



# BERKSHIRE OUTDOOR CENTER WOMEN'S WELLNESS WEEKEND

**January 27-29, 2019**

**February 8-10, 2019**

You are signed up to attend our most popular winter program: Women's Wellness Weekend! We are so excited to host you, to learn and play along-side you and to watch you connect with the other wonderful women who will be here. Read this document carefully to ensure that you are prepared to maximize your time here in the beautiful Berkshires and don't hesitate to contact us if we can assist you in any way leading up to this exciting weekend.

## **ARRIVAL INFORMATION**

Our registration table will be open from 5:30-7:00 PM on Friday at the Chimney Corners Dining Hall. You will receive and updated schedule, staff biographies, campus maps and emergency procedures there and will be able to confirm your housing assignment. If you plan to arrive after 7:30PM, please make arrangements to eat before arriving at camp as our food service team will have closed up shop by then.

## **BACKGROUND CHECK**

Becket-Chimney Corners will be performing a RAPTOR background check on all adult visitors to our facilities. Those registered in advance who have provided their date of birth will be pre-screened to expedite the check-in process. RAPTOR is a visitor registration system that reads visitors' IDs and compares information to a national sex offender database. When IDs are scanned, only the name, date of birth and photo are collected. No additional data is gathered.

If a match is found, BCCYMCA Directors will be notified and the individual will be required to leave the campus immediately. If no match is found, BCCYMCA will print a visitor's pass that includes a photo.

It is a requirement of being on our campus for all adult staff, visitors, volunteers and guest aged 18 and over to:

- Check in at the designated office upon arrival
- Present government-issued ID
- Undergo a RAPTOR check
- Wear a BCCYMCA Visitor's Pass on a visible location at all times

## **LODGING**

You will be sharing a room in one of our winterized lodges. We work hard to grant roommate and specific lodge requests. Each lodge is heated, has a common space for socializing and is equipped with a number of bathrooms and showers – slightly different from our rustic summer operation! Don't forget to bring pillows and sleeping bags or sheets and blankets and a towel. (See our handy What to Pack section below.)

## **PROGRAM**

Each day will have several blocks of time in which you can choose from a variety of activities or just take some time to relax; the choice is yours. We work hard to balance each program block with indoor and outdoor activities, physically challenging or mentally/emotionally engaging materials and options that are just plain fun, too, so that you can get from this weekend exactly what you want.

\*Special note: If you did not sign up for a massage session on your original registration form and would like to sign up before the weekend, please contact our office to check on availability.



## WEEKEND SCHEDULE/STRUCTURE

### FRIDAY

5:30 – 7:00 PM	Check-in at the Chimney Corners Dining Hall
6:30 – 7:30	Buffet dinner in the dining hall
8:00 – 9:00	Meet & Greet and Fireside Social in the dining hall
8:00 – 9:30	Session I workshops and activities

### SATURDAY

7:00 – 7:45 AM	Optional early-bird activity period
8:00	Table setters to the dining hall
8:15	Breakfast
9:00 – 12:15 PM	Session II workshops and activities
12:30	Lunch
1:45 – 5:00	Session III & IV workshops and activities
5:15 – 6:30	Fireside Trivia! Sauna & Indoor Climbing Wall open
6:30	Dinner
7:30-8:30	Session V workshops and activities
8:30-10:00	Drumming, social time, fireside relaxation

### SUNDAY

7:00 – 7:45 AM	Optional early-bird activity
8:15	Breakfast
9:15 – 12:15	Session VI activities and workshops
11:45	Pack and move out of lodging
12:30	Lunch
2:00	Departure

## MASSAGE SESSIONS

You can select your massage time through your online account beginning 10 days prior to the weekend (A class schedule will also be published at this time, so you don't have to worry about scheduling your massage time over your favorite class.) Any remaining massage times will be available for sign-up on Friday evening.

If you did not pre-register for a massage on your registration and would like to sign up before the weekend, please contact our office. Payment should be made at the same time you pay your final program balance before your arrival.

## MATERIALS FEES

There are a small number of classes (1 or 2 out of 20+ sessions) that will be charging fees for materials used. All materials fees will be \$15 or less and payable directly to the presenter (cash preferred). Fees will be clearly marked in the weekend schedule. We are in the final stages of confirming presenters and costs. Please watch our website for news about presenters, sessions and materials fees.

## DINING

All of our meals are served buffet-style. We encourage participants to eat together and mingle in the dining hall, seating eight people at each table. There will be announcements at the beginning of each meal and everyone's on-time arrival at meals will help us keep to our schedule. Snacks will be available in the dining hall each day and in the evening.



Tea and coffee are always available in the dining hall as well. If you have not already done so on your registration form, please be sure to communicate any dietary restrictions with our office.

### **SMOKING**

Smoking is prohibited in all Becket-Chimney Corners YMCA buildings. We ask that those who smoke do so in designated outdoor areas, and that all smokers please use the appropriate waste containers.

### **PARKING**

You will be able to drive to your lodge and unload your vehicle. After unloading you should park your car in the large lot next to the tennis courts, in the lot behind The Manor or in the large lot below the dining hall. Please check with a YMCA staff member if you are unsure where to park.

### **OTHER QUESTIONS?**

If you have any questions or need further information, please do not hesitate to call us at (413) 623-8991.



# WHAT TO PACK

Women's Wellness Weekend offers a wide variety of activities; therefore preparedness is key for a comfortable and successful visit. Be sure to bring **warm clothing and bedding**. Don't bring your best clothing; bring old garments which can be layered, are comfortable and are suitable for the season.

## Packing Tips

- You will be traveling through the camp after dark so we recommend packing a good flashlight.
- The YMCA provides only basic first aid supplies such as band-aids. As we do not dispense medications of any kind, please bring your own aspirin/pain reliever if you feel you may need it.
- We serve a snack in the evenings and usually have fruit available throughout the day in our dining hall. If you wish to bring snacks of your own, they should be packed in a plastic box with a tight-fitting lid to prevent attracting pests to our lodging.
- Please consider labeling your belongings with your name and number.

## Clothing

Long pants  
Long sleeved shirts  
Undergarments  
Long underwear  
Socks  
T-shirts  
Sweater/sweatshirt  
Warm jacket  
Raincoat or poncho  
Sneakers/fitness shoes  
Hiking boots  
Winter hat, scarf and mittens  
Bathing suit for the sauna  
Comfortable clothing for a yoga or fitness classes

## Gear

Day pack

Water bottle

## Overnight Gear

Sleeping bag and/or sheets & several blankets  
Pillow  
Flashlight, extra batteries  
Toiletries, soap  
Towels & washcloths  
\*BOC does not provide linens

## Optional

Yoga mat  
Camera & film  
Binoculars  
Reading material  
Board games and cards

## What Not to Pack

Pets  
Items of high value

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# TRAVEL DIRECTIONS

## GPS DIRECTIONS

\*\*\*Please use this setting for your GPS:\*\*\*

**GPS Setting: 591 HAMILTON RD  
BECKET MA**

Check in at the Chimney Corners Dining Hall.

Our main administration building and mailing address is:  
Berkshire Outdoor Center  
748 Hamilton Road  
Becket, MA 01223