

Women's Weekend at Arrowhead Camp



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

Experience a weekend of art,
nature, fitness, relaxation,
fun, and friendship



September 16th-18th, 2011

\$168

For first person

\$148

For additional family
members _____

\$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

Relax your mind, body, and spirit as you are guided through a restorative hour of Hatha Yoga. Wear comfortable clothing. Mats are provided.



Crafts with Alyssa

Trust Alyssa to have the imagination, skills, and materials to make your crafty ideas turn into something beautiful.

Stone Carving with Elise

Elise Muller is the owner of Stone Tree Studio and a specialist in stone carving. Join her workshop and come away with a beautiful hand carved necklace, perfect for you or as a gift for a friend.

Healthy Heart Fitness with Katie

Katie Wilmshurst is a personal trainer and a fitness fanatic, running fitness classes and boot camps out of her own studio, Ignite Personal Training. Join Katie as she takes you through a fun and invigorating hour of activity that will leave you feeling accomplished and empowered!



Dorset Boat Trip

Sit back and soak up the sun and fresh air as you cruise along Lake of Bays, to the historic town of Dorset. Robinson's General Store awaits your browsing, and an ice cream cone is on us at Northern Delights ice cream and bakery.

Cake Decorating

Ready to engage with your creative side? This can be a team or individual activity, where your goal is to decorate the best cake of the Women's Weekend! You're sure to have a laugh, and satisfy a sweet tooth!



Manicures and Pedicures

It wouldn't be a Women's Weekend without a little pampering, so sign up for a relaxing manicure or pedicure, courtesy of Arrowhead staff, as you sip on a drink in a Muskoka chair and soak in the view.

Massage with Sarah (additional charge)

Sarah Allen is a Registered Massage Therapist and the owner of Huntsville's Natural Motion Massage. Sarah offers half, three-quarter, and full hour massages.



Take full advantage of Arrowhead Camp's site and facilities!

<i>Canoeing</i>	<i>Kayaking</i>	<i>Swimming</i>	<i>Hiking</i>
<i>Tennis</i>	<i>Badminton</i>	<i>Archery</i>	<i>Baseball</i>
<i>Ping Pong</i>	<i>Horseshoes</i>	<i>Croquet</i>	<i>Volleyball</i>
<i>Basketball</i>	<i>Mountain Biking</i>	<i>Sailing</i>	<i>Waterskiing</i>

PLUS