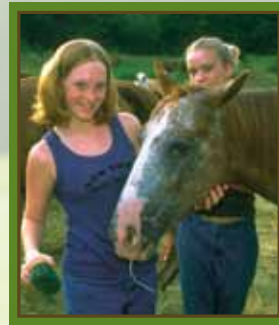
Cancellation Policy—50% if more than two weeks before retreat

Return Registration and Payment to:

YMCA Camp Greenville

P.O. Box 390

Cedar Mountain, NC 28718



Camp Greenville has long been dedicated to the enrichment of the spirit, mind and body of all. The Women's Wellness Weekend enriches participants with time for relaxation from the hectic pace of daily life in a gorgeous rustic mountain setting. Here you can meet old friends and make new ones, try a variety of camp activities and have some much deserved rest and relaxation.

Any woman over the age of 18 is welcome to come and experience the unique atmosphere of this retreat. Many of our participants come back year after year—bringing their mother, sister, friend, or daughter. It's an easy, comfortable, relaxed way to spend quality time together.

About Camp Greenville

YMCA Camp Greenville is a 1600 acre year round facility that offers summer residential and adventure programs, family camps, weekend programs and fall - spring educational camps throughout the year. We are located on the border of North and South Carolina 4.5 miles off Hwy 276 — Approx. 1hr from Greenville, SC & Asheville, NC. Go to the Camp website for driving directions.

We build strong kids, strong families, strong communities

www.campgreenville.org

YMCA Camp Greenville is proud to be an alcohol, smoke, and drug free establishment.

Women's Wellness Weekend



YMCA of Greenville
Camp Greenville

The YMCA of Greenville, following the example of Christ,
builds healthy spirit, mind and body for all.



YMCA of Greenville
Camp Greenville

Women's Wellness Weekend

Meals and Lodging

Lodging will be in rustic, heated cabins with full restroom facilities and bunk beds. Cabin sizes will vary and we do our best to accommodate cabin mate requests. A variety of meals will be served in our dining hall and snacks will be available. Please note any special diet requests you may have on your registration form.

Confirmation Packet

Upon receiving your registration form and payment, we will send you a Confirmation Packet with directions, packing and activity information, tentative schedule, Camp policies and other details for your visit. Contact the Group Camping Coordinator at YMCA Camp Greenville (864) 836-3291 Ext. 108 for details.

Activity Selection

Step One: Select Your Choice

Due to the popularity of the retreat, you will need to sign up for the activities offered when registering. Please select your first, second and third choice for every activity session.

You do not need to sign up for Rest & Relaxation on your own.

Activities are filled on a "first come, first served" basis according to registration dates. You will receive verification of your choices in your Confirmation Packet. All classes are subject to change without prior notice.

Some classes are offered on a drop-in basis throughout the day; no registration required.

Sample Activities

Arts and Crafts: Visit Hill Skills any time to paint flower pots and try a variety of crafts.

Bouldering: Give your hands and feet a go on our indoor bouldering wall.

Dupont Waterfall Tour: A moderate hike in the Dupont area exploring the area waterfalls.

Horseback Riding: Explore the trails of this area. (Additional Fee)

High Ropes: Challenge yourself mentally and physically 30 or more feet off the ground.

Indoor Rock climbing: Try your hand (and foot) at our 40' indoor rock climbing wall.

Massage: Be pampered with a 30 minute professional massage. (Spots are limited. Additional Fee)

Nature Walk: An easy walk through the area exploring the native flora & fauna.

Pottery: Learn how to work with clay. Note: because of time constraints pottery will not be fired

Rainbow Falls: Visit our spectacular 125 foot waterfall during this strenuous 1.5 hour hike.

Showerbath Falls: An easy hike that will take you to a beautiful waterfall at Camp.

Zip Line: Zip across lake Rotary ending up on land or in the water. (Weather dependent)



Women's Wellness Weekend Schedule

Friday Evening

5:00-8:00 Check In and Dinner

8:00-9:00 Large Group Welcome & Square Dance

9:45 Ice Cream Social

Saturday Morning

8:00 Breakfast

9:00-10:30 am Activity Block One (choose one)

Indoor Rock Climbing

Horseback Riding

Pottery

Yoga

Rainbow Falls

Massage

Dupont Waterfall Tour (all morning)

10:45-12:15 pm Activity Block Two (choose one)

Indoor Rock Climbing

Horseback Riding

Pottery

Rainbow Falls

Massage

Showerbath Falls

Zip Line

12:30 Lunch

Saturday Afternoon

1:30-3:00 pm Activity Block 3 (choose one)

Horseback Riding

2nd Level High Ropes

Bouldering

Massage

Pottery

Showerbath Falls

Zip Line

4:15-5:45 pm Activity Block 4 (choose one)

2nd level High Ropes

Zip Line

Yoga / Pilates

Pottery

Massage

Bouldering

Rainbow Falls

6:00 Supper

7:00 Speaker

9:00 Campfire and S'mores

Sunday Morning

8:00 Breakfast

9:00-10:30 pm Activity Block 5 (choose one)

Indoor Rock Climbing

1st Level High Ropes

Rainbow Falls

Showerbath Falls

Pottery

Massage

Zip Line—Land

11:00-12:00

Chapel/Reflection at Pretty Place

12:30 Lunch

1:30 Depart