



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OUTDOOR WOMEN'S WELLNESS WEEKEND

Women's Programs  
YMCA TROUT LODGE

OCTOBER 16-18, 2015

Alpine Tower • Aquatic Biology  
Campfires • Canoeing Lesson  
Mud Cave • Disc Golf • Archery  
Riflery • Dutch-Oven Cooking  
Fishing • Kayaking Lesson  
Mud Cave • Riflery • Shotgun  
Moonlight Zip • Survival Hike  
Beach Yoga • Geocaching  
Summit Zip • Valley Trail Ride  
and much more



**888-FUN-YMCA • troutlodge.org**

13528 State Highway AA, Potosi, MO 63664



## WORKSHOP SCHEDULE

*Scheduled activities are subject to change.*

### FRIDAY, OCTOBER 16, 2015

3:30 - 10:00 p.m.	Check-in at Trout Lodge
5:15 - 6:00 p.m.	Dinner - 1st shift
6:00 - 6:45 p.m.	Dinner - 2nd shift
6:00 - 7:00 p.m.	<b>Stepping Stones</b> Sign-up on registration form
7:15 p.m.	Orientation by Coker Fire Ring
7:30 p.m.	Outdoor live music & campfire w/s'mores
8:00 p.m.	<b>Moonlight Swing* (\$10)</b> Sign-up on registration form

### SATURDAY, OCTOBER 17, 2015

7:00 - 7:45 a.m.	<b>Early Morning Hike*</b> Sign-up upon check-in
7:00 - 7:45 a.m.	Breakfast - 1st shift
7:30 a.m.	<b>Costume 5K Run/Walk*</b> Sign-up on registration form
7:45 - 8:30 a.m.	Breakfast - 2nd shift
8:45 - 10:00 a.m.	Session 1 - See registration form
10:30 - 11:45 a.m.	Session 2 - See registration form
12:00 - 12:45 p.m.	Lunch - 1st shift
12:45 - 1:30 p.m.	Lunch - 2nd shift
2:00 - 3:15 p.m.	Session 3 - See registration form
3:45 - 5:00 p.m.	Session 4 - See registration form
5:15 - 6:00 p.m.	Dinner - 1st shift
6:00 - 6:45 p.m.	Dinner - 2nd shift
7:00 p.m.	<b>Moonlight Zip* (\$10)</b> Sign-up on registration form
8:00 p.m.	Night Hike
9:00 p.m.	Astronomy

### SUNDAY, OCTOBER 18, 2015

7:00 - 7:45 a.m.	<b>Early Morning Hike*</b> Sign-up upon check-in
7:00 - 7:45 a.m.	Breakfast - 1st shift
7:45 - 8:30 a.m.	Breakfast - 2nd shift
8:45 - 10:00 a.m.	Session 5 - See registration form
10:30 - 11:45 a.m.	Session 6 - See registration form
12:00 - 12:45 p.m.	Lunch - 1st shift
12:45 - 1:30 p.m.	Lunch - 2nd shift

## SPECIAL NEEDS

We will make reasonable efforts to accommodate persons with special needs. Please include a letter with your registration form describing any special needs you have.

## FACILITY INFORMATION

YMCA Trout Lodge is a modern facility with a variety of lodging. Some rooms and cabins have a flight of stairs. If you have difficulty negotiating stairs, please let us know. You can request a particular type of lodging, but cabins require a minimum of five people. Meals are served buffet style in our dining room overlooking Sunnen Lake. Vegetarian and gluten free options are available.

## AGE RESTRICTIONS

Participants must be at least 18 years old.

## REGISTRATION INFORMATION

Registration fee is \$255 per person for the entire weekend. If you are coming alone and would like a room to yourself, the fee is \$500. You must send in a registration form and payment before we can reserve a room for you. Fee includes meals from Friday dinner to Sunday lunch, lodging, equipment use, instruction and special events. Some classes/activities carry an extra fee.

**Registration deadline is October 1.** Registrations will be accepted after the deadline if space is available. After this deadline, please call before submitting your registration to determine availability.

## QUESTIONS?

**Contact Melissa DiFiori**

**P** 573 438 2154, ext. 237

**E** mdifiori@ymcastlouis.org

## COURSE DESCRIPTIONS

Many (but not all) of the classes are held outdoors, so please dress appropriately for the activity! These classes will not be cancelled unless weather conditions are severe. Classes with an extra charge will be paid for during the weekend, as you will not know at the time you send in your registration form if those classes are still available.

### ALPINE TOWER (Session: 1)

Learn beginning climbing techniques as you climb and explore our 50-foot tower. You'll wear a harness and helmet and be held by a belay system for a safe and fun climb. PARTICIPANTS MUST WEAR CLOSED-TOE AND CLOSED-HEEL SHOES AND COMFORTABLE CLOTHING.

### AQUATIC ECOLOGY (Sessions: 1 or 4)

Participants learn about aquatic ecology through investigation of streams, ponds and lakes on property. Scientific concepts are introduced throughout the activity, as well as environmental concerns related to aquatic environments. BE READY TO STEP INTO THE WATER - RAIN BOOTS OR SANDALS ARE RECOMMENDED.

### ARCHERY BASICS (Sessions: 1, 3 or 5)

Learn how to shoot with a bow. Your instructor will cover basic safety and shooting techniques, and then open the range for practicing.

### BEACH YOGA (Sessions: 1, 2 or 5)

Yoga is a physical, mental, and spiritual discipline, originating in ancient India, whose goal is the attainment of a state of perfect spiritual insight and tranquility. Enjoy this relaxing session at the Trout Lodge beach. PLEASE BRING YOUR OWN YOGA MAT.

### **BELLY DANCING (Session: 3)**

Learn one of the most dynamic and diverse forms of dance while incorporating a variety of movement and styles.

### **BIRD NEST NECKLACE AND EARRINGS (\$) (Sessions: 2 or 6)**

Create your very own necklace and earrings, which are wire-wrapped necklaces with beads symbolizing eggs in the center. Great for mothers, grandmothers or any other mom-to-be out there. You pick your choice of beads to put in the center to represent your children or grandchildren. Cost is \$12 and is payable at the Arts & Crafts Center.

### **BIRD WATCHING (Sessions 1 or 5)**

Please join us for a wonderful bird watching outdoor experience with Lisa Nanstel of the St. Louis Audubon Society (SLAS). SLAS was established in 1916 as the St. Louis Bird Club. In 1944, the Bird Club becomes the first local Audubon chapter in the U.S. Today, the chapter consists of nearly 3,000 members across the St. Louis metro region that includes portions of 11 counties in Missouri and Illinois, and the City of St. Louis. PLEASE BRING YOUR OWN BINOCULARS.

### **CANOEING LESSON (Sessions: 2 or 5)**

Canoeing is easy once you get the hang of steering, especially in conjunction with another person in the canoe with you. This instructional class will teach you how to take out one of our canoes and slide across the sparkling water of Sunnen Lake.

### **CERAMICS (\$) (Session: 1 or 3)**

We have a variety of ceramics ready to be painted and personalized. Use this studio time to paint your own work of art! Cost varies on project and is payable at the Arts & Crafts Center.

### **COSTUME 5K RUN/WALK (Saturday morning at 7:30 a.m.)**

Have fun and support a worthy cause all at the same time by participating in our costume 5K Run/Walk that supports the YMCA Annual Support Campaign. Dress up as your favorite character, super hero, zombie, princess, or come up with your own unique look; costume is not required to participate. Cost is \$15 (or more if you are able). Must pre-register.

### **DISC GOLF (Session: 2)**

Learn about the game that is played in over 40 countries around the world. Disc golf is a flying disc game in which individual players throw a frisbee at a target. The object of the game is to traverse a course from beginning to end in the fewest number of throws of the disc. Learn the basic rules, throws and scoring for this fun game.

### **DUTCH-OVEN COOKING PARTS 1 & 2 (Sessions: 5 AND 6)**

Any meal is more exciting when you cook outside in a Dutch oven! This cast-iron cooking pot is as versatile as it is fun. Choose this course and discover a new way to cook many different kinds of dishes. Portions of this class are outdoors. YOU MUST SIGN UP FOR PART 1 AND PART 2 TO PARTICIPATE IN THIS CLASS.

### **FINGER WEAVING (\$) (Session: 2)**

Learn the ancient art of finger weaving using only a single stick to hold the cords. This technique lies between braiding and loom weaving using many strands. Make a bracelet, necklace, camera strap or key fob from natural fiber yarn. Cost is \$8 and payable upon arrival.

### **FISHING TRIP (Sessions: 1, 3 or 6)**

Want to find the hot spots for fishing on the lake? Take one of our pontoon charters for a 75-minute fishing trip. We even supply the poles and lures. Must have a valid fishing license. Fishing licenses can be purchased at the Country Store.

### **GEOCACHING (Session: 2)**

Geocaching is like modern treasure hunting. Learn how to use a GPS (Global Positioning System) and a map to locate "treasures" hidden around Trout Lodge.

### **GLASS ETCHING (\$) (Session: 4 or 5)**

Your instructor will teach you the basics of glass etching while you make your own personalized mason jar, one red wine glass, 2 white wine glasses or one jar with lid (your choice). Cost is \$10-15 and payable at the Arts & Crafts Center.

### **GOURD BIRD HOUSES (\$) (Session: 3)**

Attract wildlife to your yard with a bird house made from a gourd! A pre-cut, dried gourd will be provided for you to decorate by wood-burning a simple design around the doorway, applying dye, and adding a handle and a coat of clear finish. Birds love to nest in this natural container. Cost is \$15, payable directly to the instructor.

### **GOURD LEAF PENDANT (\$) (Sessions: 4)**

Make a unique pendant to wear this fall, in the lovely colors of the autumn leaves. You will choose from a variety of pre-cut gourd shapes, wood-burn your leaf design onto the gourd, and color it with ink dye. A leather cord will be provided, for a casual look. Cost is \$12, payable directly to the instructor.

### **KAYAKING LESSONS (Session: 3, 4 or 6)**

Learn how to kayak. Spend your session just you and your boat, the soothing lake, the blue skies, the fresh air and a relaxing ride.

### **KNITTING BASICS (\$)** (Session: 6)

Make your own pair of knitting needles from smooth twig, then learn the basic knit stitch. Learn to “bind off” your small square of knitted cloth and use it as a coaster or doll house rug. Cost is \$8.00 and will be room-charged upon registration.

### **MOONLIGHT SWING (\$)** (Friday evening at 8 p.m.)

Wearing a harness and helmet, you will be hooked into a cable that will pull you off the ground until you’re hanging approximately 40 feet into the air (in the dark!). When you’re ready to swing, you’ll let go of a release cord. You’ll fly through the air, swinging back and forth over a distance of about 60 feet ... at night ... in the dark! Must pre-register.

### **MOONLIGHT ZIP (\$)** (Saturday evening at 7 p.m.)

Moonlight Zip is a zip line with a twist – you do at night! You will step up to the platform, be harnessed in and then run off the ramp and zip into the night – TWICE! Must pre-register.

### **MUD CAVE PARTS 1 & 2** (Sessions: 3 AND 4 or 5 AND 6)

Explore Trout Lodge’s very own cave system where you are guaranteed to get muddy and see the many creatures that live in this ecosystem. PLEASE WEAR SHOES AND CLOTHES YOU WON’T MIND GETTING MUDDY (you may want to bring a bag to put clothes/shoes in when taking them home.) THIS CLASS ENCOMPASSES TWO SESSIONS- NO BREAKS IN-BETWEEN PARTS 1 & 2.

### **NATURE CENTER** (Session: 5)

Join us in our own Nature Center filled with “critters” that hop, crawl, slither and meander, to touch and learn about our animal friends.

### **PAINTBALL (\$)** (Sessions: 1 and 5)

Come out and try our new paintball course. Have a blast playing with your friends and learn some basic skills and games of paintball. The price includes the use of markers, paintballs and safety masks. Cost is \$25 and will be room-charged upon registration. MUST WEAR CLOSED TOE SHOES.

### **RIFLE BASICS** (Sessions: 3, 4 or 6)

Head out to the rifle range to learn more about .22 caliber rifles. You’ll have the opportunity to handle, load and shoot a rifle.

### **SHOTGUN BASICS (\$)** (Session: 2)

Familiarize yourself with different parts of a shotgun, learn effective shooting skills, and practice shooting clay targets. We will cover basic concepts of firearm safety. Cost is \$10 and will be room-charged upon registration.

### **SHOTGUN SKEET (\$)** (Session: 6)

Take your shot at this challenging sportsman’s game. Clay targets will cross in front of you sometimes two at a time! Make your best attempt as you move along eight stations and see what kind of score you can get. It is recommended that you attend the Shotgun Basics course prior to attending this session but not required. Cost is \$18 and will be room-charged upon registration.

### **SHOTGUN TRAP (\$)** (Session: 4)

See how good your aim is as you take five shots at clay pigeons from each of the five Trap stations. This challenging game is extremely fun! Attempt to shoot your personal best or make it a friendly competition. It is recommended that you attend the Shotgun Basics course prior to attending this session but not required. Cost is \$18 and will be room-charged upon registration.

**SKULLS & PELTS** (Session: 6) Come learn about Missouri animals in an exciting way. Discover the bone and teeth structure of various rodents, and get an up-close look at different furs and skins that familiar animals have.

### **SPECIAL AGENT ZIP LINE (\$)** (Sessions: 5 or 6)

Do you have what it takes to be a special agent? Test your skills as you zip over a wooded canyon and take aim at 10 targets located at various distances. Paintball gear is provided. Cost is \$18 for 2 zips and will be room-charged upon registration.

### **STEPPING STONES (\$)** (Friday evening 6 - 7 p.m.)

Make your own garden decor using glass and concrete. Cost is \$15 per stepping stone. Must pre-register.

### **SURVIVAL HIKE** (Session: 3)

Participants gain knowledge and experience in skills essential to wilderness survival. They also learn basic fire starting techniques and shelter building.

### **SUMMIT ZIP LINE** (Session: 4)

This zip line is high (35 feet), long (400 feet), and fast. Participants wear a harness and helmet and are held by a belay system (safety rope). MUST WEAR CLOSED-TOE AND CLOSED-HEEL SHOES.

### **TREE IDENTIFICATION AND NATURE HIKE** (Session: 2)

Participants will gain a greater understanding and appreciation of the roles of trees within an ecosystem. They will also investigate trees within a deciduous forest and learn how to identify common types by characteristics such as leaves and bark.

### **VALLEY TRAIL RIDE (\$)** (Sessions: 1 or 2)

This is a one-mile horseback ride that takes you through the beautiful hardwood forest and across the Fourché Renault Creek. MUST WEAR LONG PANTS AND CLOSED-TOE AND CLOSED-HEEL SHOES. Cost is \$15 and will be room-charged upon registration.

### **ZUMBA** (Sessions: 1)

Are you ready to party yourself into shape? That’s exactly what the Zumba® program is all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that’s moving millions of people toward joy and health.

## ON YOUR OWN

Here are some of the places on property that you can visit at your leisure to make purchases, get crafty and to get a good workout. Or maybe find a comfortable spot to kick back and relax!

### Arts & Crafts

Create your own work of art! Projects include candles, spa baskets, plaster, ceramics, beaded jewelry, floral and more. Costs range from \$1 to \$20.

Friday 9:00 a.m. – 12:00 p.m.  
1:00 p.m. – 8 p.m.

Saturday 9:00 a.m. – 12:00 p.m.  
1:00 p.m. – 8 p.m.

Sunday 9:00 a.m. – 12:00 p.m.  
1:00 p.m. – 5:00 p.m.

### Country Store

Gift items, snacks, drinks, YMCA apparel, toiletries and souvenirs are available at the Country Store.

Friday 9:00 a.m. – 12:00 p.m.  
1:00 p.m. – 8 p.m.

Saturday 9:00 a.m. – 12:00 p.m.  
1:00 p.m. – 8 p.m.

Sunday 9:00 a.m. – 12:00 p.m.  
1:00 p.m. – 5:00 p.m.

### Fitness Room

Stop by the Front Desk to get the room code.

### Hiking

Come to the Front Desk to pick up a copy of our trail map so you can enjoy the great outdoors on a self-guided hike.

### Mini-Golf, Horseshoes & Shuffleboard

Equipment for these popular games are available at the Hawkin's Pavilion.

## COURSE SELECTIONS

Please choose your top four class choices for each session and list in the pertinent area of the registration form. Most courses with two parts require that you sign up for both in order to participate (except Geocaching). Courses with a "\$" require an additional fee. Sometimes we have to cancel a course if the instructor unexpectedly cancels or enrollment is insufficient. If you've requested a course that has been cancelled, we will assign you to your next available choice. Outdoor classes will not be cancelled unless the weather conditions are severe.

## SATURDAY, OCTOBER 17, 2015

### Session 1

(8:45 – 10:00 a.m.)

**AE1** Aquatic Ecology  
**AR1** Archery  
**AT1** Alpine Tower  
**BW1** Bird Watching  
**BY1** Beach Yoga  
**CE1(\$)** Ceramics  
**FT1** Fishing Trip  
**PB1(\$)** Paintball  
**VR1(\$)** Valley Trail Ride  
**ZU1** Zumba

### Session 2

(10:30 – 11:45 a.m.)

**BY2** Beach Yoga  
**BN2(\$)** Bird Nest Necklace  
**CL2** Canoeing Lesson  
**DG2** Disc Golf  
**FW2(\$)** Finger Weaving  
**GC2** Geocaching  
**SB2(\$)** Shotgun Basics  
**TI2** Tree Identification  
& Nature Hike  
**VR2(\$)** Valley Trail Ride

### Session 3

(2:00 – 3:15 p.m.)

**AR3** Archery  
**BD3** Belly Dancing  
**CE3(\$)** Ceramics  
**FT3** Fishing Trip  
**GB3(\$)** Gourd Bird House  
**KL3** Kayaking Lesson  
**MC3** Mud Cave Pt 1  
**RI3** Riflery  
**SH3** Survival Hike

### Session 4

(3:45 – 5:00 p.m.)

**AE4** Aquatic Ecology  
**GE4(\$)** Glass Etching  
**GJ4(\$)** Gourd Leaf Pend.  
**KL4** Kayaking Lesson  
**MC4** Mud Cave Pt 2  
**RI4** Riflery  
**ST4(\$)** Shotgun Trap  
**SZ4** Summit Zip

## SUNDAY, OCTOBER 18, 2015

### Session 5

(8:45 – 10:00 a.m.)

**AR5** Archery  
**BY5** Beach Yoga  
**BW5** Bird Watching  
**CL5** Canoeing Lesson  
**DO5** Dutch Oven Pt 1  
**GE5(\$)** Glass Etching  
**MC5** Mud Cave Pt 1  
**NC5** Nature Center  
**PB5(\$)** Paintball  
**SA5(\$)** Special Agent Zip

### Session 6

(10:30 – 11:45 p.m.)

**BN2(\$)** Bird Nest Necklace  
**DO6** Dutch Oven Pt 2  
**FT6** Fishing Trip  
**KL6** Kayaking Lesson  
**KB6(\$)** Knitting Basics  
**MC6** Mud Cave Pt 2  
**RI6** Riflery  
**SA6(\$)** Special Agent Zip  
**SP6** Skulls and Pelts  
**SS6(\$)** Shotgun Skeet

Note: Lines between sessions indicate requirement of taking BOTH classes

## 2015 WOMEN'S OUTDOOR WELLNESS REGISTRATION (part 1)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime phone: (\_\_\_\_) \_\_\_\_\_ Evening or cell phone: (\_\_\_\_) \_\_\_\_\_

E-mail address: \_\_\_\_\_

### ROOMMATE INFORMATION

- **Singles:** You can reserve a single room for one person for \$500, or you can pay the \$255 registration fee if you agree to have a roommate assigned. If you agree to a roommate, you will not be in a room with more than one other person.
- **3-4 people:** If you are coming with three to four people, you will be assigned to either a guest room with two queen-sized beds or to a loft suite with two queen-sized beds and either a couch or a roll away bed.
- **5 or more people:** If you are bringing five or more people as a group, we will assign you to a cabin if one is available. However, if all of our cabins are reserved by the time we receive your registration form, we will assign separate rooms in the Lodge. You can request to be split up into Guest Rooms in the Lodge if you prefer. It is helpful, but not required, for roommates to send in all of their registration forms together. **Please list the names of roommates, if any:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_

### OPTIONAL ACTIVITIES

Trout Lodge always has amazing activities that delight, inspire and energize, and our Women's Outdoor Wellness Weekend is no exception. Check out the additional activities that you can participate in, which run before or after the daily sessions, for an additional charge. These are completely optional - choose one or two or choose them all. There are a limited amount of spots available, so remember that **we cannot reserve a spot for you until we receive the completed registration form and payment, as they are filled on a first-come, first-served basis.** Further descriptions of the below activities are also listed in the activity description section.

#### **MOONLIGHT SWING** - Friday evening at 8 p.m.

Have you ever sat in a porch swing listening to the crickets chirp and bullfrogs sing while gazing at the moonlight? This is NOTHING like that! You will be harnessed in, hoisted 30 ft. in the air, for an exciting and adrenaline rush of both a brief free fall and swing. And the best part? It's in the dark. This ain't your grandma's swing! Cost is \$10.

☐ **YES, I would like to participate in Moonlight Swing on Friday evening.**

#### **STEPPING STONES** - Friday evening from 6 - 7 p.m.

Have a garden that's missing a bit of sparkle? Then create your very own stepping stone in our Arts & Crafts facility on early Friday evening and bring out your creative side. Cost is \$15.

☐ **YES, I would like to make a stepping stone on Friday evening.**

#### **5K RUN/WALK** - Saturday morning starting at 7:30 a.m. (Remember to bring your favorite costume to wear - see description pg. 3)

YMCA Trout Lodge is committed to our mission of helping those less fortunate. Proceeds from the 5K Run/Walk scheduled for 7:30 a.m. on Sat., Oct. 17th will be applied towards our Annual Campaign fund. This fund helps financially challenged children attend Camp Lakewood, special needs groups come to Trout Lodge, and help struggling families dealing with a devastating loss or illness. We hope you will support us. Minimum contribution is \$15 - or more if you are so inspired.

☐ **YES, I would like to participate in the 5K Run/Walk on Saturday morning.**

#### **MOONLIGHT ZIP** - Saturday evening at 7 p.m.

Bring out the thrill-seeker in you as you FLY through the air on our very popular Moonlight Zip, so named because it's done at night! Talk about an adrenaline rush! With the moonlight as your only guide, you'll be harnessed in and sent on quite the night-time adventure. Cost is \$10.

☐ **YES, I would like to participate in Moonlight Zip on Saturday evening.**

SEE NEXT PAGE FOR MORE ...

## 2015 WOMEN'S OUTDOOR WELLNESS REGISTRATION (part 2)

Name (last, first): \_\_\_\_\_

### SESSION REGISTRATION

- Please provide four different choices by placing the code corresponding to the course in the appropriate box below. See previous page for course numbers.
- Each participant must complete a registration form. You may photocopy the form for additional registrations.
- If you have a class you absolutely don't want to miss, let us know. If you've requested it during a session that is full, we will make an effort to assign you to that class in an alternate time slot.
- **IMPORTANT:** If you do not list four choices you will automatically be given Free Time if your chosen session is full. If all four are listed we will ensure you get one of your four choices.

Session	1	2	3	4	5	6
1st choice						
2nd choice						
3rd choice						
4th choice						

### MASSAGE SIGN-UP

45-minute massages are offered on Friday (October 16) and Saturday (October 17) from 5 p.m.-1 a.m. and Sunday (Sept. 18) from 8-11 a.m. Massages start on the hour. Choose your first five choices below, identifying the day, date and one-hour block of your choice. Cost of session is \$45 payable to the massage therapist at the end of your massage.

**Times are assigned on a first-come, first-served basis. Enjoy a relaxing massage after your outdoor adventures!**

Time slots that are not during class times fill up quickly, so please be sure to include times during which sessions are offered. Don't choose times during classes you absolutely don't want to miss!

	1st choice	2nd choice	3rd choice	4th choice	5th choice
Day					
Date					
Time (1-hour block)					

### MEAL SHIFT REQUEST

Times listed below indicate time you need to arrive for each meal. Meal Shift requests are not guaranteed. If your requested shift is full, we will assign you to the other shift. If you are coming with friends, we will try to assign everyone to the same mealtime.

☐ Meal Shift 1 (7:00 a.m. breakfast - 12:00 p.m. lunch - 5:15 p.m. dinner)

☐ Meal Shift 2 (7:45 a.m. breakfast - 12:45 p.m. lunch - 6:00 p.m. dinner)

I have the following dietary restrictions: \_\_\_\_\_

### ANYTHING ELSE OF WHICH WE NEED TO BE AWARE

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## 2015 WOMEN'S OUTDOOR WELLNESS REGISTRATION (part 3)

Name (last, first): \_\_\_\_\_

### PAYMENT METHOD

If you are paying for more than one person, please send in all registration forms together and list their names below.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

Registration Fee (\$255 per person or \$500 for a single room) ..... \$ \_\_\_\_\_

5K Run/Walk (optional) (\$15 per person - or more if you wish): ..... \$ \_\_\_\_\_

Moonlight Swing (optional) (\$10 per person): ..... \$ \_\_\_\_\_

Moonlight Zip (optional) (\$10 per person): ..... \$ \_\_\_\_\_

Stepping Stone (optional) (\$15 per stone): ..... \$ \_\_\_\_\_

YMCA Member?: ☐ Yes (if yes, include copy of membership card)

☐ No (if no, add \$10 temporary membership fee) ..... \$ \_\_\_\_\_

TOTAL ENCLOSED: ..... \$ \_\_\_\_\_

☐ Check enclosed (payable to YMCA of the Ozarks)

☐ Charge my credit card



CC #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

### CANCELLATION POLICY (signature required)

If you cancel on or before September 26, 2015, a \$50 processing fee will be deducted from each registration fee, and the remainder of the fee will be returned to you. Registrants who do not attend and/or who do not cancel by September 26, 2015 will be responsible for the full program fee. I agree to accept the conditions set forth in the cancellation policy.

Signature \_\_\_\_\_

Date \_\_\_\_\_

### HOW TO RETURN THIS REGISTRATION FORM

#### MAIL

(for all payment forms)

Melissa DiFiori  
YMCA Trout Lodge  
13528 Highway AA  
Potosi, MO 63664

#### FAX

(for credit cards)

Attn: Melissa DiFiori  
(573) 438-5752

#### E-MAIL

(for credit cards)

mdifiori@ymcastlouis.org  
Note: You can type directly on  
form, save to your computer  
and e-mail.