



TENTATIVE ITINERARY

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

FRIDAY, AUGUST 9

6-7PM: Arrive at Triangle Y Camp no later than 7:00PM. Head straight to the Trading Post for cabin assignments.

7PM: Head to the dining hall for welcoming ceremony.

7:30PM: Enjoy an outdoor barbeque followed by campfire fun and activities like late-night rope swinging into the pond. (alcoholic beverages allowed, but not provided).

SATURDAY, AUGUST 10

5:30AM: Light breakfast provided before morning exercises.

6AM: Self guided walk/jog across the camp grounds.

8-9AM: Rejuvenating yoga.

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

10-1PM: Saddle up for a trail ride, reach new heights while summiting the 50ft climbing tower, or try your hand at some hatchet throwing.

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

2-5PM: 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!

6PM: Charcuterie, wine, drinks, & s'mores around the fire.

SUNDAY, AUGUST 11

7:00AM: Light breakfast provided before morning exercises.

8-9AM: Yoga & Pilates Infusion.

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

10-2PM: Paint an iconic TYC paddle. Bring your own trucker hat, shirt, or bag and choose from a variety of charms and patches to decorate!

2-3PM: Lunch in the dining hall.

3-4PM: Free time at the lake.

4-5PM: Gather your belongings and head home.

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.

WHAT IS INCLUDED?

All the essentials! Food, drinks, lodging, activities, & fun!

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.
Medications

Towels - one for showering and one for the lake
Bug Spray & Sunscreen

Athletic or relaxing clothing - including long pants & pajamas
Closed toe shoes and sandals or water shoes

OPTIONAL ITEMS:

Lawn chair

Yoga mats will be available but we encourage bringing your own

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

Trucker hat, shirt, or bag for decorating in crafts

MINOT FAMILY YMCA

3515 16TH ST SW | MINOT, ND
701.852.0141 | YMCAMINOT.ORG

TRIANGLE Y CAMP

1251 A 47TH AVE NW | GARRISON, ND
701.337.5735 | TRIANGLECAMP.ORG

FOR MORE INFO: CALL THE Y AT 701.852.0141



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RELAX AND REVIVE AT TRIANGLE Y CAMP

Women's Wellness Weekend
AUGUST 9-10, 2024 | TRIANGLE Y CAMP



YMCAMINOT.ORG | TRIANGLECAMP.ORG



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

ON SCENIC LAKE SAKAKAWEA
IN GARRISON, ND

COST*

MEMBER: \$120
NON-MEMBER: \$150

DATES

FRIDAY - SUNDAY
AUGUST 9-11, 2024

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, enjoy some s'mores around the bonfire, pamper yourself, hike through the rustic grounds, ride a horse through the prairie, and much more!



Cost includes all meals & activities. Optional on-site fees may include massage, facial, etc. if available.

Name _____
First Last

Birthdate _____ Phone _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Cabin Mate(s) _____

Special Dietary Needs _____

Allergies _____

Shirt Size S M L XL XXL



YOUR SAFETY IS IMPORTANT

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

Emergency Contact

Name _____ Phone _____

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.

For my participation in activities to be conducted by Minot Family YMCA and/or YMCA of the USA (collectively "the Y"), and collaborating third parties, I consent, now and for all time, to the making, reproduction, editing, broadcasting, or rebroadcasting of video film or footage of me, soundtrack recordings of me, photo reproductions of me, and any narrative account of my experience.

My consent includes a perpetual license to the Y and collaborating third parties for the use of the materials for publication, display, sale or exhibition in promotions, advertising, education, and commercial uses. Use includes reproductions in any form and media currently existing or later conceived, adaptations and/or revisions, throughout the world in perpetuity.

I agree that my consent is irrevocable. I hereby release and discharge the Y and collaborating third parties, from all claims, actions, lawsuits or demands of any kind arising out of my consent, license grants, uses, or the shared uses of any works or materials referenced herein.

Signature _____ Date _____