



## 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 12

**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 13

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

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

**8-9AM:** Rejuvenating yoga.

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

**10-1PM:** Arts and Crafts including paddle painting, tie dye, friendship bracelets, and more.

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

**2-3PM:** Try your hand at axe throwing or archery.

**3-6PM:** 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:** Dinner, charcuterie, wine, drinks, and s'mores around the campfire.

### SUNDAY, AUGUST 14

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

**8-9AM:** Yoga & Pilates Infusion.

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

**10-1PM:** Saddle up for an equestrian trail ride, test your skills on our low ropes course, or reach new heights when summiting our 50ft climbing tower.

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

**2-4PM:** 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 (non-alcoholic), lodging, activities, and 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

Lawn chair

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 | YMCAMINOT.ORG

## TRIANGLE Y CAMP

1251 A 47TH AVE NW | GARRISON, ND  
701.337.5735 | TRIANGLEYCAMP.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 12-14, 2022 | TRIANGLE Y CAMP



YMCAMINOT.ORG | TRIANGLEYCAMP.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: \$ 100  
NONMEMBER: \$ 120

### DATES

FRIDAY - SUNDAY  
AUGUST 12-14, 2022

## 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 more!



Cost includes all meals & activities. Optional on-site fees may include massage, facial, etc. as 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 \_\_\_\_\_