



YMCA - YWCA

We build strong kids,
strong families, strong communities.

WELCOME TO...

CAMP STEPHENS

Women's Retreat



We are so excited that you have decided to join us at Camp Stephens for our Women's Retreat Weekend. This weekend will be full of activities, fun, and YOU time.

TRANSPORTATION

To Camp:

Please be at Wharf A in Kenora between 5 & 6 PM.

Return:

Boats will return campers to the dock between 2 & 2:30 PM

Coffee, juice and snacks will be available throughout the day.

WHAT TO BRING TO CAMP

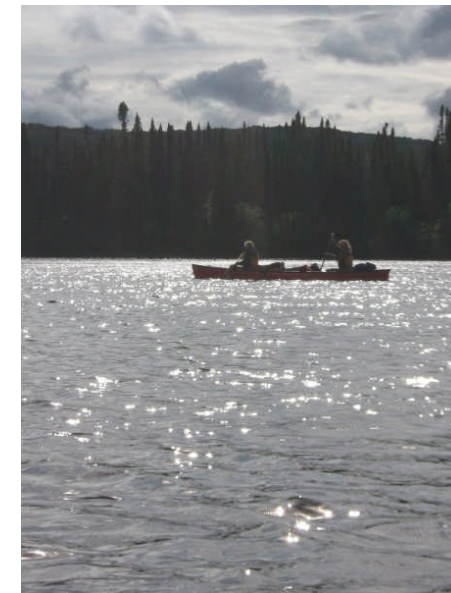
- sleeping bag & pillow
- long-pants
- shorts
- t-shirts
- long sleeved shirts or fleece pull overs
- raincoat or rain suit -
- warm jacket
- 1 pair of shoes to get wet and stay wet (an old pair of runners or sandals, Flip-flops not recommended)
- 1 pair of dry shoes (regular runners)
- 1 hat
- underwear and socks (one pair for every day at camp)
- 1 bathing suit
- Towels (for using at the beach and also for showering/washing up)
- pajamas
- toothpaste, toothbrush, comb and/or brush, facecloth, soap and shampoo
- flashlight

OPTIONAL:

- camera
- water bottle
- inflatable mattress for adults (the camp bunk beds are approximately 6 feet long and some adults find it more comfortable to sleep on their own inflatable mattress)

Please avoid new or valuable clothing as camp activities can be very rough on clothing.

We look forward to your weekend visit in September 2010



Photos by Rachel Scramstad, 2009 6 week girls canoe trip

Camp Stephens Women's Retreat 2010

**PLEASE NOTE: This is the working copy of the weekend schedule.
Volunteers will be confirmed throughout the summer for various programs.*

FRIDAY, September 17

SATURDAY, September 18

SUNDAY, September 19

7:00		Fitness Option (Body Link – Yoga based), Polar Bear Swim or You Time	Fitness Option (Body Link –Core Focus), Polar Bear Swim or You Time	7:00
7:30				7:30
8:00		BREAKFAST	BREAKFAST	8:00
8:30				8:30
9:00		Program Options: High Ropes, craft or You Time	Program Options: Climbing Tower, Sailing or You Time	9:00
9:30				9:30
10:00		Coffee/Tea Break and Snack	Coffee/Tea Break and Snack	10:00
10:30				10:30
11:00		Program Options: Kayaking, Swimming, “5 Minute Message” or You Time	Program Options: Waterfront or You Time	11:00
11:30				11:30
12:00				12:00
12:30		LUNCH	LUNCH	12:30
1:00				1:00
1:30		You Time	Group Photo and Goodbyes	1:30
2:00		Program Options: Fitness (Zumba), Craft, Sailing or You Time		2:00
2:30				2:30
3:00				3:00
3:30	Coffee/Tea Break and Snack	3:30		
4:00	Program Options: High Ropes, Canoeing, “5 Minute Message”, You Time	4:00		
4:30		4:30		
5:00		5:00		
5:30	Arrival, Move In, Staff Introductions, Tours	Nature Walk, Orienteering/Scavenger Hunt, or You Time		5:30
6:00		6:00		
6:30	SUPPER	SUPPER		6:30
7:00				7:00
7:30	You Time			7:30
8:00	Program Options: Craft, Sunset Paddle or You Time	Evening Campfire Please bring your favourite campfire song!	8:00	
8:30			8:30	
9:00			9:00	
9:30	Evening Social: Games & Social Activities, Snack	(If weather is not favourable, back-up activities include “chick flick” movies, board games)	9:30	
10:00			10:00	
10:30			10:30	

NOTE: The hot tub is available all weekend.
Docks are open for sunbathing, reading, etc
Other program options may be offered based on requests