WOMEN'S WEEKEND

PARTICIPANT INFORMATION

Thank you for joining us for our: **Women's Weekend at YMCA Camp Takodah.**
Please find the following to help you prepare:

- List of Classes and a weekend schedule
- Directions to your **ONLINE CLASS SIGN UP** form. The online form this year contains your risk and release and health form too so you will not need to bring them with you.
- Directions to Camp and places to eat dinner Friday before getting to camp

Submitting your **ONLINE CLASS SIGN UP** form with your remaining balance is your opportunity to select the classes you desire on a first come first serve basis. **Check in will take place on Friday, September 28th from 5:30-7:00pm in the Office. The reception welcome will begin at 7:00pm. It is vital that your classes are requested before you arrive through our online form.**

Please remember to bring your own sleeping bag or preferred bedding linens, towels, toiletries and yoga mat (for yoga). Bring an extra blanket as our cabins are not heated. You will also want some spending money for vendors, select craft activities and extended wellness pampering services. All our services come in voluntarily on what would be typical business days so please tip as applicable.

Alcohol will be permitted in the Dining Hall only on Friday and Saturday past 5:00pm. Each participant may bring one bottle of wine OR 6 pack of beer/cider for the weekend to share with friends. Please drink responsibly.

Upon check in you will receive:

- Your personalized weekend schedule
- Camp map and cabin assignment
- 2018 Women's Weekend T-shirt

Feel free to email info@takodahymca.org or call the office at (603) 352-0447 if you have any further questions. We look forward to seeing you at the Women's Weekend Getaway!

Sincerely,

Kathy and *Mike*

Kathy Batchelder
Mike Rellstab
Women's Weekend Directors
(603) 352-0447

CLASSES AND SCHEDULE

To get you excited for the weekend here is some information on how the weekend works, a list of programming ahead of us this year and a weekend schedule:

Classes offered by external volunteers (Sign up required)

- Auto Maintenance with Caleb Perham of Fran's of Keene Inc.
- Meditation with Sara Norman
- Card Stamping with Leslie Percival of LuvINK & Paper
- Creating Serenity with Sharon Laflamme of Creating Serenity, LLC
- Five Game Bingo with Heavenly Goddess Spa Parties and Athena's Home Novelties by Stephanie Lupien
- Essential Oils with April Reynolds of Sapient Wellness, LLC
- Spiritual Healing with Carmen Carignan of Angelic Essence Healing
- Happy Rocks with Sara Norman
- Belly-wood and Zumba with Michelle Beam
- Core Fusion with Christine Yardley
- Pound Rockout Workout with Stacy Wilbur

Classes taught by YMCA Camp Takodah (Sign up required)

- Biking around the trails of Takodah
- Canoeing, Kayaking and Paddle-boarding on our waterfront
- High Ropes and Adventure Classes including our Catwalk, Giant Swing and Pamper Pole
- Hikes to Tully Lake Recreation Area and Waterfalls and Gap Mountain
- Sharp shooter Riflery and Archery instruction
- Sunrise Kayaking
- Tie Dye, Candle Making
- Zip-lining across the pond.

Special Events and Evening Programs

- Friday night Ice Breaker and `Get to Know You Games' with your hosts Kathy and Mike
- Friday night Line dancing with Deb Giamo of Total Fitness Zone
- Saturday morning Sunrise Hike to Gap Mountain
- Sunday morning Sunrise Kayaking
- Saturday night the Dining Hall will be open to rest and relax with friends
- Saturday night Hidden Talents Show – Takodah South Performing Arts Center
- Saturday night Sunset and Stargazing Voyaguer Canoe
- Sunday morning Sunrise Yoga

Open Sign Ups (some free and some paid services)

- Tarot Readings with Megan Bartlett (Free all weekend)
- Wine Tasting at The Summit Winery (Free - Saturday)
- Beer tasting at The Outlaw Brewery ($6 / flight or pint -Saturday)

Additional considerations:

- Cash or Credit for vendors on Friday evening and tipped or paid pampering services throughout the weekend. (Please treat them well as they are all volunteers)
- Bring a white T-shirt or pillowcase for Tie Dye and personal Yoga Mat/Blocks/Straps if taking part in those classes.

CLASS SIGN UPS (ONLINE)

HOW THIS WORKS

- Classes work on a first come first serve basis starting in September!
- Classes can only be secured once your final balance is paid
- Select your classes on line by going to www.camptakodah.org

  ➢ **Programs Drop Down > Women's Weekend > CLASS SIGN UP 2018**

- We have also provided class descriptions in this packet.
- Once submitted a copy will be sent to you.
- If you have any trouble online please don't hesitate to contact us.

Your forms will be date stamped as soon as they arrive and your balance has been paid. We will do our best to accommodate your **first choice.** There are caps on classes so please do select a second and third choice for each time slot. The night you arrive you will receive a personal schedule for the weekend based on your sign ups. If during the weekend you wish to switch a class this is absolutely fine provided there is room in that class. This process will be explained at the event.

- **You do not have to sign up for a class for every moment of the weekend** if you do not want too. The weekend is what you make of it. Feel free to do what you want around Camp. For this we have added '**R&R' (Rest and Relaxation)** in the dropdown.

- Remember there are also additional services outside of classes that can be booked like Massage, Tarot Card Reading, etc.

- **Sign Ups for free and paid pampering services will take place on Saturday Morning** in the Dining Hall or at the location of the provided services. Sign ups will be available through the weekend. These will be on a first come first-serve basis.

- You will also be informed if there are any additions or changes to classes and schedules.

- Please be aware that there is **NO DINNER served on the Friday**. You will however be greeted with some light snack and hors d'oeuvres at 7:00pm. The closest places to eat are Ed's Crossroads Pizza and The Fitzwilliam Inn, both in Fitzwilliam, NH, which is a 15-minute drive from Camp. There are also a selection of eateries and restaurants in Keene, NH approx. 20 minutes drive.

Please don't hesitate to contact us if you have any questions and we look forward to seeing you soon.

Email info@takodahymca.org or call our office at (603) 352-0447.

WW 2018 CLASS DESCRIPTIONS

Below you will find a full description of activities, classes and services to help you complete your class 'Sign Up' sheet. Some activities may have basic fees for additional materials.

Class 1: Saturday, 8:45 to 9:45
Class 2: Saturday, 10:00 to 11:00
Class 3: Saturday, 11:15 to12:15
Class 4: Saturday, 2:45 to 3:45
Class 5: Saturday, 4:00 to 5:00
Class 6: Sunday, 8:45 to 9:45
Class 7: Sunday, 10:00 to11:00
Class 8: Sunday, 11:15 to12:15

Arts and Crafts

- **Candle Making with Takodah Staff (Class 1, 6)**
  Bring some warmth and light to your home by making your own candles! This is a fun and creative way to learn the simple art of dip candling, a favorite summertime activity here at camp. Take home your new artwork to enjoy during a stormy New England night, or as a book light when you read.

- **Card Stamping with Leslie Percival (Class1 & 2) – $10**
  This class has been popular at previous Women's Weekend Getaways. We will make 6 cards that will be designed for a variety of occasions. You will use quality Stampin' Up! products including card stock, Designer Series Paper, inks and stamps to create your 6 cards. You do not have to be crafty to enjoy this fun class. You will learn several different stamping techniques. I will have all the pieces cut for you, and have directions printed out. You get to stamp, assemble, and have fun with friends! There is a $10 materials fee payable to the instructor at class.

- **Cooking with Tory (Class 3 & 7)**
  Some say food is the truest way to friendship and good times. We're not sure about that, but we do know it tastes good! Learn to make a fall inspired appetizer (class 4) and dessert (class 7) that are sure to impress any guest!

- **Happy Rocks with Sara Norman (Class 5, 7)**
  You cannot help but smile when you come across these rocks in random places. Sometimes on a trail in the woods, sometimes in a parking lot outside Target, you never know when you'll find one. Join us in being part of a movement to spread happiness and kindness. Or keep your rocks for yourself! The choice is up to you. Ideas and samples of what you can do will be provided as well as all supplies. The possibilities are endless! For a more visual representation google "happy rocks" or "kindness rocks" now and get inspired!

- **Tie-Dye with Takodah Staff (bring own shirt, pillow case, etc. (Class 3, 7)**
  Turn either a favorite shirt or a shirt that could use some sprucing up into a masterpiece with our Takodah Staff! Have fun being creative with colors to make a great memory and souvenir from your weekend. Don't forget to pick up your sweet looking shirt Sunday off the clothesline before your departure.

Camp Activities and Outdoor Pursuits

- **Archery (Class1, 3, 7, 8) & Riflery (Class 1, 4, 6, 8)**
  These activities have been offered during the summers at Camp Takodah for decades, and boast a popular following. In addition to enhancing hand-eye coordination, target sports offer good old-fashioned fun and the spirit of competition! Challenge your friends to the best target score on Takodah's own rifle and archery range. We use air-powered pellet guns for our rifle activity.

- **Biking the Trails of Takodah (Class 2, 8)**
  We are excited to offer two classes of biking the trails of Takodah. Learn how to shift and ride safely on trails, and take a ride on one of our forest trails. Bikes and helmets will be provided.

- **High Ropes Course (Class 1 & 6)**
  Camp Takodah's extensive Challenge Course includes 9 dynamic high elements and 10 low elements. We operate with a "Challenge by Choice" philosophy and welcome everyone on our ropes course. We will focus on

high ropes elements like the Two-Line Bridge, Catwalk and the Multi-Vine, fun for all and a great place to start if you are new to the high ropes. Takodah will provide harnesses and other equipment necessary to keep you safe, whether you feel like scampering across ropes 30 feet in the air or just starting to face your fear of heights.

- **High Ropes Course – Giant Swing (Class 2 & 7) and Pamper-pole (Class 5 & 8)**
  This experience on the Takodah high ropes course is geared toward those women who are ready for even more of a challenge. We will skip over to some of our most difficult climbs on the ropes course, like the Pamper Pole, and Giant Swing. Take a leap of faith off a 30-foot telephone pole or be pulled by a team of 6 up to 45 feet into the air where you can self-release and pendulum through the trees. These activities can be physically demanding, but they are worth it! Not for the faint hearted.

- **Under the Hood with Caleb Perham (Class 1)**
  Ever get nervous taking your car into the mechanic because you really just don't know what's happening under the hood? Come take this one-hour course that will teach you the basics of proper vehicle maintenance and what to look for before inspection time. Come with your any of your own questions as well!

- **Zip Lining Over Cass Pond (Class 2, 3, 4, 5, 6, 7)**
  The Camp Takodah Zip Line is the ride of a lifetime! After climbing to the take-off platform (about 45-feet up) you'll be zooming over the water of Cass Pond, with a great view of the lake and Takodah's Waterfront. Feel the freedom of flight as you zip along to the other side of the pond. This is a once in a lifetime opportunity.

Educational Wellness Classes and Workshops

***On our sign up these will be categorized as 'Wellness' with the instructors' name.**

- **DIY with Essential Oils with April Reynolds (Class 2 & 7)**
  Would you like to learn more about essential oils? Join April Reynolds, Integrative Health Coach for an interactive workshop highlighting the safety and everyday use of essential oils to help keep you, your family, and your home healthy. We will share our experiences and you will learn how to make your own relaxing bath salt mix as well as an invigorating roll-on blend to help you get through that mid-day slump. Bring your friends and your questions. It is going to be fun! A $5 donation is appreciated to help with supplies.

- **Healing with Angels with Carmen Carignan (Class 5)**
  This workshop will include a discussion about the language of disease from a different perspective: what is the body trying to say to you, why do some people heal and others don't. It will discuss obstacles to healing, touch upon emotions underlying disease, and will also include an introduction to the archangel of healing, Archangel Raphael, and a group healing meditation with this angel.

  Living as a Sensitive Being – The Empath with Carmen Carignan (Class 8)
  Are you often told you are too sensitive? Do you avoid crowds or get tired for no reason? Does someone else's pain feel like it is yours? Do you often get gut feelings about things? Are you sensitive to certain environments? If you answered yes to any of these, this class is for you! It will assist you in recognizing and understanding your feelings as an Empath as well as give you tools to assist you as you navigate through every day life.

- **Five Game Bingo with Stephanie Lupien $10 (Class 2, 5)**
  Join Stephanie Lupien for fun 5 game prize bingo! Each participant will get a prize just for attending! You'll receive two sets of three game cards, which means you'll have six chances to win.
  Class 2 Prizes will be from the Heavenly Goddess Line of products!
  Class 5 Prizes will be from products from Athena's Adult Novelties!
  There will also be a bonus weekend-long game of bingo for all those that attend either class!

- **Meditation with Sara Norman (Class 4)**
  Meditation can remove stress and replace it with a dose of inner peace. It's one of the best tools we have to balance our emotions, deal with physical and psychological distress, and promote the peace of the present moment. But it can be tough to meditate without a guide. Meditating on your own requires some effort, while guided meditations literally walk you through a meditation and help you find a calm and peaceful state—one step at a time. This class will cover four separate mediations in one class block each with a unique theme. Meditations below range from 7 minutes to 20 minutes. There will be brief breaks in between each guided mediation to change positions, stretch, have a sip of water, and re-center. Please bring a yoga mat and pillow.

Fitness and Physical Activity

- **Belly-wood with Michelle Beam (Class 3)**
  Belly-wood is a mix of belly dancng. Bollywood and Bhangra dance style. Bring your coin skirt and get ready to shimmer and shake! There will be a limited number of coin skirts for purchase at the class.

- **Zumba with Michelle Beam (Class 6)**
  Ditch the workout and join the party! Get your sweat on without even realizing your working out! Dance to energizing Latin rhythms and get muy caliente!

- **Pound Rock Out Workout with Stacy Wilbur (Class 2)**
  Pound is a calorie-torching full-body cardio jam session. Pound focuses on cardio, Pilates, Isometrics poses and strength - all to the beat of music! We will be using drumsticks, which will be provided.

- **Plyo/Core Fusion with Christine Yardley (Class 8)**
  This class consists of core exercises and adds plyometric bursts to maximize our fat burning potential, gain strength, increase energy and get us feeling fantastic! You will learn some key exercises that you can do anywhere! Join Christine Yardley as you reach your true potential!

- **Broadway Dance Basic with Mike Rellstab (Class 4)**
  This is your chance to get on the stage and shine! You'll learn choreography to a hit musical tune! Accessible to all levels of dance ability - beginner to expert – this class will be a fun way to get moving!

Offsite Excursions

- **Wine Tasting Tour (FREE Limit 12 – Class 4 & 5)**
  We will take a trip to The Summit Winery in Westmoreland, NH where we will sample a number of their delicious wines. Enjoy your wine with views of the rolling hills and mountains of the Southern New Hampshire region.

- **Beer Tasting Excursion ($6 / flight or pint) Limit 12 – Class 4 & 5)**
  Visit the Outlaw Brewing Company in Winchester NH. It is a small batch handcrafted beer brewing company. Because they brew in limited quantities the beer is always fresh. They specialize in blonde, pale and English brown ales.

- **Hike around Tully Lake (Limit 24 – Class 3 plus bagged lunch)**
  The Tully Trail is a 4.5-mile loop trail that encircles the largely undeveloped Tully Valley in the North Quabbin Region of Central Massachusetts. From the summit of Tully Mountain to the cascading waters of Doane's Falls, the trail connects some of the region's most scenic properties and views. Join us as we do a section of this trail to view the beautiful Doane's Falls! This out-of-camp hike that will run over lunch and be led by Takodah Staff who are certified in First Aid and CPR.

- **Sunrise Hike Up Gap Mountain (Limit 24 – Early morning Saturday)**
  The Gap Mountain Trail is a 2.6-mile moderate climb, which will bring you up to great views of Mount Monadnock. It is a favorite of all our hikes at YMCA Camp Takodah. Enjoy a peaceful early morning hike with friends before the world wakes up to watch the sunrise over the local landscape. You will have surely earned your breakfast.

Waterfront Activities

- **Canoeing (Class 4, 6) and Kayaking (Class 2, 4, 8 + early morning slots available)**
  Come learn the basics of tandem canoeing on Camp Takodah's beautiful Cass Pond or join us for an early morning Kayak. Kayaking solo in the morning as the mist rises over the lake is a great way to work up to your morning breakfast. If you master these basics skills of flat water paddling, you will be able to take advantage of all the different waterways in New England! Come try out a new way to enjoy the great outdoors!

- **Stand Up Paddle-Boarding (Class 7)**
  Enjoy your core, shoulders, and oblique work out as your stand up and paddle on our beautiful Cass Pond. Stand Up Paddle boarding is a great way to strengthen your core as you enjoy the thrill of standing on a board in water

- **Voyageur Canoeing - Sign ups available during the weekend.**
  - Sunset Voyageur Canoeing (Limit 24) – Sunset (approx. 6:00pm Sat)
  - Stargazing Voyageur Canoeing (Limit 24) – Dark (approx. 10:00pm Sat)
  Camp Takodah is home to two of the largest style canoes in existence known as Voyageur Canoes. These steady and sturdy canoes can hold 13 people each and glide seamlessly through the waters of Cass Pond provided everyone works together as a team and paddles in unison under the direction of trained Takodah Staff. They are perfect for a relaxing paddle on the lake. This year we will be running two lake excursions. One at sunset and one at night. The stars here on a clear night are breath taking. What better way to view them, than out on a canoe.

Yoga, Meditation and Self Treatment

- **Creating Serenity with Sharon Laflamme (Class 3 & 5)**
  Combining yoga, coaching, meditation, body awareness, imagery, conscious breath work and guided relaxation to teach a powerful method of inner peace and alignment.

- **Guided Meditation with Sara Norman (Class 4)**
  Find your center and learn to look inward as you learn to control your breathing, focus your mind and block out the outside stresses and annoyances.

Services: Mind and Body – FREE AND PAID

***Sign Ups for services throughout the weekend will begin on Saturday morning and will continue throughout the weekend. This will take place in the Dining Hall OR at the location of the service. All services are provided on a voluntary basis so please support them and tip as applicable. Many thanks.**

- **Tarot Reading with Megan Bartlett (FREE 30 minutes)**
  If Life is a "choose your own adventure", getting a Tarot reading is an extremely useful road map--old school GPS, even. I absolutely believe in free will and the power inherent to it, so the ten cards I pull will show you where you are, what brought you to that place, and where your current path leads. Thus, there is no such thing as a bad reading--the outcome genuinely depends on the person, and the choices to come. It's an excellent method of self-examination, and a fascinating way to see Life from a different angle.

We will let you know Friday night of any changes or additions to programming. We look forward to seeing you! – Mike and Kathy

2018 Women's Weekend Getaway Schedule

Friday, September 28th		
5:30 – 7:00 pm	Registration/Check-in	Camp Office
5:30 – 7:00 pm	Vendor exhibit opens	Dining Hall
	Mix & Mingle (Wine, chocolate, snacks and drinks available)	Dining Hall
	****No dinner served****	
7:00 – 7:30 pm	Welcome Games with Hosts	Dining Hall
8:00 – 9:30 pm	Line dancing (open to all!)	Dining Hall
9:30 – 11:00	Campfire (w/ S'mores)	Buffalo Fire
	Dining Hall "R&R" (late night snacks available)	Dining Hall

Saturday, September 29th		
6:30 – 7:30 am	Coffee/light breakfast available	Dining Hall
	*Additional Services open for Sign Up	
6:45 – 8:00 am	Early morning/Sunrise block	
	• Morning Kayak	Waterfront
	• Sunrise hike (meet at 5:30 at the office)	Gap Mountain
7:30 – 8:30 am	Breakfast buffet	Dining Hall
8:45 – 9:45 am	Class 1	
10:00 – 11:00 am	Class 2	
11:15 am – 12:15 pm	Class 3	
12:30 – 1:30 pm	Lunch buffet	Dining Hall
1:30 – 2:30 pm	Free time & Open Waterfront	
2:45 – 3:45 pm	Class 4	
4:00 – 5:00 pm	Class 5	
5:00 – 6:00 pm	Free time & Open Waterfront	
6:00 - 7:00 pm	Sunset Voyageur Canoe (24 limit)	Dining Hall
6:30 – 7:30 pm	Dinner buffet (BYOB: Wine & beer permitted w/dinner – please drink responsibly)	Dining Hall
8:00 – 9:00 pm	Evening Program: Hidden Talents/R&R	TPAC
10:00 – 11:00pm	Stargazing Voyageur Canoe (24 limit)	Dining Hall

Sunday, September 30th		
6:30 – 7:30 am	Coffee/light breakfast available	Dining Hall
6:45 – 8:00 am	Early morning/Sunrise block	
	• Wake Up Meditation	Mem. Lodge
	• Morning Kayak	Waterfront
7:30 – 8:30 am	Breakfast buffet & Group photo	Dining Hall
8:45 – 9:45 am	Class 6	
10:00 – 11:00 am	Class 7	
11:15 am – 12:15 pm	Class 8	
12:30 – 1:30 pm	Lunch buffet	Dining Hall
1:45 pm	Formal Closing	Dining Hall
1:30 – 3:00 pm	Free time & Open Waterfront	
2:00 – 3:00 pm	Check out & Early registration for **Women's Weekend 2018**	Camp Office

***Schedule is subject to change. An updated schedule will be passed out at the event.**
Pampering and Wellness services will be available throughout the weekend. Some may be subject to an additional small fee to the volunteer. Please remember that all services and vendors join us voluntarily so please tip well as applicable.
WE LOOK FORWARD TO SEEING YOU SOON

YMCA CAMP TAKODAH DIRECTIONS

LOCATION:

YMCA Camp Takodah is located on over 500 acres in the heart of the Monadnock Region. Richmond, New Hampshire has been home to Camp Takodah for almost 100 years. Our fields, forests and the wooded shores of Cass Pond offer the ideal setting for school retreats or group outings.

FOR GPS: 55 FITZWILLIAM ROAD, RICHMOND, NH, 03470

From Keene, NH
Follow Rt. 12 south to Rt. 32. Follow Rt. 32 through Swanzey and into Richmond.

Turn left onto Rt. 119 East. We are 1/5 of a mile down the road on the right.

From the West and Points South (Northampton Area)
Follow Rt. I-91 to exit 28-A (Bernardston, MA). Follow Rt. 10 north to Winchester, NH. Follow Rt. 119 East 6.5 miles to Camp Takodah.

From Boston Area
Follow Rt. 2 West to Rt. 140 (Winchendon, MA). In Winchendon, follow Rt. 12 to Fitzwilliam, NH, and Rt. 119 West 8 miles to Camp Takodah (on the left).

From Manchester and Points East
Follow Rt. 101 to Peterborough. Take Rt. 202 through Jaffrey and Rindge to Fitzwilliam, NH, and Rt. 119 West 8 miles to Camp Takodah (on the left).

From Brattleboro, VT and Points West
Follow Rt. 119 to Winchester, NH. Continue on 119 east 6.5 miles to Takodah (on your right).

General Contact Information:

Takodah YMCA
32 Lake Street, North Swanzey, NH, 03431.
HQ office, M-F, 9AM-5PM: (603) 352-0447 (Year-round)

YMCA Camp Takodah
55 Fitzwilliam Road, Richmond, NH 03470.
Seasonal office: (603) 239-4781 (May-Oct)

***Please be aware that there is NO DINNER served on the Friday. You will however be greeted with some light snack and h'ordeuvres at 7:00pm. The closest places to eat are Ed's Crossroads Pizza and The Fitzwilliam Inn, both in Fitzwilliam, which is a 15-minute drive from Camp. There are also a selection of eateries and restaurants in Keene, NH approx. 25 minutes drive.**