ACTIVITY SCHEDULE

YMCA TROUT LODGE

June 25– July 1, 2021

Guest Name

Room #

IMPORTANT COVID INFORMATION

To Our Families and Guests,

We want to inform you of some changes here at YMCA Trout Lodge. There is no higher priority than the safety of our guests and these changes reflect that priority.

We have been closely monitoring and following recommendations from medical professionals, the Centers for Disease Control (CDC), the World Health Organization (WHO), government agencies, and internal teams to ensure that our cleaning and safety procedures not only meet expectations, but far exceed them.

Some of these changes, all of which are effective immediately, you will notice as a guest and some changes have been made behind the scenes; you may not notice them, but we feel it is important that you are aware of them nonetheless.

Health Screening

Important, if you answer YES to any of the following questions, you should not come to or enter our facility. You will be asked these questions upon arrival:

- Have you or anyone in your household had a fever or taken fever-reducing medicine in the last 24 hours? (72 hours in Illinois)
- Have you experienced any cold or flu-like symptoms within the last 24 hours (to include loss of taste/smell, cough, sore throat, respiratory illness, difficulty breathing, running nose)?
- Unless fully vaccinated, have you or anyone in your household had close contact with or cared for anyone with a confirmed COVID-19 case in the last 14 days?
- Unless fully vaccinated, have you or anyone in your household had close contact or live with anyone who has been told to self-quarantine in the last 14 days?

Temperature Checks

To help catch illness before it enters Trout Lodge, we will be doing temperature checks of ALL guests during check-in and staff before each shift. Any person with a fever of 100 degrees or higher will be asked to return home and is welcome back after they've been fever free for at least 72 hours.

We ask that families and group leaders take an active role in screening their members/participants before arriving. Should someone arrive ill or become ill during their stay, it will be the responsibility of the group leader to immediately remove that person from our facility.

Social Distancing

- Social distancing guidelines must be followed at all times.
- Maintain at least six feet between you and others.

Hand Washing

- We are asking guests and staff to wash their hands or use hand sanitizer frequently.
- All guests and staff must wash their hands/use hand sanitizer before entering the dining area.
- We have increased hand sanitizer stations throughout the facility.

Cleaning Procedures

- Program equipment will be sanitized regularly.
- Your room(s) and cabin(s) will be sanitized before you check in.
- All high-touch areas will be sanitized on a frequent basis.
- Common area seating at Trout Lodge will be cleaned every two hours.

Dining Area

- Staff will serve guests at the buffet line and serve drinks and desserts.
- All tables in the dining room will be 6 feet apart.
- Not more than 10 people can sit at a table.

Personal Hygiene

- All guests are required to wear face masks.
- Guests should bring their own face masks.
- All staff will be required to wear face masks while interacting with guests.
- While we have our own, we encourage guests to bring their own Coast Guard-approved personal flotation devices (PFDs).

Program Area Hours

Please see the Boat House or Front Desk if you are needing any equipment

Unavailable at this Time

- Full-service housekeeping in rooms/cabins (daily towel changes as needed will be provided)
- Drinking fountains (bottle fillers remain open; please bring your own water bottles)

We are excited to continue to serve our families and guests. Thank you for your support, confidence and faith. We are all stronger together.

Melissa Di Fiori
Director of Operations
YMCA Trout Lodge

ON YOUR OWN ACTIVITIES

The following **free/no sign-up** non-water activities are available at almost any time. See pg 18 for "on your own" water activities.

BIRD WATCHING
Set out on a wildlife expedition while searching for our winged friends here on our property. Stop at the Front Desk for a booklet that will show you some of the birds that you may see.

BOARD GAMES (Parental Discretion)
A variety of board games/puzzles/cards are available at the Front Desk. Games include Tribond, Trivial Pursuit, Scrabble, Yahtzee, Outburst Jr, Candy Land, Apples to Apples, Boggle, Rocko & more.

DISC GOLF
Check out our disc golf course that is fun for the whole family. Equipment may be rented out during Hawkins Pavilion hours.

EQUIPMENT CHECK-OUT Boat House Until 4pm
The Boat House is game central for all of your outdoor game needs including bicycles, sports balls (volleyball, tennis balls & more), Bocce, Frisbee, Disc Golf, tennis racquets, horseshoes, shuffleboard & washers.

FITNESS ROOM 7 AM - 10 PM 7 DAYS
Must be at least 16 years old or accompanied by an adult to use the fitness room. Please go to the Front Desk for the access code.

GEOCACHING 9 AM - DUSK
Equipment available at Front Desk after completing orientation course. See activity schedule for orientation times.

HIKING (ON YOUR OWN) DAWN TO DUSK
We highly encourage you to please check in/out with the Front Desk, for your safety. There are hiking maps at the Front Desk.

MINI GOLF
Equipment available at Boat House or Front Desk. Score cards available at the Boat House or Front Desk.

PING PONG TROUT LODGE BACK DECK 8 AM-10 PM
Ping Pong paddles and racquets are available at the Front Desk, and table is located on the back deck area on the first floor.

READING LOUNGE 24 HOURS THIRD FLOOR LOBBY
We've been stocking our shelf with books for you to read. Can't finish before you leave? No problem! Swapping a book you've brought with you or any donation in kind toward our library is greatly appreciated.

SAND VOLLEYBALL DAWN TO DUSK
See Equipment Check-out for ball check-out location and times.

SCAVENGER HUNTS FRONT DESK 8 AM TO DUSK
Love a good scavenger hunt? We have three:

- Our easy scavenger hunt.
- Our medium scavenger hunt
- Our Super Dooper Hard scavenger hunt for a greater challenge.

When you think your hunt is complete, bring it back to the Front Desk for the next challenge!

TENNIS
See Equipment Check-out for check-out location and times.

ADVANCED SIGN-UP ACTIVITIES

Visit or call the Waterwheel Country Store for those activities which require an advanced sign-up. Please refer to page 22 for more information on the store and its hours.

Arts & Crafts Activity Schedule - NO Advanced Sign-up

ACTIVITIES	Friday 6/25/21	Saturday 6/26/21	Sunday 6/27/21	Monday 6/28/21	Tuesday 6/29/21	Wednesday 6/30/21	Thursday 7/1/21
ALCOHOL INK PENDANTS Ages 12+ Cost: $10 each	9-10 am 2-3 pm (pick up Sat.)	9-10 am 2-3 pm (pick up Sun)	9-10 am 1-2 pm (pick up Mon)	9-10 am 2-3 pm (pick up Tues)	9-10 am 2-3 pm (pick up Wed)	9-10 am 2-3 pm (pick up Thurs.)	9-10 am 2-3 pm (pick up Fri)
ALCOHOL INK TILES & ORNAMENTS Ages 12+ Cost: $4/$8	9-10 am 2-3 pm (pick up Sat)	9-10 am 2-3 pm (pick up Sun)	9-10 am 1-2 pm (pick up Mon)	9-10 am 2-3 pm (pick up Tues)	9-10 am 2-3 pm (pick up Wed)	9-10 am 2-3 pm (pick up Thurs)	9-10 am 2-3 pm (pick up Fri)
ALCOHOL INK PLATES NEW Ages 12+ Cost: $18	9-10 am 2-3 pm (pick up Sat.)	9-10 am 2-3 pm (pick up Sun)	9-10 am 1-2 pm (pick up Mon)	9-10 am 2-3 pm (pick up Tues)	9-10 am 2-3 pm (pick up Wed)	9-10 am 2-3 pm (pick up Thurs)	9-10 am 2-3 pm (pick up Fri)
CERAMICS & MAKE-AND-TAKE All Ages with help Cost: Varies	9 am - Noon 1-5 pm; 6-8 pm (pick up Sat)	9 am-Noon 1-6 pm (pick up Sun)	9-2 pm (pick up Mon)	9-Noon 1-5 pm (pick up Tues)	9-Noon 1-5 pm (pick up Wed)	9-Noon 1-5 pm (pick up Thurs)	9-Noon 1-5 pm (pick up Fri)
DECORATIVE MASON JAR NEW Ages 8+ with help Cost: $8	11-Noon 6-8 pm	11-Noon 4-6 pm	11-Noon 1-2 pm	10am-Noon 1-3 pm	10am-Noon 1-3 pm	10am-Noon 1-3 pm	10am-Noon 1-3 pm
GLASS ETCHING Ages 12+ Cost: Varies	9-10 am 2-3 pm	9-10 am 2-3 pm	9-10 am 1-2 pm	9-10 am 3-5 pm	9-10 am 3-5 pm	9-10 am 3-5 pm	9-10 am 3-5 pm
HORSESHOE WALL HANGINGS NEW All Ages with help Cost: $6-$10		11 am-Noon (pick up Sun)	11 am-Noon (pick up Mon)			11-Noon (pick up Thurs)	11-Noon (pick up Fri)
MOSAICS Ages 12+ Cost: Varies	1-3 pm 6-8 pm (grout/pickup Sat)	1-3 pm (grout/pick up Sun)	10am-Noon (grout/pick up Mon)	1-3 pm (grout/pick up Tues)	1-3 pm (grout/pick up Wed)	1-3 pm (grout/pickup Thurs)	1-3 pm (grout/pick up Fri)
POUR PAINTING NEW Ages 10+ Cost: $4-12 each	10-11 am 3-5 pm (pick up Sat)	10-11 am 3-6 pm (pick up Sun)	10-11 am 1-2 pm (pick up Mon)			10-11 am 3-5 pm (pick up Thurs)	10-11 am 3-5 pm (pick up Fri)
RUSTIC CANNING JAR SCONCE NEW Ages 12+ Cost: $15/2 for $25	3-5 pm 6-7 pm	3-6 pm	9-10 am			3-5 pm	3-5 pm
STEPPING STONES All Ages with help Cost: $15 each	3-5 pm (pick up Sun.)	3-5 pm (pick up Mon)	9-10 am (pick up Tues)	3-5 pm (pick up Wed)	3-5 pm (pick up Thurs.)	3-5 pm (pick up Fri)	3-5 pm (pick up Sat)
TIE-DYE All Ages with help Cost: Varies	10 am-Noon 1-2 pm	10 am—Noon 1-3 pm	10am-Noon	10am-Noon 1-3 pm	10am-Noon 1-3 pm	10am-Noon 1-3 pm	10am-Noon 1-3 pm
WOODEN CRAFT PROJECTS All Ages with help Cost: Varies	9 am-Noon 6-8 pm	9 am-Noon	10 am-Noon	9 am-Noon 3-5 pm	9 am-Noon 3-5 pm	9 am-Noon 3-5 pm	9 am-Noon 3-5 pm

ARTS & CRAFTS ACTIVITY DESCRIPTIONS

ARTS & CRAFTS HOURS (Hours may be adjusted as needed)

Friday: 9am – Noon; 1–5 pm; 6-8pm
Saturday: 9 am – Noon; 1 – 6 pm
Sunday; 9am-2pm
Monday-Thursday : 9am – Noon; 1–5 pm

No Advanced Sign-Up Required Unless Noted.

Times subject to change. Please check the Activity Schedule you will be given upon your arrival or notices posted.

Bring out your creative side at the Arts & Crafts Center with painting, alcohol ink projects, pour painting, tie dye, ceramics and more! Prices range from $1 -$45, depending on the project.

Although ALL of our Arts & Crafts projects are perfect year round, you can create projects for birthdays, anniversaries, graduations, Valentine's Day, St. Patrick's Day, Halloween, Thanksgiving, Christmas and more. Feel free to come in and create a gift or souvenir from ANY of our projects. You may also ask our Arts & Crafts Specialists for suggestions.

Arts & Crafts accepts cash, check, or credit card (Visa, MasterCard & Amex only), however we have a $10 minimum for credit card purchases. We can also charge your purchases to your room with credit card on file.

THINGS TO KNOW

Some crafts are available only at certain times when staff are scheduled to instruct and assist. You may request alternate dates/times and we will try our best to accommodate you if staff is available.

Arts & Crafts projects are introductory-level projects, however some projects will still be more challenging than others. The quality of the final project will vary based on the skill level of the participant.

Dye Only Tie Dye (bring your own item) starts at $5.00 for shirts. Dying towels, blankets, material yardage, etc. will incur an extra charge.

Children requiring assistance will need parental supervision, however all guests ages 14 and under MUST be accompanied by a supervising adult, remain throughout the project and escort child from the Arts & Crafts Center.

ALCOHOL INK PENDANTS (pick up following day or late same evening)

Glass pendants + alcohol ink = a gorgeous totally unique necklace that everyone will love! Remember to leave time for the pendant to dry - same day if done in morning.

ALCOHOL INK PLATE (pick up following day or late same evening)

Turn a glass plate into a work of art where colors sparkle in the light and each piece is unique. Remember to leave time for the plate to dry - same day if done in morning.

ALCOHOL INK TILES & ORNAMENTS (pick up following day or late same evening)

Use white ceramic tiles or glass ornaments along with alcohol inks to create a gorgeous abstract creation to brighten your home or office. You can make one or an entire set. Choose your colors and let the ink do the work. Remember to leave time for the project to dry - same day if done in morning.

CERAMICS (pick up following day)

We have a wide selection of cool and fun ceramics to personalize. (Ceramics are fired overnight)

DECORATIVE MASON JAR

Start with a quart-sized mason jar, add paint color of your choice and then use a dry brush technique to finish. Add ribbons/rope to create your own unique jar. Take home and use for flowers, or put in your kitchen or anyplace you want a bit of rustic charm.

GLASS ETCHING

Etch designs from stencils on mason jar mugs, canning jars, various drinking glasses, vases and more. These items make great gifts or can be just for you.

HORSESHOE WALL HANGING (pick up following day or late same evening)

Make it simple by painting, or more creative with additional embellishments. You control how it looks! (Option to paint first and leave to dry, and come back that evening or next day to embellish.)

MOSAICS (pick up following day after quick grouting)

Coaster sets, trivets, picture frames and wall mirrors are available. Must dry overnight and you should plan on spending about a half-hour the next day to grout your project (can take home at that point).

POUR PAINTING (pick up following day)

Create a dazzling work of art! No experience necessary, just have fun taking specially thinned paint and pouring multiple colors on a tile, a record or a stretched canvas. Through a series of movements, create your own unique piece. Note: This project can be messy but well worth the final product. Must dry overnight. NOT recommended for those who are leaving by plane.

RUSTIC CANNING JAR WALL SCONCES

Start with REAL aged barn wood and a mason jar, and add rustic touches to create your own unique wall hanging, including use of stains if desired. The possibilities for decorating are almost endless. Make it a candle holder or a dried flower hanging. How about a seascape? Personalize it with a photo. Just let your creativity flow. You can also add other projects on to this project - glass etching, ceramics and/or alcohol ink.

Note: If you want to incorporate a ceramic, you will need to paint your ceramic piece the day before to be fired overnight before completing your project. Alcohol ink also needs time to dry.

STEPPING STONES (pick up 2 days later)

Brighten up your garden with handcrafted stepping stones. Design with colorful stained glass. NOTE: Stones must stay in the mold for 72 hrs.

TIE-DYE

Make a vibrant color tie-dyed shirt, bandanna, backpack or hat. Swirls, stripes, rainbow, starburst and more! You choose the style and colors.

WOODEN CRAFT PROJECTS

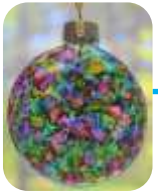
Come visit Arts & Crafts and build a bird house, bird feeder, butterfly house or other projects. We have both large and small projects.

Ceramic projects need to be completed no later than the day before you leave in order to be fired overnight and picked up the following day, except Make & Take, which can be painted and taken with you the same day (no firing). Pour painting, mosaics and some alcohol ink projects need to dry overnight. Stepping stones need two days to dry.

If you plan on doing a Rustic Mason Jar Wall Sconce, you may bring 4x6 or 3x5 pictures to help personalize it (we also have other options here as well).

NEW IN ARTS & CRAFTS

Pour Painting



Alcohol Ink Ornament

Rustic Mason Jar Wall Sconce

Alcohol Ink Plate

Horseshoe Wall Hanging

GROWING GREAT KIDS

REGISTER NOW

YMCA Camp Lakewood is a summer residential camp for boys & girls ages 6-17, with a private 360-acre lake for those warm summer days, a Ranch, Arts & Crafts center for your child's creative side, counselors from all over the world, and memories that will last a lifetime.

Whether it's swimming in the lake, campfire, archery, climbing tower, zip line, sports, canoeing, cookouts, fishing, kayaking or a multitude of other awesome activities, every child delights in waking up with excitement as to what new things each day at camp will bring. And because it's the Y, you know that your child will be in the hands of an organization that always keeps your child's safety first while teaching the core values of Caring, Respect, Honesty & Responsibility.

The activities bring your children to camp, and friendships formed keeps them wanting to come back year after year.

For more information

- (573) 438-2155
- www.camplakewood.org
- Come to the Front Desk

Program Activity Schedule

ACTIVITIES	Friday 6/25/21	Saturday 6/26/21	Sunday 6/27/21	Monday 6/28/21	Tuesday 6/29/21	Wednesday 6/30/21	Thursday 7/1/21
AIR RIFLE Ages 8+ Cost: Free Rifle Range Advanced sign-up	3pm	1pm	11am			5pm	2pm
ARCHERY Ages 5+ Cost: Free Behind Mini-Golf Advanced sign-up (Close toed shoes required)	11am 2pm	11am	2pm	9am 4pm	10am	9am 5pm	1pm
ARCHERY BALLOON POP Ages 5+ Cost: Free Behind Mini-Golf Advanced sign-up (Close toed shoes required)	1pm	10am 2pm	3pm	10am 5pm		4pm	2pm
BINGO All Ages Cost: Free Hawkins Pavilion NO advanced sign-up	2:30pm	3pm	3pm	5pm	1pm		4pm
DART ART Ages 8+ Cost: $5/person Hawkins Pavilion Advanced sign-up	3:30pm	3:30pm	4:30pm	3:30pm		1:30pm	
DRUM CIRCLES Ages 5+ Cost: Free Trout Lodge Back Deck Advance Sign-up	12pm	2pm	1pm	3pm			3pm
Kite Making All Ages Cost: $8 Hawkins Pavilion Advanced sign-up	2pm	1pm	2pm	11am	12pm		12pm
Medic Ball All Ages Cost: Free Gym NO advanced sign-up			8pm		7:30	8pm	8pm
NATURE CENTER All Ages Cost: Free Nature Center NO advanced sign-up		1-2:30pm	10-11:30am				9-10:30am

Program Activity Schedule

ACTIVITIES	Friday 6/25/21	Saturday 6/26/21	Sunday 6/27/21	Monday 6/28/21	Tuesday 6/29/21	Wednesday 6/30/21	Thursday 7/1/21
RIFLERY Ages 10+ Cost: $ 3/person Rifle Range Advanced sign-up	1pm	2pm	9am		2pm	4pm	3pm
RIFLE SAFARI Ages 10+ Cost: $5/person Rifle Range Advanced sign-up	2pm	3pm	10am		3pm	3pm	1pm
ROCKET BUILD** Ages 5+ Cost: $12/person Trout Lodge Back Deck Advanced sign-up Advanced sign-up	10am		11am				9am
** Rocket build and Rocket launch are separate activities and must be signed up for separately. You must participate in the Rocket build before you can do Rocket launch.							
ROCKET LAUNCH** Ages 5+ Cost: Free Activities Field Advanced sign-up	5pm		5pm				5pm
TOMAHAWK (AXE) THROWING Ages 10+ Cost: Free Advanced sign-up End lower park. lot (Closed Toe Shoes)	1pm	4pm	2pm	1pm	11am		1pm
PAINTBALL PRACTICE Ages 8+ Cost: $12 Advanced sign-up Paintball Range (Closed Toe Shoes)						1pm	
PAINTBALL Ages 12+ Cost: $25 Advanced sign-up Paintball Range (Closed Toe Shoes)	1pm	4:30pm				2pm	

PROGRAM ACTIVITY DESCRIPTIONS

Although some activities have their own age requirement, children requiring assistance need parental supervision, and unless otherwise stated, guests ages 14 & under must be accompanied by a supervising adult, remain during the activity and escort child from the activity area when complete.

AIR RIFLE

Ages 17 & under must be accompanied by an adult.

After safety introduction, learn how to use air rifles and try out your skills.

ARCHERY

Find your inner archer with this classic camp activity. Includes safety instruction, tips and practice time. Close toed shoes required.

ARCHERY BALLOON POP

Come to this special archery time and have tons of fun with your friends & family with a friendly competition to see who can pop the most balloons! Close toed shoes required.

ARCHERY TAG

Archery Tag is a unique sport that combines elements of dodgeball and paintball games with the timeless skills of archery. Foam-tipped arrows are used to eliminate opposing players from the field of play. Close toed with a back strap required.

BINGO

We will provide you with a bingo matrix and then calling out bingo numbers. This is a great game for all ages, with prizes for the kids!

DRUM CIRCLES

Beginner course on how to play a Djembe drum.

NATURE CENTER

Join us in our "critter corner" for an up close & personal look at a collection of animals that hop, crawl, slither and meander. Kids especially love to look at (and sometimes touch) our animals.

NATURE HIKE

Join us on a 1-mile scenic tour of our beautifully-wooded property by foot along our winding trails.

NIGHT HIKES

It's similar to our daytime hikes, but with a twist. In addition to hiking at night, there will be "sensory challenges" along the way.

PAINTBALL COURSE

Ages 17 & under - adult must remain at activity

Our "spider's web" woods course is perfect for all levels, and includes safety orientation, equipment rental and variety of games to play using paintball markers. Must wear close toed shoes, and long sleeves/pants are recommended.

RIFLE SAFARI

Ages 17 & under must be accompanied by an adult

Imagine yourself in Africa when you see dangerous balloon predators. Take aim at our Rifle Range for this fun and exciting balloon animal safari experience.

RIFLERY

Ages 17 and under must be accompanied by an adult

After a safety introduction, learn how to use our .22 caliber rifles and try out your skills.

ROCKETRY

If you enjoy building flying model rockets, then constructing our new high performance rocket is the activity for you! Under the direction of our Trout Lodge Program Specialists, you can build a customizable 14 inch rocket.

After construction, you will have the opportunity to launch your rocket (separate time; sign up required) and watch the parachute release, as it falls back to the earth. We cannot guarantee your ability to retrieve your rocket afterwards. **Children who require one-on-one assistance must be accompanied by an adult, regardless of age.**

TOMAHAWK THROWING

Tomahawk (throwing axes) is a weapon used during the middle ages by foot soldiers and occasionally knights. Come to our new Tomahawk range at Trout Lodge and try your hand at throwing a Tomahawk and getting the sharpened edge of the head to penetrate the target. You will learn safety and technique, so no prior knowledge is needed. Close toed shoes required.

THEMED AND EVENING ACTIVITIES

Friday, June 25

11am **Nature Hike** (Trout Lodge 4th floor lobby)

4pm **Archery Tag** (Activity field)
A mixture of dodgeball and archery! Sign up at the front desk for a family fun game! ($15, 10 and up)

7:30 pm **Campfire** (Coker Fire Ring)
Silly songs and s'mores!

Saturday, June 26

2pm **Archery Tag** (Activity field)
A mixture of dodgeball and archery! Sign up at the front desk for a family fun game! ($15, 10 and up)

1 pm to 3 pm **Edg-Clif Winery Tour** (Meet at Trout Lodge)
Travel to Edg-Clif winery and enjoy a tour and a tasting of their wine or craft beer. $10 per person.
Space is limited, please see the front desk to sign up BEFORE Saturday at 10:30am.

7pm **Luau** (Boat House)
Come on down to the trout lodge waterfront for family games, snow cones, and a water blaster fight!

8pm **Night Hike** (Trout Lodge Lobby)
Take a stroll through the woods after dark! See and/or hear the creatures of the night as they wake up for the "day"!

8pm **Karaoke** (Meeting rooms 1-4)
Bring your singing voice to astound the crowd or join us and just enjoy the talent of others.

9pm **Astronomy** (Back Deck)
Take a closer look at the open night sky without any lights to block the view.

Sunday, June 27

7pm **Nature Center**

9pm **Astronomy** (Back Deck)

Monday, June 28

7pm **Karaoke** (Meeting rooms 1-4)
Bring your singing voice to astound the crowd or join us and just enjoy the talent of others.

Tuesday, June 29

7:30 pm **Campfire** (Coker Fire Ring)
Silly songs and s'mores!

9 pm **Astronomy** (Back Deck)
Take a closer look at the open night sky without any lights to block the view.

Wednesday, June 30

7pm **Barn Dance** (Triangle Y ranch)
Bring your dancing shoes and join us at the barn!

Thursday, July 1

10am **Nature Hike** (Trout Lodge 4th floor lobby)

7pm **Gold Rush** (Tennis Courts)

9pm **Astronomy** (Back Deck)
Take a closer look at the open night sky without any lights to block the view.

ADVENTURES FOR ADULTS

YMCA Trout Lodge is the perfect location for our adults-only (ages 21+) 3-7 day experiences. No matter what your age or ability, we offer something of interest. Whether traveling in a group, as a couple or by yourself, you'll quickly be among friends during your stay. And don't forget that these adventures are all-inclusive, with lodging, meals and all scheduled activities.

From February and into November, our very popular adult programs offer unique activities, sure to please. Our Trout Lodge programs include:

Bridge Break: This program is designed for players familiar with the game up to an intermediate level, with pre-play instructions and post-play tips, and features duplicate bridge. There are social games as well as ABCL sanctioned games.

Scrapbooking Weekend: Join other scrapbooking enthusiasts for a weekend of camaraderie and fun. There are no distractions as you dedicate time in either finishing a scrapbook or starting something new. Alone or in a group, you are welcome regardless of skill level.

Women's Wellness Weekends: Women take over the lodge to enjoy enlightening, educational, recreational and inspirational programs YOU get to choose, along with group activities, live music, buffet meals and vendors. This is one of our most popular women's programs! We also offer a fall Outdoor Women's Wellness.

ROAD SCHOLAR PROGRAMS

YMCA Trout Lodge has also partnered with Road Scholar, a non-profit educational/recreational travel tour site for adults, to offer adults exciting opportunities for continued learning and exploration of new activities. Trout Lodge often hosts these programs, which are scheduled through Road Scholar and held here at Trout Lodge.

Camp Road Scholar: Choose your own adventure during this weeklong program. Here, everyone can be a kid again - no matter what your age. Make new friends at a campfire and surround yourself in the nostalgia and excitement that only summer camp can bring. Learn archery or kayaking on the lake. Try zip lining, climbing tower, arts & crafts and much more.

Canoeing, Horses, Exploration & Summer Fun With Your Family: Grow even closer to your family as you learn about rocks and minerals and then head off to some of the world's largest granite boulders at Elephant Rocks State Park. Enjoy a campfire with s'mores, trail ride and many fun summertime activities.

Hiking, Canoeing & An Amazing Underground Adventure: Enjoy the nature and history of our area on a hike, by canoe or on horseback. Try your hand at archery and riflery, visit mud cave, enjoy a local winery, visit Bonne Terre mine with pontoon ride in an underground lake & much more.

Horsemanship (Beginner): This equestrian week includes ground work, arena lessons, trail rides and different riding styles. Groom, saddle and care for your horse. Enjoy cowboy-style Dutch oven meals and a wagon ride where the horses join you out in the pasture!

Meditation & Movement: Awaken your power within and find peace with like-minded new friends as you join us for a week of food for the spirit - guided imagery, yoga, self-care techniques and more will be explored.

Palette of the Ozarks: Bring out your inner artist through techniques of water coloring, painting, sketch-book journaling and more in the beautiful Ozarks.

Springtime in the Ozarks: Discover and learn about the region's tranquil beauty, rich biodiversity and clear streams in the highlands of the Ozark plateau. Enjoy bird-watching (and see if you can spot our very own Bald Eagle), star-gazing and many other activities that awaken the senses.

LUNCH & LEISURE PROGRAMS

Even if you can't stay for a week or weekend, Trout Lodge offers day trips which we customize especially for your group's abilities and interests. Contact us at 888-386-9622 for more information.

For a complete list of events, dates & more information, please go to www.troutlodge.org, click on "Stay", click on "Adult Programs". Or ask for a guide at the Front Desk.

High Adventure Schedule

(remember to wear closed toe/closed shoes)

ACTIVITIES	Friday 6/25/21	Saturday 6/26/21	Sunday 6/27/21	Monday 6/28/21	Tuesday 6/29/21	Wednesday 6/30/21	Thursday 7/1/21
GLADIATOR ZIP Ages 8+ Cost: $10/person End lower park. lot Advanced sign-up	Gladiator Zip is currently unavailable.						
MOONLIGHT ZIP Ages 8+ Cost: $12/person Meet 4th Flr Lobby Advanced sign-up							
PINES PEAK Ages 5+ Cost: $10/person Advanced sign-up	8pm		2pm	7:30pm		7:30pm	3pm
PINES ZIP Ages 8+ Cost: $10/person Advanced sign-up	8pm		1pm		4:30pm	2pm	2pm
Alpine Swing Ages 10+ Cost: $10/person Advanced sign-up		10am		5pm			5pm
ALPINE TOWER Ages 10+ Cost: $10/person Advanced sign-up		10am					

TEAM BUILDING

We believe that working together as a team to achieve a common goal is a critical component of any group of people who have a vested interest in each other. Our team building staff can work with your group to create a customized experience that will improve relationships, promote teamwork and encourage leadership. By incorporating experiential learning, team challenges and outdoor high adventure with facilitated discussions, our programs strengthen and inspire groups to take on new challenges together. While your group is staying at Trout Lodge or Camp Lakewood, incorporate a teambuilding activity into your schedule – it's a worthwhile investment. Please see the Front Desk for more information or call in advance of your stay at 888-386-9622.

HIGH ADVENTURE ACTIVITY DESCRIPTIONS

Although each activity has its own age requirement (see grid) with respect to the minimum age requirement, ALL guests ages 14 and under must be brought to the activity by a supervising adult and must stay in the immediate vicinity until the activity is completed in order to accompany the child from the High Adventure activity.

Please wear comfortable clothing and closed-toe, closed-heel shoes. (no 5-finger shoes). There is a weight limit of 280 lbs. Prices on grid are per zip or climb.

SPECIALTY ZIPS

GLADIATOR ZIP

Step up to the platform for a zip line with a twist! Get harnessed in, pick up your javelin (pool noodle) and then run off the ramp. While zipping, attempt to throw your javelin at your fellow zipper or try to get a bullseye on the hanging target!

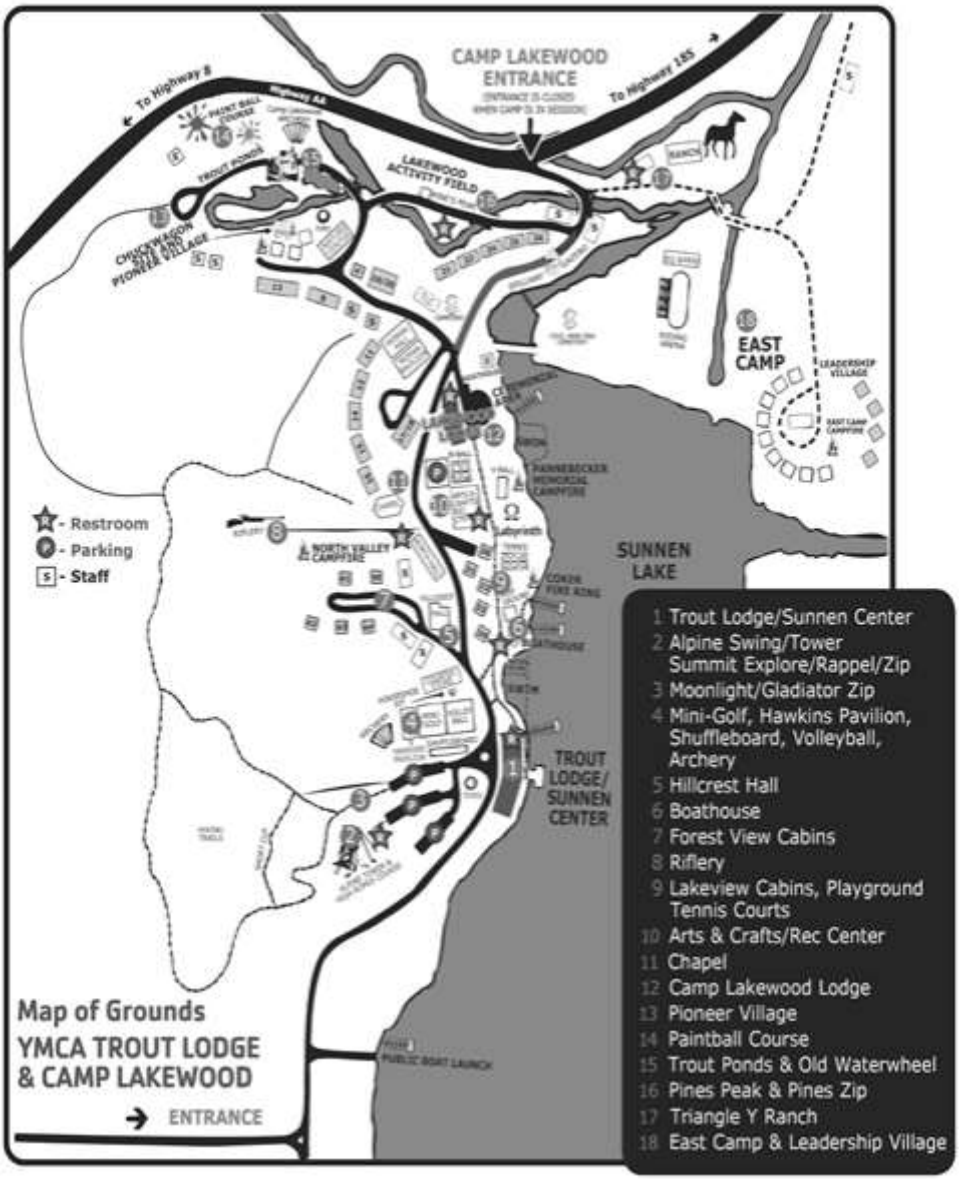
MOONLIGHT ZIP

Moonlight Zip is a zip line with a twist - at night!! Step up to the platform, be harnessed in, and then run off the ramp and zip into the night! The best part is that you get to do it again!

WATER BLAST ZIP - Summer

Water Blast Zip is a water gun fight crossed with a zip line! Step up to the platform, get harnessed in and then run off the ramp. Then get blasted with water while you zip!

YMCA TROUT LODGE & CAMP LAKEWOOD
FACILITY MAP



Triangle Y Ranch Schedule (remember to wear closed toe/closed shoes)

FOR ALL RIDES: All riders must take a quick safety introduction in order to ride. Please arrive 5 minutes early. See description for restrictions.

ACTIVITIES	Friday 6/25/21	Saturday 6/26/21	Sunday 6/27/21	Monday 6/28/21	Tuesday 6/29/21	Wednesday 6/30/21	Thursday 7/1/21
MOUNTAIN RIDE Ages 10+ Cost: $30/person Advanced sign-up	10am 1pm	10am 1pm		10am 1pm		10am 1pm	
PONY RIDE Ages 9 & under Cost: $5/person Advanced sign-up	11am-12pm	9am-10am	11am-12pm	11am-12pm	1-2pm	11am-12pm 4pm-5pm	
VALLEY RIDE Ages 7+ Cost: $25/person Advanced Sign up	9am	11am 2pm 3pm	9am	9am 2pm	2pm	2pm 3pm	
HERDVIEW WAGON RIDE All ages Cost: $4/person Advanced Sign up					3pm	7:30pm	
BARN DANCE Free for all ages						7pm	

Triangle Y Ranch Schedule (remember to wear closed toe/closed shoes)

ACTIVITIES

FOR ALL RIDES: All riders must take a quick safety introduction in order to ride. Please arrive 5 minutes early. See description for restrictions.

Hawk

Lila

DC

Ethel

TRIANGLE Y RANCH ACTIVITY DESCRIPTIONS

Although each activity has its own age requirement (see grid) with respect to the minimum age requirement, ALL children ages 14 and under must be brought to the activity by a supervising adult (age 21+) and must stay in the immediate vicinity until the activity is completed in order to accompany the child from the Ranch. In some cases, the adult must accompany the child on the ride, if indicated, unless otherwise authorized by a Ranch Director (ie. disability, certain groups, etc.).

Please wear long pants & closed-toe/closed-heel shoes on all rides. There is a weight limit of 250 lbs. (unless otherwise noted), and no double-riders are allowed.

MOUNTAIN RIDE

17 & under must be accompanied on ride by an adult.

A two-mile scenic and rugged mountain trail that takes you up the Grainger diggings and down past the Hawkins' Mines area.

PONY RIDE

Weight limit of 150 lbs.

A great introduction to horseback riding for children who have never ridden, or who are not old enough to ride on the trails.

VALLEY RIDE

17 and under must be accompanied on ride by an adult.

A one-mile ride takes you through the beautiful hardwood forest and across the Fourché Renault Creek.

HERD VIEW WAGON RIDE

Guests11 & under must be accompanied on ride by an adult.

Enjoy all of the beauty and excitement of our traditional wagon ride, but add in the fun of watching our herd of 38 horses head out to pasture for the night!

BARN DANCE

Pull on your boots and come on down to the Trail Barn for a lesson in line dancing, with our Triangle Y Cowboys & Cowgirls in this great ranch activity! 12 person minimum.

IMPORTANT WATERFRONT INFORMATION

WHAT THE COLORED FLAGS AT WATERFRONT MEAN

Red Flag: No swimming or boating because:

- Non-programmed waterfront activity is not permitted after dark.
- Waterfront activity is not permitted when combined air and water temperature is less than 100ºF.
- Waterfront activity is not permitted during certain weather conditions, including thunder, lightning and high winds.

Green Flag: Swimming and boating are permitted. Conditions are safe for boating, and lifeguards are on duty at this time.

SWIM TEST - Memorial Day to Labor Day

To utilize the lake swing, water trampoline or for deeper-water swimming, children 14 and under need to pass a swim test administered by a Trout Lodge lifeguard. The swim test consists of a 25 meter swim (freestyle or breast stroke) and treading water for one minute. Once a swimmer passes the test, they will be issued a colored wristband. Please visit Boathouse for Swim Test hours.

LIFEGUARD ON DUTY - Memorial Day to Labor Day

Unless otherwise announced, lifeguards will be on duty beginning on Memorial Weekend and concluding Labor Day Weekend.

****Parents, even when there is a lifeguard on duty, you need to supervise your children and to consider their swimming abilities when engaging in waterfront activities.****

STAFF TRAINING - Memorial Day to Labor Day

Our waterfront staff may perform a "Lost Swimmer Rescue Drill". All lakeside activities will be closed during the drill. We are sorry for any inconvenience.

MONKEY-BAR FLOAT - Memorial Day to Labor Day

For the Monkey Bars, guests must take a swim test & pass with a purple band. All guests entering the deepest section of the lake, must wear life jackets. Please visit Boathouse for Trampoline hours.

JON BOAT RULES (an "own-your-own" waterfront activity)

- Operator must be at least 18 years old and possess a valid driver's license, which will be checked by Boathouse staff.
- Operator must be a registered guest of YMCA Trout Lodge and have a valid credit card on file. Registered day pass guests and guests registered under a group must present and leave the credit card at the Front Desk.
- Operator and all passengers must wear a Coast Guard approved Personal Flotation Device (PFD) at all times.
- Boat will be supplied with a signaling whistle and paddle that must remain with the boat at all times.
- Maximum capacity is 3 passengers or 375 lbs.
- Time limit is 2 hours. Boat must be returned to the Boathouse before the time noted on the check out sheet.
- The boat and engine must be signed out by YMCA Staff and operator prior to departure and upon return. Operator signature is required on sign out sheet.
- Operator is responsible for any damage not noted on the sign out sheet, and will be charged for damage at rates set forth on the sign out sheet.

FISHING POLICY

Guests may fish only on the dock in-between the back deck and the Trout Lodge swimming area. There is no bank fishing from the back deck to the spillway at Camp Lakewood. Guests may bank fish and use the docks from the back deck to the public boat launch. Fishing at Camp Lakewood is only permitted for Camp Lakewood guests.

Waterfront Boating Schedule

ACTIVITIES	Friday 6/25/21	Saturday 6/26/21	Sunday 6/27/21	Monday 6/28/21	Tuesday 6/29/21	Wednesday 6/30/21	Thursday 7/1/21
FISHING TRIP All Ages Cost: $5 Advanced sign-up							
PONTOON TOUR All Ages Cost: FREE Advanced sign-up	5pm 5:30pm	9:30am	9am	9am 2pm	3pm 3:30pm	11am	5pm
PIRATE PONTOON All Ages Cost: $5 Advanced sign-up	3:30pm	4pm	9:30am	11am 5pm	2pm	12pm	11am
BOAT FLOAT All Ages Cost: $5 Advanced sign-up		12:30pm	1pm	12pm 1pm		1pm	1pm
TWILIGHT BOAT FLOAT All Ages Cost: $5 Advanced sign-up	7pm			7pm		7pm	7pm

SCHEDULED WATERFRONT BOATING ACTIVITY DESCRIPTIONS

- OPEN SPRING TO FALL -

(at Boathouse)

Guests 14 and under must be accompanied by an adult

PONTOON TOUR

Take a relaxing scenic 25-minute tour around beautiful Sunnen Lake while you learn about the 5,000 acres of land and the 360-acre spring fed lake. There is no fee unless you cancel less than an hour from start time, then $5. Ages 8 and under must wear a life jacket. Maximum of 5 riders.

FISHING TRIP

All participants must have a valid fishing license

Want to find the hot spots for fishing on the lake? Take one our pontoon charters for a 60-minute fishing trip. We even supply the poles and lures. Ages 8 and under must wear a life jacket. (MO State fishing licenses can be purchased at the Country Store). Maximum of 5 riders.

- OPEN SUMMER -

(at Boathouse)

Guests 14 and under must be accompanied by an adult

Trout Lodge Swimming Area - Memorial Day to Labor Day

The swimming area (located next to the Trout Lodge Boat House) is the place for all swimming activities. The swimming area is open from Memorial Day to Labor Day (depending upon weather conditions). This is also where you come for a swim test.

WATERFRONT ON-YOUR-OWN ACTIVITY DESCRIPTIONS

BOAT HOUSE

The Boathouse (located next to the swimming area) is the place for all boating activities and is open from spring to fall (depending upon weather conditions such as temperature of air and water). This is where you can check out "on your own" boating/fishing equipment or meet for a scheduled excursion. This is also where you come for a swim test.

Boat House open daily from 10:00AM-6:00PM

CANOES, KAYAKS AND FUNYAKS

Guests 14 and under must be accompanied by an adult.

What a better way to celebrate a warm sunny day than by checking out a canoe, kayak or a funyak from the Boathouse. All riders must wear a life jacket. Boat rental is weather dependent.

JON BOATS - Memorial Day to Labor Day

See "Important Waterfront Information" on pg. 18 for requirements

Guests can check out a Jon Boat with electric motor on an "as available" basis. There is no advanced sign-up. They may be unavailable at times based on weather or wind and on how quickly the batteries are able to charge.

LAKE SWING - Memorial Day to Labor Day

See "Swimming Test" on pg. 18 for restrictions.

Swing through the air into cool Sunnen Lake on a hot afternoon. You'll stand on a platform four feet up with a lifeguard by your side. You'll grab the rope and launch yourself high into the air and let go, landing in Sunnen Lake at about 10 ft. deep.

PADDLE BOARDING - Memorial Day to Labor Day

Guests 14 and under must be accompanied by an adult.

Have you ever wanted to try your hand at Paddle Boarding? Here's your chance. You can check one out at our Boathouse and soon you'll be paddling through the water. All boarders must wear a life jacket.

SAILBOATS - Memorial Day to Labor Day

Must be 16 to operate without an adult.

Imagine spending an afternoon gliding through the water on one of our sailboats. With a breeze in your face, a warm summer afternoon and sparkling water, all your cares will vanish. All riders must wear a life jacket.

SWIMMING - Memorial Day to Labor Day

See "Swim Test" on page 18 for restrictions.

Sink your feet into our sandy beach at the edge of our swimming area, which is roped off to indicate depth of water and get wet in our 360-acre lake - perfect on a hot summer day! There are also plenty of beach-side lounge chairs for sunbathing.

WATER SLIDE - Memorial Day to Labor Day

See "Swim Test" on page 18 for restrictions.

Take a ride on the express lane to warm water fun as you slide your way down our large slide and into the lake.

WATER INFLATABLE - Memorial Day to Labor Day

See "Swim Test" on page 18 for restrictions.

Bounce your way into fun as you fly through the air and into the cool water on a hot summer's day.

WATERWHEEL COUNTRY STORE

This is the place to sign up for many of your activities, and offers clothing, jewelry, gifts, toys, souvenirs, snacks, refreshments, toiletries, MO state fishing licenses and more.

SIGN UP HERE FOR ACTIVITIES WHICH REQUIRE "ADVANCED SIGN-UP"

Friday: 10am-Noon; 1:30-5pm; 6-8pm
Saturday: 9am-Noon; 2-5pm
Sunday: 9am-2pm
Monday-Thursday: 9am-Noon; 1:30-5pm

The Country Store accepts cash, check, or credit cards. We can also charge your purchases to your room if you place a credit card on file with the front desk.

Create your memories!!

Stop by the Country Store and find treasures to remember your stay! We have Trout Lodge sweatshirts, jackets, t-shirts, thinking toys, as well as gift items for you or someone special.

Take home a Trout Lodge ornament to enjoy the memories from your stay.

GATEWAY REGION YMCAs

The Gateway Region YMCA (formerly known as the YMCA of Greater St. Louis prior to its merge with our Illinois branches) includes many locations throughout the St. Louis and surrounding counties, as well in Illinois. Also includes YMCA Trout Lodge.

Bayer YMCA
5555 Page Blvd.
St. Louis, MO 63112
314-367-4646

Carondelet Park Rec Complex
930 Holly Hills
St. Louis, MO 63111
314-768-9622

Chesterfield Family YMCA
16464 Burkhardt Place
Chesterfield, MO 63017
636-532-3100

Clinton County YMCA
14160 Jamestown Rd.
Breese, IL 62230
618-526-5628

Collinsville/Maryville/Troy
#1 Town Center Dr.
Maryville, IL 62062
618-346-5600

Downtown Belleville YMCA
200 S. Illinois Street
Belleville, IL 62220
618-233-1243

Downtown St. Louis YMCA at the MX
605 Locust Street
St. Louis, MO 63103
314-436-4100

East Belleville YMCA
2627 Carlyle Avenue
Belleville, IL 62221
618-236-9983

Edward Jones YMCA
12521 Marine Avenue
Maryland Heights, MO 63146
314-439-9622

Emerson Family YMCA
3390 Pershall Road
St. Louis, MO 63135
314-521-1822

Four Rivers YMCA
400 Grand Avenue
Washington, MO 63090
636-239-5704

Jefferson Co. YMCA
1303 YMCA Drive
Festus, MO 63028
636-931-9622

Kirkwood Family YMCA
325 N. Taylor Avenue
St. Louis, MO 63122
314-965-9622

Mid-County YMCA
1900 Urban Drive
St. Louis, MO 63144
314-962-9450

Monroe Co. YMCA
9514 Caring Way
Columbia, IL 62236
618-281-9622

O'Fallon YMCA (IL)
284 N. Seven Hills Road
O'Fallon, IL 62269
618-628-7701

O'Fallon YMCA (MO)
3451 Pheasant Meadows Dr.
O'Fallon, MO 63368
636-379-0092

O'Fallon Park Complex
4343 W. Florissant Road
St. Louis, MO 63115
314-932-1423

Randolph Co. YMCA
130 S. Oak Street
Red Bud, IL 62278
618-282-9622

St. Charles Co. YMCA
3900 Shady Springs Lane
St. Peters, MO 63376
636-928-1928

South City Family YMCA
3150 Sublette Avenue
St. Louis, MO 63139
314-644-3100

South Co. Family YMCA
12736 Southfork Road
St. Louis, MO 63128
314-849-9622

Tri-City YMCA
451 Niedringhaus Avenue
Granite City, IL 62040
618-876-7200

Wildwood Family YMCA
2641 Highway 109
Wildwood, MO 63040
636-458-6636

UPCOMING EVENTS

ONLINE

If you would like to see our entire list of upcoming events, including full dates and list of activities and/or themes, please go to **www.troutlodge.org** and find Events Calendar.

BROCHURES

Please come to the Front Desk for an up-to-date brochure on our upcoming events, as well as adult programs, ranch overnights, team building and more.

FOURCHE VALLEY GOLF CLUB

Located two miles from YMCA Trout Lodge, Fourchè Valley Golf Club offers visitors the finest 9-hole course in the area. The course is open year round (weather permitting), and tee times may be arranged at the Front Desk. Trout Lodge guests enjoy special rates, with club rental and golf lessons available as well. You may arrange your tee times at Front Desk. (www.fourchevalley.org)

MEAL TIMES AT TROUT LODGE

We ask that you please try to come to the dining room for meals on the schedule you set when you checked-in. If you don't remember, please just look at your wristband or the shift marked below.

Meal Shift Time

Meal shifts will be determined at check-in and are subject to availability

Meal Shift 1
Breakfast: 7:15 to 8am
Lunch: 11:15 to 12pm
Dinner: 5:15 to 6pm

Meal Shift 2
Breakfast: 8am to 8:45am
Lunch: 12pm to 12:45pm
Dinner: 6pm to 6:45pm

Meal Shift 3
Breakfast: 8:45am to 9:30am
Lunch: 12:45pm to 1:30pm
Dinner: 6:45pm to 7:30pm

WELCOME TO YMCA TROUT LODGE

To Our Guests:

I want to personally welcome you to YMCA Trout Lodge and say *thank you* for choosing our facility. Everyone here is excited that you are staying with us, and we will make it our highest priority to ensure that your stay with us is as enjoyable, relaxing, fun-filled and as highly regarded as absolutely possible. Therefore, if there is anything more that we can do within our capabilities to make your stay with us even better, please feel free to speak to our Front Desk staff, who are our "front line" for any questions or concerns you may have. It is our goal that you leave here already planning your next visit with us!

You are very important to us, which is why we hope you will find this booklet helpful. It is packed full of material on the activities we offer that will come in handy during the time you spend with us.

Again, welcome and have a fantastic time!

Sincerely,

Melissa Di Fiori
Director of Operations
YMCA Trout Lodge