

Lake Wenatchee YMCA Camp Women's Wellness Adventure Information Packet

Billing and Registration Information

Wenatchee Valley YMCA
217 Orondo Avenue
Wenatchee, WA 98801
Diane Cruickshank (509) 662-2109
Registrar@wenymca.org

Camp Contact and Location

Tim McElravy, Camp Director
Lake Wenatchee YMCA Camp
15263 North Shore Drive
Leavenworth, WA 98826
(509) 763-9622
tmcelravy@lwyecamp.org

ARRIVAL & DEPARTURE

Arrival: Please plan to arrive at camp between 9:00 – 10:00 a.m. on Saturday, May 20th. Later arrivals are fine but please notify the Camp Director of your planned arrival time so that meals may be planned appropriately.

Departure: Checkout is on Sunday May 21 between 12:00 – 100 p.m.

WELLNESS ADVENTURE SCHEDULE

(Subject to change)

Saturday

9:00 – 10:00 AM	Check-in at the Lodge
10:30 AM	Tour of Camp
10:30 -12:00PM	Program Areas Open - Archery, boating, stand up paddle boarding
12:15 PM	Lunch
1:00 – 3:00 PM	Program Areas Open - Archery, waterfront, or group hike
1:00-3:00 PM	Bus is available to bring you to your Leavenworth Zipline Tour.
2:00-3:00 PM	Group Exercise - Yoga,
4:00 PM	Board the Bus to Plain for lady's night out. Activity options include: Shopping and Coffee at Plain Hardware Wine Tasting at Napeequa Vintners or Plain Cellars Zipline tour at Leavenworth Ziplines (last tour leaves at 4)
7:00 PM	Dinner -at Old Mill Café in Plain
8:30 PM	Bus Back to camp
9:00 PM	Camp Fire - Sit by the fire and enjoy your evening and relax.

Sunday

8:00 AM	Join us for a 5k run/walk followed by morning yoga down by the lake.
10:00 AM	Brunch - One last meal before we depart for home. Enjoy the company of old and new friends and plan your next adventure.
12:00 – 1:00 PM	Check out. See you in the Fall!

Driving Directions from East and West of Lake Wenatchee on the last page.

CAMP REFUND POLICY

All fees are non-refundable except in the case of an unforeseen medical situation verified by a note from a physician. There is no partial refund for late arrivals or early departures. And, no refund will be issued for registrants that do not complete this program.

CABIN ASSIGNMENTS

All cabins are selected and/or assigned based upon availability and order of registrations received. Early registration is encouraged.

ACTIVITIES

Activities offered at Lake Wenatchee YMCA Women's Wellness Adventure Weekends include Archery, Swimming, Canoeing, Kayaking, SUPing and Hiking. We will also have several group exercise activities such as yoga, Zumba and/or a group walk/run. A variety of board games and puzzles are available in the lodge for use.

OPTIONAL OFF SITE ACTIVITIES

As a part of the Women's Wellness Adventure Weekends we have prearranged several optional activities at an additional cost. We will travel by bus unless you want to drive your personal vehicle. See below for details.

Leavenworth Ziplines - Cost is \$85/person and takes 2 hours to complete. Max size is 8 per group. Last tour of the day leaves at 4:00 pm. You must book and pay in advance via their website, or call them at (509) 763 - 2713. No refunds on cancellations within 3 days of the zip line adventure. www.leavenworthziplines.com

Napeequa Vintners - Cost is \$5/person for a 6 wine tasting. Includes a complimentary Napeequa Vintners wine glass (plastic). Wine can be purchased by the glass for around \$6-\$8/glass or by the bottle for \$20-\$38 each. Seating for about 25 people with additional seating outside (weather permitting).

Plain Cellars - Cost is \$10/person for a 5 wine tasting. The \$10 is waived if you purchase a bottle of wine. Wine is also sold by the glass for around \$6-\$8/glass. Bottles of wine run \$22-\$35 each. They close at 6 pm so visit them early!

Plain Hardware - This is more than just a hardware store. From espresso to garden ornaments, wind chimes to scented candles, and soap to hip clothes. There is even funky jewelry, funny t-shirts and magnets, and fun toys for the kids. You may never leave! They close at 5:30 pm so visit them early!

PETS/TOBACCO PRODUCTS

Pets are not allowed on camp property due to safety concerns, allergies of other guests, and for the safety of the pet. Tobacco products are prohibited at camp. We appreciate your compliance regarding these matters.

INSURANCE

The Wenatchee Valley YMCA does not carry accident or medical insurance on participants. All medical expenses incurred while involved in Lake Wenatchee YMCA Camp activities are the responsibility of the participants, or their insurance carrier.

CAMP SAFETY

The programs and facilities of the Lake Wenatchee YMCA Camp are regularly reviewed by the Wenatchee Valley YMCA Board of Directors and comply with YMCA of the USA standards. In addition, the Lake Wenatchee YMCA Camp is inspected annually by the Chelan County Health Department and by Lake Wenatchee Fire and Rescue

PACKING LIST

Remember that while at camp guests are going to get dirty, so please pack appropriately. The following is a general packing list. The list is not intended to be a burden, just a tool to help guests have an enjoyable and comfortable time.

SUGGESTED ITEMS

Sleeping bag/bed roll	Pillow
Long pants	Sweatshirt or light jacket
T-Shirts	Shorts
Swim suit	Underwear
Socks	Sneakers/closed-toe shoes
Waterfront shoes	Towels - 1 bath, 1 beach
(old shoes/sandals/aqua socks)	Toiletry articles - Soap, toothbrush,
Mosquito repellent	shampoo, comb/brush, etc.
Sunscreen: minimum SPF 45/waterproof	Flashlight and spare batteries
Water Bottle	

OPTIONAL ITEMS

Books	Fitted sheet (twin size)
Pajamas	Sunglasses (cheap ones)
Backpack if you're hiking	Hat or cap with brim
Guitar or other musical instrument	Camera
Rain Gear/Poncho	Chapstick, moisturizer
Hiking boots	

DO NOT BRING

The following items are not allowed at camp.

The Y is not responsible for lost, stolen or damaged items.

Weapons of any kind	Food or snacks for your cabin
Pets	Breakable Objects
Any personal sports equipment: i.e. boats, Seadoo, bikes, etc.	Tobacco products or drugs
	Fireworks

DRIVING DIRECTIONS TO CAMP

From the East (Leavenworth/Ellensburg/Wenatchee):

- Drive to **Leavenworth, WA** (via US-2 from Wenatchee or Hwy 97 from Ellensburg/I-90).
- Take **US-2 west** from Leavenworth about **15 miles** to Coles Corner (Hwy 207).
- Turn **right at Coles Corner** (Hwy 207) toward Lake Wenatchee.
- Drive about **5 miles** to green bridge over the Wenatchee River.
- After bridge, **stay left at the "Y"** in the road.
- Drive approximately **1.5 miles** and turn **left onto North Shore Drive**.
- Turn **left into the second driveway** (large Y Camp sign).

From the West (Monroe/Seattle):

- Drive to **Monroe, WA** (via Hwy 522 from I-405 or Hwy 2 from I-5).
- Take **US-2 east** from Monroe about **70 miles** (over Stevens Pass) to Coles Corner (Hwy 207).
- Turn **left at Coles Corner** (Hwy 207) toward Lake Wenatchee.
- Drive about **5 miles** to green bridge over the Wenatchee River.
- After bridge, **stay left at the "Y"** in the road.
- Drive approximately **1.5 miles** and turn **left onto North Shore Drive**.
- Turn **left into the second driveway** (large Y Camp sign).