



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RELAX & RENEW

Fall Women's Wellness Weekend
September 27-29, 2024
YMCA CAMP COLMAN



WELCOME TO CAMP COLMAN

JUST WHAT YOU NEED

Women's Wellness is an opportunity for women of all ages to relax, socialize, recharge, or have an active weekend. Participate in as many or as few of the activities you would like – make the weekend your own! We hope you enjoy this beautiful space away from home.

ARRIVAL & CHECKOUT

Check-in begins Friday, September 27, at 3:00pm at the bus turn around area. At camp, please park in designated areas only. Once you have checked in, you will be able to return to your cars to unload and take luggage to your cabin.

Final checkout is Sunday, September 29. Women are asked to be out of their cabins by 12:00pm, but may leave camp as late as 1:00pm.

Please remember to bring your liability release & health form to camp!

PACKING IDEAS

- Warm clothes (it will be cool)
- Outdoor athletic clothing
- Rain gear
- Comfortable shoes
- Water bottle
- Toiletries & towel
- Camera
- Sleeping bag & pillow
- Book

YOUR STAY AT CAMP

ACCOMMODATIONS

YMCA Camp Colman is located on South Puget Sound's Key Peninsula, about 90 minutes from Seattle, 60 minutes from Bremerton, and 45 minutes from Tacoma (in good traffic). Cabins overlook our saltwater lagoon and the Case Inlet. Share a cabin with good friends or stay with other women from throughout the Puget Sound area. Each cabin has a private bathroom, shower, electricity and a propane stove. We expect the weather to be a bit chilly in September, so be prepared with a warm sleeping bag and layers.

CELL PHONES

Cell phone reception can be spotty at Camp Colman but generally most carriers work. Our camp staff can provide you with a phone to use for emergency calls if necessary. Important incoming messages for participants may be left on the camp voicemail and will be relayed at meal times. The camp number is (253) 884 3844. For emergencies only, the Program Director on Duty can be contacted via cell phone at (253) 514-0068.



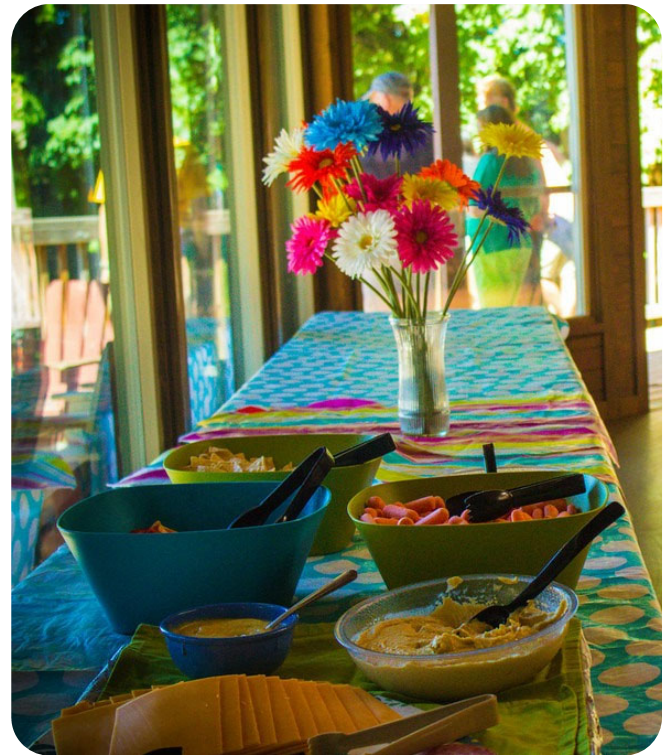
Everyone is welcome. The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**

SPECIAL DIETARY NEEDS

Our dining services staff works hard to provide well-balanced, healthy meals for your stay, including vegetarian options and soymilk at each meal. If you have any food allergies, feel free to contact our Food Services Director, Connie Fechner at 253-884-3844 x 109 to learn what supplements and alternatives may be necessary. We can keep those personal food items in our lodge. Please label them with your name and the date.

NUT-FREE CAMP

Due to the prevalence of nut allergies, we strive to make camp a nut-free zone. Please do not bring nut products or anything containing nut oil to camp. Thank you!



ACTIVITIES

- Yoga and other fitness classes
- Traditional massage*
- Acupuncture
- Candle-making
- Soap-making
- Meditation
- Seasonal crafts
- Jewelry making
- Giant swing
- Vertical playpen
- Climbing tower
- Boating
- Archery
- Morning trail runs
- Guided nature walks
- Beach walks
- Organic garden tours
- Edible & medicinal plants
- Henna*
- Night Hike
- Chocolate Dipping

*Available at extra cost. Please bring cash or check.

ACTIVITY HIGHLIGHTS

SPA TREATMENTS*

We will have massage treatments available throughout the weekend. Appointments can be made Friday evening and Saturday morning in the Anderson Lodge. If you commit to an appointment time, please consider yourself financially responsible for that appointment.

**All massage practitioners are certified. These services are additional to the cost of the weekend. Please remember that practitioners can accept cash and check payment only. No credit cards.*

Activity Sign Ups

Some of the activities we offer require guests to sign up ahead of time, those include: Giant Swing, Vertical Playpen, Night Hike, Massages, and Acupuncture. Those sign-ups will be available starting at 5:30pm on Friday. Staff will be at the sign-up table to answer any questions.

YMCA CAMP POLICIES

HEALTH & SAFETY

Camp Colman Staff are CPR and First Aid certified and equipped with basic first aid supplies. They will assist with minor medical problems (bug bites, bruises, minor cuts, etc.) Participants are responsible for any emergency transportation.

For your safety, activity areas such as the waterfront, archery range, climbing wall, and obstacle course are only open when supervised by Camp staff. Additionally, firearms, knives, weapons of any kind, and fireworks are prohibited on Camp property.

ALCOHOL & TOBACCO

Camp Colman is an alcohol, drug and tobacco-free site. Smoking by adults may take place at designated areas outside Camp gates. In order to respect the environment, please dispose of cigarette butts properly - never discarding butts on the ground or in the bushes.

PETS

Only professional, assistive pets are allowed on Camp property. Please alert camp beforehand if you are bringing your service animal.

CABIN UPKEEP

Participants are responsible for cleaning their cabins and other areas before departing. Any additional cleaning required, or any damage or graffiti, will result in the charge of additional fees.

VEHICLES

Participants may not drive beyond the camp parking lots unless pre-arranged. Vehicles should remain on roadways and not block fire lanes.

PERSONAL PROPERTY

Camp Colman is not responsible for personal property, personal sports equipment, or vehicles.

ENVIRONMENT

Live plants, animals, and sea life are an important part of the Camp environment and should not be collected or damaged in any way.

CAMP RULE ENFORCEMENT

Camp Colman staff have the authority to enforce all Camp rules. Participants refusing to follow Camp rules will be asked to leave without refund of Camp fees.

INSURANCE

It is the participant's responsibility to provide her own accident and health insurance. The YMCA does not provide any such coverage for participants.

Thank you for helping keep Camp Colman a safe and enjoyable experience for everyone!

CONTACT INFORMATION

REGISTRATION & PAYMENT QUESTIONS

For questions about registration and payment, call the Camping & Outdoor Leadership office at 206 382 5009 or email campinfo@seattleyymca.org

PROGRAM & ACTIVITY QUESTIONS

For questions about the program or activities offered, call Ashley Gibson at 253 246 8553 or email agibson@seattleyymca.org

