

2021 Women's Weekend 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.

Archery with Takodah Staff

Archery is a sport demanding a range of skills from a steady hand, strong shoulders, flexible muscles, a keen eye and a cool disposition. All ability levels, no experience needed!

Axe Throwing with Takodah Staff

Experience the thrill of throwing an axe at a wooden target. It sounds a lot harder than it is. The truth is, anyone can throw an axe! It's all in your form, not your strength.

Basket Weaving with Sarah Rothwell

The weaving of baskets is as old as the history of man. The basic process of basket making involves carefully weaving strands of fiber over and under each other to create a round shape. In this class you will learn how to weave your own basket using this simple technique.

Butts and Guts with Stacy Wilbur

Burn fat and tone muscle while targeting the core and glut muscles. This Butts and guts workout is quick, easy and works. It really helps tone the core and lift glutes without a million squats and crunches.

Candle Making with Takodah Staff

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 - \$5

Come use Stampin' Up! Stamps and accessories to create 4 fun cards for a variety of occasions. These cards will feature fun, easy techniques that you can bring to your own crafts and card making at home. You do not have to be crafty to enjoy this fun class. We will use high quality products from Stampin' Up!, including card, stock, Designer Series paper, inks and stamps to create terrific cards. 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!! **Please note:** There is an \$5 fee to cover the cost of card stock and other consumable products.

Dance Fitness with Mary Harrington

Come join us as we dance, shake, and sweat our way to health with inspired rhythms. Combines high energy with motivating music so you won't even feel like you are exercising. Let yourself loose in this class designed for all fitness levels.

Dildo's & Donuts! Athena's Home Novelties with Stephanie Lupien - \$5

You are invited to grab a friend and join Goddess Stephanie for a Fun Edu-taining time. You will learn about some of the bedroom products as well as tips to spice up your personal romance.

You will be able to touch, turn on, and see many products, taste others, and if you're so inclined to test some simulation creams to see if they are the right speed for you. It's sure to be an enjoyable time and we all need fun & laughter in our life! I will be around during the weekend to help you with any questions.

Giant Swing with Takodah Staff

This experience on the Takodah high ropes course is geared toward those women who are ready for even more of a challenge. Be pulled by a team of 6 up to 45 feet into the air where you can self-release and pendulum through the trees. This activity can be physically demanding, but is worth it! Not for the faint hearted.

Glow in the Dark Gardens with Anna Thackston - \$5

Create Fairie gardens and berrie bowls with a Halloween twist. Fairie gardens are miniature gardens constructed of diminutive plants and tiny accessories designed to lure fairies.

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Heavenly Goddess Pamper party with Stephanie Lupien - \$5

With so much stress and worry in the world it's nice to take a moment to relax! Bring a friend and join me. I will be providing foot basins and our ZING! Foot care system for all our lovely ladies to relax and enjoy a pedicure that you can do just as easily at home! (although I am sure you will enjoy using Zing!)

While your feet are soaking I will share many of the bath and body products Athena's & Heavenly goddess spa parties has to offer. You can smell and try many different products while you relax and enjoy the moment! **Please note:** \$5 donation per person appreciated.

High Ropes Course with Takodah Staff

We operate with a "Challenge by Choice" philosophy and welcome everyone on our ropes course. We will focus on high ropes elements like the Rock Wall and Catwalk, 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.

Bad Mama Bear Craft with Jess Clay - \$5

Jess Clay, owner of Mama Bear Jewelry, lends her creativity to this workshop and shows you how to make a fall garland for your home. Bring it home and display your handiwork on a shelf or mantel. **Please note:** \$5 donation per person appreciated.

Outdoor Cooking with Takodah Staff

There are few better ways to enjoy the beautiful weather than by spending as much time as you can outside. Do you love getting your boots muddy and exploring the outdoors all day, followed by a relaxing evening by the campfire in the evening? Then this class is for you. The dishes offered here are easy to make, because we know the last thing you want to do after running around all day is spend a ton of time making meals for everyone. Also, many of these dishes can be taken on the go—especially the foil pack recipes—which is ideal for those long hikes that you'll be taking. Your camping trip is going to be so much more delicious thanks to these ideas.

Photo Basics with Kimberly Phyfe

Do you have a fancy DSLR camera and no idea what the buttons do? Do you have a smart phone with a camera on it and no clue what you're doing? Would you like to take better photographs, learn a few new skills, and improve your hobby? Come hang out in this photo basics class where you'll learn how to properly handle your camera and finally feel comfortable & confident behind the lens! Course is taught by a professional portrait photographer. Immediately followed by a photo walk around campus to put those skills into practice! Beginners are welcome! Feel free to bring a point & shoot, a film camera, a digital camera, or your smart phone with camera to learn on your own equipment. A model camera will be provided for reference.

Photo Walk with Kimberly Phyfe

Can you think of a more picture-perfect place than Camp Takodah at sunset? Join us for a photo walk around campus at Magic Hour where we can capture a few gorgeous memories of this beautiful place. Attendees of the Photo Basics class will put new skills into practice as we walk, talk, learn, and shoot together. On our stroll, we will look for natural lighting, adjust our exposure, get creative with composition, and achieve those dreamy landscapes we all love. An optional mini portrait session will be available along the route. You do not need to have taken Photo Basics to come on the walk. Beginners are welcome! Feel free to bring a point & shoot, a film camera, a digital camera, or your smart phone with camera to learn on your own equipment. A practice camera will be provided for anyone wishing to try a DSLR.

Phone Photo Basics with Kimberly Phyfe

Do you have a smart phone with a camera and have no clue what you're doing? Would you like to take better photographs, learn a few new skills, and improve your photo skills? Come hang out in this phone photo basics class where you'll learn how to properly handle your phone's camera.

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Pilates with Jennifer Helsel

Pilates will help you develop long, lean muscles and body awareness. You will exercise your smaller, core muscles that support the bodies large muscle groups. You will feel revived, strong and long. Varying degrees of difficulty makes this perfect for all fitness levels.

Riflery with Kim Fitzgerald

Riflery for all ability levels, no experience needed! For beginners, come learn how to safely shoot air rifles. For experienced shooters, come work on your technique. Come on down to the range and try out a new experience while meeting some new friends! If possible please wear closed toes shoes and bug spray!

Tie-Dye with Takodah Staff (bring own shirt, pillow case, etc.)

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.

Under the Hood with Caleb Perham

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!

Warrior Rhythm with Mary Harrington

It is a fitness focused, full body, yoga-based workout. Warrior Rhythm increases strength, flexibility and balance with movement and musical motivation. It's grit and grace rolled into one rhythmic experience!

Yoga stretch, strength, and balance with Diane Smith

Wellness begins on the outside through physical activity, but it continues as we journey inside to our emotional, spiritual, energetic and mental wellness. The services I offer are meant to support a path of wellness in all these areas. All ability levels welcomed, modifications provided if needed. Please bring a mat (or towel if no mat).

Zen Tangle with Vati Lynn

A method for drawing, which not only promotes concentration and creativity but at the same time increases personal well-being

Morning Wake-up Classes

• **Mindful Yoga – Diane Smith**

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 – Sarah Rothwell**

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. Please bring a yoga mat and pillow.

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Offsite Excursions

- **Beer Tasting Excursion (\$6 / flight or pint) Limit 12 – Class 4 & 5) *Covid Vaccination Required.***

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.

- **Gap Mountain Hike (Limit 14) *Covid Vaccination Required.***

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 morning hike with friends. You will have surely worked off your breakfast.

Waterfront Activities

The waterfront will be open from 2:30 – 5:00. Canoes and Kayaks will be available on a 45 minute rotation. Sign up required.

Services

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 session)**

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.

- **Your Story to Share with Peter Simmonds (FREE 1 Block)**

Using creative tools for inspiration, learning and development, I will introduce you to intuitive processes that will encourage the safe open sharing of our life stories. This weekend is a time to connect, feel empowered and feel inspired by others. Join us to learn more about yourself and your friends in the room. The connections will go beyond the weekend! This program will involve some light mediation practice. Please bring any pillows, mats or blankets you want to enhance your comfort as we take a 'pause' on the floor or in a rocking chair.

- **Personal Life Coaching with Peter Simmonds (FREE 30 minute session)**

A one-on-one, collaborative process in which helps you achieve your personal life goals. These goals may include just about anything: more self-confidence, weight loss, career change, better relationships, and many more.

We will let you know Friday night of any changes or additions to programming.

We look forward to seeing you! – Kathy and Nick