

YMCA CAMP
CHINGACHGOOK
ON LAKE GEORGE

JUST FOR WOMEN

This is IT!

*a day or weekend
just for women—
away from the kids,
laundry, cooking, and
phone; where you make new
friends and enjoy plenty of
recreation, entertainment, great
food, scenery, and peace. And you
catch up on all that's been
happening since the last time you
were able to sit uninterrupted
with your friends.*

Enjoy

*special programs at Camp
devoted to women's mental
and physical health—working out
and relaxing as much
or as little as you want
on beautiful Lake George.*



Fitness for your spirit, mind, and body!

WOMEN'S DAY ADVENTURES

Develop new skills while building friendships with women on spectacular Lake George in the Adirondack forest preserve. The day begins with a 9:00 orientation followed by instruction, a hearty lunch, and a great adventure. We wrap up at about 5:00.

Each single-day program includes lunch, equipment, and qualified Chingachgook instructors.



Sailing

Take the helm, tend the lines, and enjoy the view under the guidance of the captain in a 24-foot sailboat. Spend the day following the wind across waves on magnificent Lake George.

Rock Climbing

At Chingachgook, climbers challenge themselves on a variety of climbing surfaces. We start by practicing technique on the 200-foot horizontal bouldering wall and progress to the 52-foot climbing tower. After lunch, we put it together on real rock with a short hike from Camp to nearby cliffs.



Kayaking

Learn the basics in safety, paddling, and steering while exploring Lake George in a sea kayak. After practicing in our shallow, sandy bay, we'll paddle along the wooded shoreline and find a deserted island to enjoy a picnic lunch, and then on with our adventure into watery nooks and crannies only a kayak can maneuver. Chingachgook provides kayaks, paddles, and life jackets.



Snowshoeing

Learn the basics and hit the trails for a full-day snowshoeing adventure. Start by learning about snowshoes and technique, then enjoy a trek on the trails to lookouts with gorgeous views of frozen Lake George and the surrounding mountains. We provide snowshoes.



WOMEN'S WEEKENDS

From early morning until late evening, enjoy a full schedule of optional activities depending on the season and weather: fitness classes, crafts, snowshoeing, cross-country skiing, ice skating, (bring your skis and skates), hiking, volleyball, canoeing, swimming, tennis, rock climbing, high-ropes course, birding, archery, campfires, nature walks, yoga, Reiki, massage, team sports, sailing, and relaxation.

Accommodations

Adirondack-style cabins feature bunk beds—just toss on your sleeping bag and pillow and you're set for a great night's sleep at the foot of Buck Mountain. Bath facilities are a short walk from the cabins. The chef prepares healthy, delicious meals with vegetarian options, which are served in the dining hall, beginning with Friday dinner and ending with Sunday lunch.

Location

Chingachgook's 200 acres lie along the quiet east shore of one of the cleanest, most beautiful lakes in the world. Lake George is cradled by the Adirondack Mountain forest preserve, and Chingachgook's trail system extends into this vast wilderness—you can hike, backpack, ski, or snowshoe for days. Sitting at the widest point of the 32-mile-long lake makes Camp the ideal place to skipper a sailboat. Chingachgook offers a true wilderness getaway in a surprisingly convenient location: 20 minutes from I-87 and 75 minutes from Albany airport.



THESE WEEKENDS ARE FOR YOU!

For details, visit www.chingachgook.org or call 518-656-9462

| | |
|------------------------|----------------|
| Winter | Early February |
| Spring | Early June |
| Fall | Mid September |
| Rock'n Roll | Early May |
| Mother-Daughter | Early May |



WOMEN'S ADVENTURE WEEKENDS

Rock 'n Roll

Find adventure through rock climbing and rafting in the beautiful Adirondack Mountains. The weekend features white-water rafting in the Hudson River Gorge, as well as learning and brushing up on rock-climbing skills. With Chingachgook's new eight-paneled bouldering wall, the 52-foot climbing tower, and rock-climbing sites within walking distance, you are guaranteed a fantastic day of climbing. Don't worry about gear: we provide rafts, wet suits, climbing harnesses, shoes, and helmets.

Mother-Daughter

Bring your mother or daughter to Camp Chingachgook for a special weekend. Spend time together sailing, hiking, canoeing, making crafts, challenging yourself on the ropes course, learning archery, and more. Imagine: time to play, learn new skills, talk, and relax together. Share this fun weekend of play with your special girl at Chingachgook.

