# Women’s Wellness Weekend
## Tentative Schedule

<table>
<thead>
<tr>
<th>Time/Day</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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| **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) | Activity Block Options:  
- Rock Climbing  
- Canoeing/paddle boarding  
- High Ropes Course  
- Watercolor workshop  
- Meditation and Mindfulness  
- Arts and Crafts | |
| **9:00** | Activity Block Options:  
- Zip line  
- Mountain biking  
- Archery  
- Zumba  
- Charcoal drawing  
- Fly Fishing  
- Waterfront open | Lunch  
Meet in the Lodge or pick up a sack lunch and have a lunch with a view! | |
| **10:00** | Arrival  
settle into cabins | |
| **11:00** | Introductions and Icebreakers | Book exchange | Pack and return home |
| **12:00** | Social Hour  
Appetizers and Beverages in the Lodge | | |
| **1:00** | | | |
| **2:00** | | | |
| **3:00** | | | |
| **4:00** | Dinner  
in the lodge | Dinner  
in the lodge  
or Dutch Oven cooking at the Barn | | |
| **5:00** | Campfire Program | Paint and sip or Sunset canoeing | We will see you next time! |
| **6:00** | Stargazing | Talent Show | |

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