

WOMEN'S WEEKEND SCHEDULE 2025



“To me a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug.” - Helen Keller

Thursday, September 25

4:00PM Arrival Welcome Center	Welcome to Camp! Receive the Welcome Packet with the final schedule. Unpack, unwind, and get ready for a rejuvenating weekend. We are SO glad you are here!
7:00PM-8:00PM Welcome Reception South Camp Lodge	Meet fellow campers & join us for donut holes and hot cider! We will share some program details like locations, at this time too. <u>Sign-ups will be available starting tonight and moved to the Welcome Center afterwards.</u>

Friday, September 26

6:30AM Sunrise Lake Ride North Camp Beach	Begin the day with a silent pontoon ride. Be rewarded for your early morning effort with the spectacle of sunrise on Big Crooked Lake. Pajamas, blankets, coffee, or tea are encouraged to stay warm! Sunrise will approximately be at 6:52AM. There's room for 22 total, so please sign up!
10:00AM Kayak/Canoe Trip North Camp Beach	Hop in a kayak or in a canoe with a friend and paddle your way to Sunfish Lake! This is a small lake connected to Big Crooked Lake by a channel & is a quiet paddle over. Don't forget to bring a bottle of water and your camera. This is a staff-led activity, so we'll depart from North Camp. You can join us from South Camp too!
12:00PM Pontoon Lake Ride North Camp Beach	Enjoy a relaxing pontoon ride around the big and crooked lake. Feel free to bring snacks or your lunch and enjoy time out on the water! There's room for 22 total, so please sign up! We will be back by 1pm.
1:00PM Art Experience Welcome Center	Explore an introduction to Zentangling. Experience a simple drawing method accessible for all. Enjoy the creative and meditative benefits of this process.
1:00PM-3:00PM Camp Store Open Welcome Center basement	Browse through Camp Nawakwa apparel & other necessities you may need!
3:00PM Yoga with Betsy South Camp Lodge	Betsy Schussler, Yoga teacher and Women's Weekend treasure, has been guiding WW participants in this restorative practice since 2013. Whether new to yoga or a practicing yogi, a session with Betsy brings the promise of a sense of renewal to mind, body and spirit. We recommend bringing a mat, blanket, or towel.
5:00PM-6:00PM 6:30PM-7:30PM Dinner Bridge Builder	Please ensure you sign up with your cabin for a more intimate dinner experience. Enjoy chatting with each other over dinner. Hot tea, water, or soda drinks will be offered.

Schedule is subject to change due to weather

Saturday, September 27

6:30AM Sunrise Lake Ride North Camp Beach	Begin the day with a silent pontoon ride. Be rewarded for your early morning effort with the spectacle of sunrise on Big Crooked Lake. Pajamas, blankets, coffee, or tea are encouraged to stay warm! Sunrise will approximately be at 6:53AM. There's room for 22 total, so please sign up!
9:30 AM Nature Hike Jordan's Pavilion	Take in the beauty of Nawakwa's forest with a relaxed group hike through the woods! It is advised to wear good walking shoes and pants. We will hike to South Camp and back for about an hour hike.
11:00AM Yoga with Betsy South Camp Lodge	Betsy Schussler, Yoga teacher and Women's Weekend treasure, has been guiding WW participants in this restorative practice since 2013. Whether new to yoga or a practicing yogi, a session with Betsy brings the promise of a sense of renewal to mind, body and spirit. We recommend bringing a mat, blanket, or towel.
12:30PM-2:00PM Lunch Bridge Builder	Enjoy chatting with each other over lunch and drop in as you please. Hot tea, water, or soda will be offered.
1:30PM-3:30PM Camp Store Open Welcome Center basement	Browse through Camp Nawakwa apparel & other necessities you may need!
2:30PM Art Experience Welcome Center	Explore an introduction to Zentangling. Experience a simple drawing method accessible for all. Enjoy the creative and meditative benefits of this process.
3:30PM Pontoon Lake Ride North Camp Beach	Enjoy a relaxing pontoon ride around the big and crooked lake. There's room for 22 total, so please sign up!
4:30PM Forest Bathing Meet at Bridge Builder	Enjoy a quiet experience awakening the senses to Nawakwa's beautiful forest. You will emerge feeling peaceful. There's no water involved!
6:15PM Sunset Lake Ride North Camp Beach	Enjoy a relaxing pontoon ride around the big and crooked lake. Sunset will approximately be at 6:46PM. There's room for 22 total, so please sign up!
7:00PM Guest Musician South Camp Lodge	Local songwriter, performer, educator, and healing arts practitioner, Joni Clare Derdzinski will be sharing an evening of music with us. Sit and enjoy listening or join in on some songs for a fun evening together.

Sunday, September 28

12:00 PM Check Out Welcome Center	We look forward to seeing you next year, drive home safely! Please fill out the evaluation form found in your Welcome Packet & leave it in the basket at the Welcome Center before departure.
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2026 dates are October 1st -4th

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Self-Guided Activities Open all Weekend.

Please return equipment back where you picked them up 😊

- Bags (outside ping pong pavilion)
- Pickleball (equipment at court)
- Basketball (equipment at court)
- Volleyball (equipment at court)
- Kayaking
- Canoeing
- Rowboats
- Standup paddle boards
- Hiking (See the map in your Welcome Packet!)
- Fishing
- Ping pong (equipment located in pavilion)
- Puzzles, board games, books (Welcome Center cabinets)
- Tea & Chocolate Bar (Bridge Builder)
- Complimentary coffee available in Welcome Center