



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WOMEN'S WELLNESS WEEKEND TENTATIVE SCHEDULE

TIME	FRIDAY	SATURDAY	SUNDAY
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7 a.m.

Self-guided activities  
always available:

Early riser yoga or nature hike

8 a.m.

Buffet Breakfast  
(available 7:30-9:30)

9 a.m.

- 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!

Activity  
Block  
Options

- Rock Climbing
- Canoeing/paddle boarding
- High Ropes Course
- Watercolor workshop
- Meditation and Mindfulness
- Arts and Crafts

10 a.m.

11 a.m.

Noon

Lunch

in the lodge or grab a sack lunch and eat with a view!

1 p.m.

Arrival  
settle into cabins

Activity  
Block  
Options

- Zip line
- Archery
- Mountain biking
- Zumba
- Fly Fishing
- Charcoal drawing
- Waterfront open

2 p.m.

3 p.m.

Introductions and  
Icebreakers

Book exchange

Pack and return  
home.

5 p.m.

Social Hour  
Appetizers and Beverages in the Lodge

We will see you  
next time!

6 p.m.

Dinner  
in the lodge

Dinner in the lodge or Dutch  
Oven cooking at the Barn

7 p.m.

Campfire Program

Paint and Sip or  
Sunset Canoeing

8 p.m.

Talent Show

9 p.m.

Stargazing



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Do you have a great idea about an activity that should be included?  
Send your suggestions or questions to [debi.bean@ymcatvidaho.org](mailto:debi.bean@ymcatvidaho.org).