



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Women's Wellness Weekend Tentative Schedule

Time/Day	Friday	Saturday	Sunday
7:00	Self-guided activities always available: -hiking -basketball court -disc golf -mountain biking -pickle ball -shoreline fishing -board games -find a beautiful place to sit and read or talk to a new friend!	Early riser yoga or nature hike	
8:00		Buffet Breakfast (available 7:30-9:30)	
9:00		Activity Block Options: <ul style="list-style-type: none"> • Rock Climbing • Canoeing/paddle boarding • High Ropes Course • Watercolor workshop • Meditation and Mindfulness • Arts and Crafts 	
10:00		Lunch Meet in the Lodge or pick up a sack lunch and have a lunch with a view!	
11:00		Activity Block Options: <ul style="list-style-type: none"> • Zip line • Mountain biking • Archery • Zumba • Charcoal drawing • Fly Fishing • Waterfront open 	
12:00			
1:00	Arrival settle into cabins		
2:00			
3:00			
4:00	Introductions and Icebreakers	Book exchange	Pack and return home
5:00	Social Hour Appetizers and Beverages in the Lodge		
6:00	Dinner in the lodge	Dinner in the lodge or Dutch Oven cooking at the Barn	We will see you next time!
7:00	Campfire Program	Paint and sip or Sunset canoeing	
8:00		Talent Show	
9:00	Stargazing		

Do you have a great idea about something that should be included? Send your suggestions or questions to debi.bean@ymcatvidaho.org