



# WOMEN'S WEEKEND PROGRAM GUIDE

YMCA CAMP Y-NOAH  
AUGUST 15-17, 2025

# PROGRAM GUIDE

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**Saturday Schedule**

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## PROGRAM OVERVIEW

Each participant will receive a schedule that includes times and details for activities such as archery, climbing, crafts, and more. All activities are optional, so whether you want to fill your day with adventures or simply cozy up on the dock with a good book, this weekend retreat is perfect for every person. Additionally, we will offer hot meals at our Dining Hall. Specialty meals and dietary restrictions can be noted on the registration page. Our goal is to provide you with a unique camp experience focused on connection, engagement, and fun.

**YMCA CAMP Y-NOAH // GREEN, OH // GOTCAMP.ORG**

# PACKING LIST



# WOMEN'S WEEKEND

**Bedding** – Camp does not provide bedding for the mattresses in the cabins, so we encourage you to pack your own! For reference, Camp's mattresses are twin size.

**Clothing** – In addition to everyday clothing options, here are some additional suggestions to consider packing to make sure you're ready for whatever the weekend will throw at you!

- **Sweatshirt:** for chilly morning, evenings, or days
- **Folding Chair & campfire blanket:** for being cozy around the campfire!
- **Close toed shoes:** if you are doing a Trail ride, you must wear close toed shoes!
- **Shoes with a backstrap:** We encourage shoes that have a back on them, think Chacos or Crocs! Camp has all gravel roads and it can be a bit hard to wear flip flops or slides.

**Toiletries** – Camp does not provide toiletries such as shampoo, conditioner, body soap, toothpaste, or towels. Please plan to bring what you need for your time here at Camp!

**Miscellaneous** –

- bug spray
- Water bottle
- fan, white noise machine, other sleeping amenities
- binoculars, yoga mat, book/kindle
- Book for the Book Swap on Saturday Afternoon

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Alcohol, tobacco, and any other drugs that are not a medication will not be permitted on Camp Y-Noah property, in accordance with YMCA regulations. Smoking/Vaping is not permitted in any building. If you need a space to do so, please ask a Camp Staff Member. Additionally, personal weapons are not permitted on Camp property, including guns and knives. Personal pets or animals are not allowed on Camp without consent of the Executive Director. As a reminder, Camp Y-Noah is not responsible for any personal equipment that is broken, stolen, or damaged. If you have any questions about something you'd like to bring to Camp, be sure to call the Camp office at (330)896-1964 to learn more.

# SCHEDULE



# FRIDAY

TIME	ACTIVITY	LOCATION
5:30- 6:30PM	Check in & Move in	Dining Hall & Cabins
6:30PM	(Girl) Dinner	Dining Hall
7:30 - 8:15 PM	Mixers & Mocktails	Kastner
8:30 PM	“Opening” Campfire	Main Fire Circle

## DETAILS

### CHECK IN

When you arrive at Camp, Camp Staff will greet you at the Dining Hall porch! There you will check in, receive your cabin assignment, map, schedule, etc.

### (GIRL) DINNER

We will have our first meal in the Dining Hall! There will be everything great and wonderful about a meal of appetizers, salads, charcuterie boards, drink options on drink options, and of course a little sweet treat!

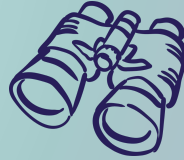
### MIXERS & MOCKTAILS

This will give us the opportunity to meet everyone, learn a little bit about each other, and start building some beautiful new friendships, all while drinking a little drink!

### CAMPFIRE

The perfect way to end our first night together, with a campfire and a cabin chat!

# SCHEDULE



# SATURDAY

TIME	ACTIVITY	LOCATION
8:00 AM	Morning Yoga	Dock at Kastner
8:30 – 9:30 AM	Breakfast	Dining Hall
9:30 – 11:30 AM	Camp Activities	Rock Wall & Zipline & Alpine Tower
12:00 PM	Lunch, Store Open, Group Photo	Dining Hall
1:00 PM	Trail Ride	Barn
1:30 – 3:30 PM	Camp Activities	Boating/Swimming
3:30 PM	Guided Hike Around the Lake	Starting @ Kastner Flag pole
3:45 PM	Camp Activities	Arts & Crafts
4:30 PM	Book Swap	Kastner
6:00 PM	Dinner, Store Open	Dining Hall
7:00 PM	Trivia & Mock-Tinis	Kastner
8:30 PM	Campfire	Main Fire Circle



# SCHEDULE

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# ✧✧ SATURDAY

## DETAILS

### ALL DAY CAMP ACTIVITIES

Activities that will be available all weekend include: pickleball, self guided hikes, crafts, reading, bird watching, relaxing on the dock/Kastner porch/swings by the main fire circle, gaga, carpetball, cornhole, and puzzles! Additional classic Camp activities like climbing, archery, boating, specific arts & crafts, Trail Rides (additional cost), will be open during specific times due to staffing requirements. See Schedule for specific times.

### PICKLEBALL

Camp's Basketball court will be reimaged as a pickleball court for the weekend! The Basketball Court can be found in A-Field, right outside the Dining Hall.

### RELAXING AT KASTER

Kastner is our oldest Camp building and our most beloved! With the best view of the Lake and the trees, it is the perfect place to sit and take it all in! You can bring your book and read while lounging in an Adirondack Chair on the porch, put together a puzzle, sit on the dock and watch the birds swoop into Lake Noah, or close your eyes and take a well deserved nap!

### HIKING

Explore Camp's over 250 acres! Feel free to take yourself around and follow the red or blue spray painted squares on the trees or take the roughly 45 minute Hike around the Lake on Saturday afternoon!

### CRAFTS

Crafts are a cozy Camp classic! Located in the basement of Kastner, you can find a handful of crafts and materials to create friendship bracelets, etc! There will also be a Women's Weekend specific craft later on Saturday.

# SCHEDULE

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# ✧✧ SATURDAY

## DETAILS

### MORNING YOGA

Join us (but only if you want to!) at Kastner Docks for “early” morning yoga to start the weekend feeling relaxed and ready to go! This will be lead by one of our Yoga Instructors from the Y, Kim!

### ROCK WALL & ZIPLINE

Come challenge yourself and climb our 25 foot Rockwall! Once at the top either be lowered down or zip down on our Zipline! Rockwall/Zipline will be open Saturday morning from 9:30-11:30!

### ARCHERY

looking to channel you inner Katniss Everdeen? Archery will be open on Saturday from 1:30 – 3:30.

### GUIDED HIKE AROUND THE LAKE

Come on the 45 minute(ish) hike around the Lake to check out Day Camp Side, the work the beavers have done to our trees, and a secret hammock village! See Camp from a whole new perspective! This Hike will lead off at the Kastner Flag Pole on Saturday at 3:30!

### BOOK SWAP

Have a book you’ve read a million times and need to make space for your next series? Bring them to our Book Swap table! Drop off you gently loved books and browse for a new treasure to take home! Any books left behind will be saved for future Women’s Weekends, ensuring the stories continue to find new readers!

Got kids books? CYN is also taking donations during this time as well!

# SCHEDULE



# SUNDAY

TIME	ACTIVITY	LOCATION
7:00 AM	Morning Birding with Chloe (and Coffee)	Meet at Kastner
8:00 AM	Early Morning Paddle	Docks at Kastner
8:30-9:30 AM	Breakfast	Dining Hall
9:30 AM	Hand out Counselor Notes	Dining Hall
9:30-10:30 AM	Pack up, Clean Cabin	Cabins
10:30 AM	Check Out!	See ya next time!

## DETAILS

### EARLY MORNING ACTIVITIES

Join us for a early morning paddle or a birding experience, both come with coffee and community! If this isn't your thing, no problem! We will see you at Breakfast!

### CHECK OUT

When check out of your cabins, please complete the following housekeeping items to support our team with closing down the weekend:

- remove all personal items from Cabin
- remove all trash from cabin and place bags in the main trash can in the Village
- Flip up the mattress you used
- Turn off all lights and switches



# FAQ

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✧✧ Thank You!

## WHAT AGES CAN ATTEND?

We have asked everyone who is attending be 21+ and up!

## IS ALCOHOL PERMITTED DURING THE WEEKEND?

We will not be serving alcohol since Camp is a dry facility. We wanted to be respectful of everyone's relationship with alcohol. But we will be providing mixers, juice, sodas etc. to make mocktails if you want!

## DOES CAMP HAVE WIFI?

The Dining Hall has wifi and the password will be shared to those who need it! Luckily, Camp is centrally located so service for your phone should not be a problem!

## I NEED TO LEAVE CAMP DURING THE WEEKEND, IS THAT OKAY?

Of course! Please feel free to do whatever you need to do! We know it is difficult to totally block off a whole weekend. If you are planning on leaving, just let us know and when we should anticipate seeing you again!

## DO THE CABINS HAVE AIR CONDITIONING?

Our Cabins do not have air conditioning, but they do all have ceiling fans as well as box fans. If you know that you like to sleep cold, I would recommend bringing an additional fan and potentially a power strip.

**HAVE ADDITIONAL QUESTIONS? PLEASE REACH OUT  
TO JOAN, [JOANW@AKRONYMCA.ORG](mailto:JOANW@AKRONYMCA.ORG)**

# SCHEDULE



## FRIDAY

TIME	ACTIVITY	LOCATION
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1:00 PM	Trail Ride	Barn
1:30 - 3:30 PM	Camp Activities	Boating & Archery

# SCHEDULE



# SATURDAY

## TIME

## ACTIVITY

## LOCATION

3:30 PM

Guided Hike Around  
the Lake

Starting @ Kastner  
Flag pole

3:45 PM

Camp Activities

Arts & Crafts

4:30 PM

Book Swap

Kastner

6:00 PM

Dinner, Store Open

Dining Hall

7:00 PM

Trivia & Mock-Tinis

Kastner

8:30 PM

Campfire

Main Fire Circle



# SUNDAY

## TIME

## ACTIVITY

## LOCATION

7:00 AM

Morning Birding with  
Chloe (with Coffee)

Meet at Kastner

8:00 AM

Early Morning Paddle

Docks at Kastner

8:30-9:30 AM

Breakfast

Dining Hall

9:30 AM

Hand out Counselor  
Notes

Dining Hall

9:30-10:30 AM

Pack up, Clean Cabin

Cabins

10:30 AM

Check Out!

See ya next time!