



## ITINERARY

We want you to experience all you can while you're here, but it's still a 'choose-your-own' adventure!

### FRIDAY, AUGUST 23

**5:30-6PM:** Load bus, which leaves the Minot Family YMCA at 6:00pm. If driving separately, arrive at Triangle Y Camp no later than 7:00pm.

**7PM:** Unload and Unpack!

**7:30PM:** Enjoy an outdoor barbeque followed by campfire fun and a cheese & wine tasting (other alcoholic beverages allowed, but not provided).

### SATURDAY, AUGUST 24

**5:30AM:** Fruit & yogurt provided before morning exercises.

**6AM:** Scenic walk/jog across the rustic grounds of camp.

**8-9AM:** Restore and rejuvenate your mind and body with an invigorating session of yoga.

**9-10AM:** Hot breakfast in the dining hall.

**10-11AM:** Paint a TYC paddle in the arts & crafts hall.

**11AM-1PM:** Saddle up for an equestrian trail ride. Then head to the tower where you can try summiting our 50 foot climbing tower or challenge yourself on the ropes course.

**1-2PM:** Lunch provided in the dining hall.

**2-4PM:** Experience all that Lake Sakakawea has to offer. Relax on the beach or splash in the pond. Take out a kayak or paddle out on a paddle board. Don't forget to test out the rope swing!

**4-5PM:** Gather your belongings or take one last stroll across the grounds.

**5PM:** Bus leaves camp to head back to the Minot Family YMCA.

Participation is optional for all activities offered



# ? FAQ's

## WHERE IS TRIANGLE Y CAMP?

Triangle Y Camp is located on Lake Sakakawea, approximately 10 miles southwest of Garrison, ND on county route #13. The address is 1251 A 47th Ave NW, Garrison, ND 58540. Camp signs are posted on Highway 37 starting 4 miles west of Garrison.

## HOW DO I GET THERE?

From Minot, take highway 83 south to route 37 west (toward Garrison). Follow route 37 approximately 4 miles past Garrison, look for "Youth Camp" sign and country road 13. Follow Triangle Y Camp signs to camp.

## WHERE WILL WE BE SLEEPING?

You will get to sleep in one of our awesome cabins! All the cabins have beds, but if you want to bring a tent or camp under the stars, you can do that too!

## WHAT SHOULD I BRING?

Bedding (Sleeping Bag, Pillow, Etc.)

Toiletries - Including shower products, toothbrush & paste, etc.

Towels - one for showering and one for the lake

Bug Spray

Sunscreen

Athletic or relaxing clothing - including long pants

Pajamas

Closed toe shoes

Sandals

Yoga mats will be available but we encourage bringing your own

Any snacks or beverages (if alcoholic - please drink responsibly)

## MINOT FAMILY YMCA

3515 16TH ST SW | MINOT, ND | 701.852.0141

WWW.YMCAMINOT.ORG

FOR MORE INFO: CALL THE Y AT 852-0141



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RELAX AND REVIVE AT TRIANGLE Y CAMP

Women's Wellness Weekend  
AUGUST 23 & 24, 2019 | TRIANGLE Y CAMP



# RELAX, REFRESH, REVIVE



## TIME TO REGISTER!

Grab your friends and get ready to enjoy a fun filled weekend at Triangle Y Camp!

## WOMEN'S WELLNESS WEEKEND

Members & non-members 21+ can share in an experience that lasts a lifetime. Whether you're looking for a relaxing getaway with your friends or seeking a fast paced adventure look no further. Triangle Y Camp has everything you are looking for.

**TRIANGLE Y CAMP**

GARRISON, ND

**COST**

\$60\*

**FRIDAY & SATURDAY**

AUGUST 23 & 24, 2019

## FUN INSIDE & OUT

Kayak on Lake Sakakawea, center yourself with yoga, climb to new heights on the alpine tower, paint an iconic TYC paddle, jump off the rope swing into the pond, taste new wines alongside the bonfire, hike through the rustic grounds, ride a horse through the prairie and more!



Cost includes all meals & activities. Transportation is an optional add-on fee of \$15.



Name \_\_\_\_\_  
First Last

Birthdate \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Cabin Mate(s) \_\_\_\_\_

Special Dietary Needs \_\_\_\_\_

Allergies \_\_\_\_\_

Do you need transportation? (\$15) ☐ YES ☐ NO



## YOUR SAFETY IS IMPORTANT

The health and safety of each camper is our first and foremost concern. All staff are trained in first aid and CPR.

## Emergency Contact

Name \_\_\_\_\_

Phone \_\_\_\_\_

Relationship \_\_\_\_\_

## Authorization

I, the undersigned, represent that I am over 21 years of age and am medically fit to participate in this event. In consideration of you accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators waive and release forever any and all rights and claims or damages I may accrue against all persons and agencies involved with the program. I hereby grant full permission.

☐ I give permission to Minot Family YMCA to use photographs or videos of me/my team for promotional or other legitimate purposes.

Signature \_\_\_\_\_

Date \_\_\_\_\_