



You're invited to get your ticket to

# DESTINATION: INSPIRATION

## 2024 ANNUAL RECREATION & LEADERSHIP WORKSHOP

Thursday, May 16 through Sunday, May 19, 2024 hosted at Camp Cavell, Lexington MI

Inspiring sessions in nature, music, lifestyle, sports, games, arts, hobbies and more.

This experience is for those 18+ years old

Multi-generational, hands-on workshop focused on leisure activities, skill-building and community.

Check out the website for more details - [www.greatlakesreclab.com](http://www.greatlakesreclab.com)

## ABOUT GLRLL: YOUR EXPERIENCE

### LEARN, LEAD, PLAY, RECREATE

Affectionately known as "Rec Lab," our workshop, is an interactive experience for everyone – recreation enthusiasts, volunteers, and professionals alike! Filled with unique experiences, Rec Lab offers hands-on classes centered on the outdoors/ nature, art, hobbies, music, active lifestyles, and leadership skills. Our workshop is perfect for: Youth Leaders, Teachers, Eldercare Professionals, Students, and Leisure Enthusiasts. Community is created at Rec Lab and all are welcome to participate!

### REC LAB IS FOR EVERYONE!

Join us for a unique & engaging experience!

GLRLL begins on Thursday with registration at 2pm, a bonus class at 3pm, nutritious dinner at 5:30pm and an evening program that will have you exploring camp and meeting new people beginning at 6:30pm. Friday and Saturday will include a full day of classes followed by an evening of Rec Lab fun. You will be part of the laughter, spontaneous group activities, and music. Sunday will have sessions in the morning followed by a closing program beginning at 2:30pm. Rec Lab is 3+ jam-packed days you won't want to miss.



### OUR VENUE - CAMP CAVELL

Located on the shore of Lake Huron, Camp Cavell provides a camp facility with many cozy and inviting spaces for large and small group meetings. The 55 acres of land, with 1,800 feet of beautiful Lake Huron shoreline, invites all to explore Michigan's magic.

The buildings are arranged in a compact area surrounded by numerous nature trails waiting to be explored. This wooded setting has traditional camp cabins with restrooms. All cabins have heaters for cooler weather and ventilation for warmer temperatures. All participants will have a lower bunk or traditional single bed.

Driving directions and other valuable information will be emailed to participants leading up to May 16th.

## GET YOUR TICKET (AKA: REGISTRATION)

### WHAT DOES MY REGISTRATION INCLUDE?

Registration for Great Lakes Rec Lab includes all meals starting with dinner on Thursday through lunch on Sunday, accommodations, resources and programming (please note some classes may have a small materials fee), and you'll walk away with connections and memories to last a lifetime.

### HOW DO I REGISTER?

Register online before April 15th to get the Early Bird registration rate of \$365 or Student Early Bird registration rate of \$255. After April 15th, registration fees will increase by \$25 each. Registrations are due by May 1st. To see if there is availability after May 1, please email [greatlakesreclab@gmail.com](mailto:greatlakesreclab@gmail.com).

Online registration not your thing? Do you have questions about registration? Please contact: Tiffany Weiss, 989-598-7660, or email us at: [greatlakesreclab@gmail.com](mailto:greatlakesreclab@gmail.com) to discuss further.



### NEED HELP PACKING? GRAB YOUR GLRLL GEAR!

Is your wardrobe/house missing some GLRLL gear? Good news! We have an online store you can order some GLRLL swag that will be ready for you when you arrive at Lab.

Visit the GLRLL website and check your registration confirmation email for details. Deadline for ordering GLRLL gear is April 30, 2024.

# EXPLORATION: CLASSES/SESSIONS

## WHAT IS A CLASS/SESSION?

Good question! When you join us in May, you will get to participate in sessions (or classes, both words refer to the same thing at GLRLL) of your choosing. There are two lengths of classes - Major and Exploratory. Major sessions are progressive and will take two or three days to complete the projects. Exploratory sessions meet only once and are for shorter projects or to provide an introduction to an activity. Check out the list below for a sample of the fun things you will get to choose from! (Don't worry! You don't have to decide before you register - you will sign up for sessions after presentations by the instructors at Rec Lab each day!)

## 2024 CLASSES/SESSIONS

- Zentangle
- Bread and butter pickles
- Groove again
- Pickleball
- Dance
- Resin and rocks
- Chess
- Puppets: Communicating, construction & connecting
- Inspiration dolls
- Rock cairns - A ZIA
- Learn to play Mahjong
- Beginning macrame
- Auctioneering
- Rockhounding
- Teambuilding for all ages
- And more!

## INTERESTED IN MORE INFORMATION?

Find session descriptions and class updates as they're available by going to the the GLRLL website.



# DESTINATION: GENERAL SESSION

## WHAT IS GENERAL SESSION?

General session is like Rec Lab's keynote session. As part of the large group, you will engage with the keynote speaker who will encourage and challenge you to think and apply a variety of concepts each day. Don't worry, fun is always on the ticket!

## MEET YOUR GENERAL SESSION GUIDE: KRISTIN KURZ

Kristin currently lives in Connecticut, is originally from New Jersey, and has lived in over 10 states since the age of 18. Her professional work started in the theatre industry, then moving to higher education. She currently works in alumni engagement with Yale Law School. More importantly, she is an avid reader, crafter, and adventurer serving as an outdoor educator, facilitator, camp counselor, international tour guide, and sailing and canoe instructor. Kristin has been a Girl Scout for over 30 years, working at the national and international level to empower girls and young women.

## WHAT SHOULD YOU EXPECT ON YOUR GENERAL SESSION TRAVELS?

Our general session kicks off the days with small and large group activities that encourage introspection, personal connection, and communication. Kristin will facilitate activities to help each of us identify our own personal journeys and create space for asking, and answering, the difficult questions we face as a society. You'll leave each day feeling energized, inspired, grounded, and connected to each other.



# TRAVEL NOTES

## BRING YOUR TRAVEL MATES!

The more the merrier! Be sure to share the GLRLL workshop experience with your friends! Visit our website to find the registration form and a PDF of this brochure to share the fun with your travel mates!

## OTHER ACTIVITIES!

Rec Lab is comprised of many experiences. Along with sessions, you will participate in early bird activities, evening programs, special interests (a talent/craft/idea that you can share with the group), an auction, and night owl activities. Best of all, you'll build connections with other people. We're positive your experience will encompass new friends, new skills, and a refreshed sense of being.

## OUR DAILY SCHEDULE

### Thursday

- Check in at 2:00pm
- Bonus class at 3pm
- Dinner
- Evening program
- Welcome
- Social time

### Friday and Saturday

- Early Birds
- Breakfast
- General Session
- Session #1
- Lunch
- Session #2
- Session #3
- Free Time
- Special Interests
- Dinner
- Evening Program
- Night Owls

### Sunday

- Early Birds
- Breakfast
- Session #4
- Lunch
- General Session
- Closing at 2:30pm
- Head home at 3pm

## DYK? SCHOLARSHIPS ARE AVAILABLE!

Great Lakes Rec Lab has scholarships available for first time attendees. Be sure to request yours (by following the QR code) BEFORE you register! More details are available on the website.



**QUESTIONS ABOUT YOUR TRIP?** Reach out to the planning committee at [greatlakesreclab@gmail.com](mailto:greatlakesreclab@gmail.com)