

Women's Weekend at Arrowhead Camp



... For Grandmothers, Mothers,
Daughters, Sisters, Aunts, Cousins,
and Friends

Experience a weekend of
art, nature, fitness, relaxa-
tion, fun, and friendship



September 17th-19th, 2010

\$165

For first person

\$145

For additional family mem-
bers

\$155

For 2009 participants

For more information, contact Becca Birnie at

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1111 Ronville Rd.

Dwight, ON

P0A 1H0

*Price includes meals, accommodation, workshops/activities, and materials.
Price does not include HST.*

TURN OVER...

Workshops and Activities

Yoga with Allie Chisholm

Allie is the co-owner of Huntsville's yoga and wellness studio, Ahimsa. Relax your mind, body, and spirit as Allie takes you through a restorative hour of Hatha Yoga. Wear comfortable clothing. Mats are provided.



Jewelry Making and Beading with Alyssa Lite

Learn basic jewelry making techniques and create a unique piece of jewelry to take home.

Photography with Jerry Schmanda

Jerry specializes in wildlife photography. During this 2 hour workshop, you will have an opportunity to ask Jerry your specific questions and engage in group discussion as he guides you through various techniques that will help enhance your photos. Hands on demonstrations and a natural setting make this workshop a sure hit. Come home with a handout and a new desire for photography! Please bring your own camera.

Healthy Heart Fitness with Katie Thom

Katie is a personal trainer at Huntsville's FittGym. Join Katie for a fun and invigorating hour of activity as she helps your heart reach its optimal target zone.



Lake of Bays Boat Tour

Sit back and soak up the sun and fresh air as you discover the scenic beauty and rich history of this unique lake. Refreshments and snacks provided.

Hiking in Algonquin Park (additional charge to cover permit and gas)

With this environmental and cultural marvel less than 30 minutes away, take advantage of Ontario's most well known natural gem. Explore the rugged beauty as you hike the trails, and learn about the Park's unique history with an Arrowhead Camp Staff member.



Drumming with Nicole Phippen

Nicole will host our Saturday evening program as she leads you through a musical, rhythmic experience with drums and other percussion instruments. Drumming is a powerful way to express yourself in a supportive, nurturing and accepting environment. Be prepared to relieve some stress and have FUN!

Massage with Sarah Allen (additional charge)

Sarah is a Registered Massage Therapist at Huntsville's Massage Works. Sarah offers half, three-quarter, and full hour massages.

TAKE FULL ADVANTAGE OF ARROWHEAD CAMP'S SITE AND FACILITIES!

PLUS

Canoeing

Kayaking

Swimming

Hiking

Tennis

Badminton

Archery

Baseball

Ping Pong

Horseshoes

Croquet

Volleyball

Basketball

Mountain Biking

Sailing

Waterskiing