

## YMCA CAMP POLICIES

### HEALTH & SAFETY

If anyone in your family is experiencing COVID-like symptoms (fever, persistent cough, shortness of breath, difficulty breathing, chills, muscle pain, headache, sore throat or new loss of taste or smell) please do not come to camp. Please call to let us know and we can look at rescheduling you or issuing a credit or refund.

In most cases, participants will be required to address any first aid or illness needs. Please contact Y staff if you need support. Participants are required to notify Y staff immediately if any COVID-like symptoms present during your stay.

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

### CAMP POLICIES

- ◆ Youth 12 and under must be accompanied by an adult family member at all times.
- ◆ Facemasks are option at this time
- ◆ All challenge course areas are off limits unless escorted by staff.
- ◆ Swimming in the lagoon or Sound is prohibited.
- ◆ Individual campfires are not permitted.
- ◆ The following items are prohibited at Camp Colman and possession or use of them at camp may result in immediate dismissal:
  - ⇒ Alcohol, tobacco, marijuana or illegal drugs
  - ⇒ Knives, guns, weapons of any kind
  - ⇒ Dangerous items (i.e. fireworks)
- ◆ Smoking is not allowed in camp. Please

notify staff if you are smoker and they can show you the nearby smoking area.

- ◆ Pets may not accompany you for the weekend. Only service animals are allowed at Family Camp. Please let us know if one will accompany you.
- ◆ Please keep your cabin noise to a minimum before 8am and after 10pm.
- ◆ Vehicles may not be driven beyond the designated parking areas.
- ◆ Camp Colman is not responsible for personal property, personal sports equipment or vehicles.
- ◆ Please make sure your cabin is tidied and all belongings removed upon departure.

### CAMP 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.

### 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@seattleyymca.org](mailto:campinfo@seattleyymca.org)

#### PROGRAM & ACTIVITY QUESTIONS

For questions about the program or activities offered, call Ashley Gibson at 253-246-8553 or email [agibson@seattleyymca.org](mailto:agibson@seattleyymca.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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RELAX & RENEW

Fall Women's Wellness Weekend

October 7-9, 2022

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 7, 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.

Friday night dinner will be served buffet-style. After dinner, instructors will introduce themselves and announce what classes they will be teaching.

Final checkout is Sunday, October 9. Participants 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  
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

While cell phone reception is spotty at camp, most people will get at least some service. In an emergency, families can call camp and we will pass on a message.

### 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 Fechner at 206.717.2656 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.



## ACTIVITY HIGHLIGHTS

### SPA TREATMENTS\*

We will have massage treatments available throughout the weekend. Appointments can be made Friday evening and Saturday morning in the Anderson Lodge. If you commit to an appointment time, please consider yourself financially responsible for that appointment.

*\*All massage practitioners are certified. These services are additional to the cost of the weekend. Please remember that practitioners can accept cash and check payment only. No credit cards.*

### ACTIVITY SIGN UPS

Some of the activities we offer require guests to sign up ahead of time, those include: Giant Swing, Vertical Playpen, Night Hike, Massages, and Acupuncture. Those sign-ups will be available starting at 5:30pm on Friday. Staff will be at the sign-up table to answer any questions.



## ACTIVITIES

- Yoga and other fitness classes
- Traditional massage\*
- Acupuncture
- Candle-making
- Soap-making
- Meditation
- Winery tour
- Seasonal crafts
- Jewelry making
- Giant swing
- Vertical playpen
- Climbing tower
- Boating
- Archery
- Morning trail runs
- Guided nature walks
- Beach walks
- Organic garden tours
- Edible & medicinal plants
- Henna\*
- Night Hike
- Chocolate Dipping

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