



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **RELAX & RENEW**

**Fall Women's Wellness Weekend  
October 15—17, 2021  
YMCA CAMP COLMAN**



## WELCOME TO CAMP COLMAN

### JUST WHAT YOU NEED

Women's Wellness is an opportunity for women of all ages to relax, socialize, recharge, or have an active weekend. Participate in as many or as few of the activities you would like – make the weekend your own! We hope you enjoy this beautiful space away from home.

### ARRIVAL & CHECKOUT

Check-in begins Friday, October 15th, at 4:00pm in the Anderson Lodge. At camp, please park in designated areas only. Once you have checked in, you will be able to return to your cars to unload and take luggage to your cabin.

**All participants will need to provide either:**

- **Proof of Vaccination for Covid-19**
- **Documentation of a negative test result for Covid-19 taken within 3 days of the start of the program**

Friday night dinner will be served buffet-style from 6:30pm to 7:30pm. After dinner, instructors will introduce themselves and announce what classes they will be teaching.

Final checkout is Sunday, October 17th. Women are asked to be out of their cabins by 12:00pm, but may leave camp as late as 1:00pm.

## PACKING IDEAS

**Warm clothes (it will be cool)**  
**Outdoor athletic clothing**  
**Rain gear**  
**Comfortable shoes**  
**Water bottle**  
**Toiletries & towel**  
**Camera**  
**Sleeping bag & pillow**  
**Book**  
**Mask(s)**  
**Cash or check (for massage or to buy items in the camp store)**

## YOUR STAY AT CAMP

### ACCOMMODATIONS

YMCA Camp Colman is located on South Puget Sound's Key Peninsula, about 90 minutes from Seattle, 60 minutes from Bremerton, and 45 minutes from Tacoma (in good traffic). Cabins overlook our saltwater lagoon and the Case Inlet. Share a cabin with good friends or stay with other women from throughout the Puget Sound area. Each cabin has a private bathroom, shower, electricity and a propane stove. We expect the weather to be a bit chilly in October, so be prepared with a warm sleeping bag and layers.

### CELL PHONES

Cell phone reception can be spotty at camp. AT&T has the best service. WiFi is available for use at the Anderson Lodge

### SPECIAL DIETARY NEEDS

Our dining services staff works hard to provide well-balanced, healthy meals for your stay, including vegetarian options and soymilk at each meal. If you have any food allergies, feel free to contact our Food Services Director, Connie Fehner at 253-884-3844 x 109 to learn what supplements and alternatives may be necessary. We can keep those personal food items in our lodge. Please label them with your name and the date.



# ACTIVITIES

- Yoga and other fitness classes
- Seasonal crafts
- Jewelry making
- Giant swing
- Reiki Massage Therapy\*
- Vertical playpen
- Climbing tower
- Boating
- Archery
- Zumba
- Morning trail runs
- Guided nature walks
- Beach walks
- And more!

\*Available at extra cost. Please bring cash or check.





## YMCA CAMP POLICIES

### HEALTH & SAFETY

Camp Colman Staff are CPR and First Aid certified and equipped with basic first aid supplies. They will assist with minor medical problems (bug bites, bruises, minor cuts, etc.) Participants are responsible for any emergency transportation.

For your safety, activity areas such as the waterfront, archery range, climbing wall, and obstacle course are only open when supervised by Camp staff. Additionally, firearms, knives, weapons of any kind, and fireworks are prohibited on Camp property.

### ALCOHOL & TOBACCO

Camp Colman is an alcohol, drug and tobacco-free site. Smoking by adults may take place at designated areas outside Camp gates. In order to respect the environment, please dispose of cigarette butts properly – never discarding butts on the ground or in the bushes.

### PETS

Only professional, assistive pets are allowed on Camp property. Please alert camp beforehand if you are bringing your service animal.

### CABIN UPKEEP

Participants are responsible for cleaning their cabins and other areas before departing. Any additional cleaning required, or any damage or graffiti, will result in the charge of additional fees.

### VEHICLES

Participants may not drive beyond the camp parking lots unless pre-arranged. Vehicles should remain on roadways and not block fire lanes.

### PERSONAL PROPERTY

Camp Colman is not responsible for personal property, personal sports equipment, or vehicles.

### ENVIRONMENT

Live plants, animals, and sea life are an important part of the Camp environment and should not be collected or damaged in any way.

### CAMP RULE ENFORCEMENT

Camp Colman staff have the authority to enforce all Camp rules. Participants refusing to follow Camp rules will be asked to leave without refund of Camp fees.

### INSURANCE

It is the participant's responsibility to provide her own accident and health insurance. The YMCA does not provide any such coverage for participants.

**Thank you for helping keep Camp Colman a safe and enjoyable experience for everyone!**

## CONTACT INFORMATION

### REGISTRATION & PAYMENT QUESTIONS

For questions about registration and payment, call the Camping & Outdoor Leadership office at 206 382 5009 or email [campinfo@seattlemca.org](mailto:campinfo@seattlemca.org)

### PROGRAM & ACTIVITY QUESTIONS

For questions about the program or activities offered, call Daniel Alpers at 206-717-2593 or email at [dalpers@seattlemca.org](mailto:dalpers@seattlemca.org).

**Everyone is welcome. Financial assistance is available.** The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.