ACTIVITY SCHEDULE

YMCA TROUT LODGE

July 29-August 4, 2022

WELCOME TO YMCA TROUT LODGE

To Our Guests:

We 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,

YMCA Trout Lodge

P.S. We value your input. Please take a moment and let us know how we did - what we did right and what needs to be tweaked. Want to give a shout-out to anyone who made your stay extra special? Here's your chance to make a staff member's day. Contact us at familyreservations@gwrymca.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 Shifts

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

COVID INFORMATION

To Our Families and Guests,

There is no higher priority than the safety of our guests.

We closely monitor and follow 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. To find out what we're doing to keep you safe, please read below.

Fever Free

Everyone entering our facility should be symptom-free (without a fever)

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 is 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 is cleaned every two hours.

Masks

We recommend you follow CDC guidelines regarding wearing a mask.

PFDs

While we have our own, we encourage guests to bring their own Coast Guard -approved personal flotation devices (PFDs).

Unavailable at this Time

Full-service housekeeping in rooms/cabins (daily towel changes as needed will be provided)

THINGS TO KNOW

YMCA Trout Lodge has many fun and exciting activities, which we have listed on the following pages. We hope this will be helpful to you in determining which activities you would like to participate in and the times they are available. At any time if you have any questions, please feel free to speak to either our Front Desk staff or Country Store staff where most activity sign-ups occur. Please show up for your activities early. The map (included as an insert) gives approximate walking times.

Free Activities

Free Activities which you sign up for must be cancelled no later than one hour before it starts or you will be charged $5/person.

Paid Activities

No refund given unless WE cancel the activity.

Advanced Sign-Ups

Look for advanced sign-up requirements and/or extra charge for activities, which are found on the activity time tables (grids).

Parental Responsibility - IMPORTANT

Our staff are thoroughly trained in the activity in which they are leading, however it is still the responsibility of the supervising adult of a child age 14 and under to remain at the activity or participate in the activity, if required, until activity is complete (regardless of the age requirement to participate in an activity), and assist child if needed. Maintain a presence on behalf of the child, and escort the child from the activity once it is completed. We cannot be responsible for children after the activity is completed.

Your Room Key Card

The key cards are sensitive to anything containing magnets, therefore you may wish to keep your room card away from your cell phone, pacemaker, credit cards, etc., so they won't need to be reactivated. But if that does happen, no worries, just come to the Front Desk and we will be happy to reactivate them.

ON YOUR OWN ACTIVITIES

The following free/no sign-up non-water activities are available at almost any time. See page 17 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 CHECK-OUT Front Desk
The Front Desk 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
See Equipment Check-Out for check-out location and times.

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.

Arts & Crafts Activity Schedule - NO Advanced Sign-up

ACTIVITIES	Friday 7/29/22	Saturday 7/30/22	Sunday 7/31/22	Monday 8/1/22	Tuesday 8/2/22	Wednesday 8/3/22	Thursday 8/4/22
ACRYLIC, GLITTER OR SPECIALTY BACKGROUND PENDANTS Ages 10+ Cost: $12	2-4 pm	4-6 pm	9 am-2 pm	3-5 pm	10-11 am	3-5 pm	10-11 am
ALCOHOL INK ORNAMENTS*, TILES*, JEWELRY, PLATES*, GLASSWARE* Ages 10+ Cost: $5-18	4-5 pm (*pick up next day)	4-6 pm (*pick up next day)	9 am-2 pm (*pick up next day)	3-5 pm (*pick up next day)	10-Noon (*pick up next day)	3-5 pm (*pick up next day)	10-Noon (*pick up next day)
BOTTLE CHARM NECKLACES All Ages with help Cost: $12	6-8 pm	4-6 pm	10 am-Noon	1-3 pm	11-Noon	1-3 pm	11-Noon
CERAMICS & MAKE-AND-TAKE All Ages with help Cost: Varies	1-5 6-8 pm (pick up next day)	9 am-Noon 1-6 pm (pick up next day)	9 am-2 pm	9 am-Noon 1-5 pm (pick up next day)	9 am-Noon 1-5 pm (pick up next day)	9 am-Noon 1-5 pm (pick up next day)	9 am-Noon 1-5 pm (pick up next day)
DECORATIVE MASON JAR Ages 8+ with help Cost: $10	6-8 pm	2-4 pm	10 am-Noon	1-3 pm	11-Noon	1-3 pm	11-Noon
GEL/SAND CANDLES All Ages With Help Cost: $5-$20	4-5 pm	2-4 pm	10 am-Noon	1-3 pm	10-Noon	1-3 pm	10-Noon
GLASS ETCHING Ages 8+ with help Cost: Varies	4-5 pm	10-Noon	9-11 am	10-Noon	1-3 pm	10-Noon	1-3 pm
HORSESHOE WALL HANGINGS All Ages with help Cost: $15	2-4 pm	2-4 pm	1-2 pm	1-3 pm	1-3 pm	1-3 pm	1-3 pm
MOSAICS Ages 8+ with help Cost: $7-$25	4-5 pm (grout next day)	10-Noon (grout next day)	Noon-2 pm (grout next day)	10-Noon (grout next day)	3-5 pm	10-Noon (grout next day)	3-5 pm
POUR PAINTING Ages 10+ Cost: $4-15 each	2-4 pm	10-Noon (pick up next day)	10-Noon (pick up next day)	10-Noon (pick up next day)	10-Noon (pick up next day)	10-Noon (pick up next day)	10-Noon (pick up next day)
STEPPING STONES All Ages with help Cost: $17 each	3-5 pm (pick up Sun)	3-5 pm (pick up Mon)	3-5 pm (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	1-5 6-8 pm	9 am-Noon 1-6 pm	9 am-2 pm	9 am-Noon 1-5 pm	9 am-Noon 1-5 pm	9 am-Noon 1-5 pm	9 am-Noon 1-5 pm

We also offer "make your own" projects, simple jewelry and free kid's corner crafts - available anytime we are open and have space.

ARTS & CRAFTS ACTIVITY DESCRIPTIONS

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

Friday:	1-5 pm; 6-8 pm
Saturday:	9 am-Noon; 1-6 pm
Sunday:	9 am-2 pm
Mon.-Thurs:	9 am-Noon; 1-5 pm

No Advanced Sign-Up Required Unless Noted.

ARTS & CRAFTS MAY BE FULL WHEN LARGE GROUPS ARE HERE. YOU WILL NEED TO COME BACK LATER IF THIS OCCURS.

Bring out your creative side at the Arts & Crafts Center with painting, alcohol ink projects, pour painting, tie dye, ceramics and more!

Although ALL of our Arts & Crafts projects are perfect year round, you can create projects for birthdays, anniversaries, graduations, holidays and more. Feel free to come in and create a gift for yourself or someone else.

Arts & Crafts accepts cash, or credit card (Visa, MasterCard & Amex only), We can also charge your purchases to your room with credit card on file.

Please be sure to note those projects which have an overnight (or more) drying time or other requirements which is on the time/grid schedule and in the description.

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. There are times when the craft room is completely filled. We apologize in advance should this be the case when you come in - you're welcome to come back again later.

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 $7.00 for shirts. Dying towels, blankets, material yardage, etc. will incur an extra charge. We also have items you can purchase as well - shirts, bandanas, hats, etc.

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 Arts & Crafts.

ACRYLIC, GLITTER OR SPECIALTY BACKGROUND PENDANTS

Using acrylic paints, create an abstract or scenery color pendant, perfect for everyone, or adorn your pendant with specialty glitter products or a unique background to create a one-of-a-kind piece.

ALCOHOL INK EARRINGS & PENDANTS

Your friends will be envious when you show them the fabulous earrings and/or pendant that you made yourself. In bright colors you choose, create a unique work of wearable art. Or make some for a friend or family member!

ALCOHOL INK GLASSWARE (pick up following day)

Start with a clear wine glass, coffee cup, mason jar (and more), and create a truly unique and colorful abstract project. Here's an idea - for a small extra charge, turn it into a gel candle for maximum sparkling effect.

ALCOHOL INK PLATE (pick up following day)

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.

ALCOHOL INK TILES & ORNAMENTS (pick up following day)

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.

BOTTLE CHARM NECKLACE

Create a keepsake by filling your glass bottle charm with any number of items, layered sand/wax, shells, glitter, even a lock of hair. Comes with a necklace.

CERAMICS (pick up following day)

We have a wide selection of cool and fun ceramics to personalize.

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. Put in your kitchen or anyplace you want a bit of rustic charm.

GEL/SAND CANDLES

Create a gel candle using colorful sand (shells, glass etc.

GLASS ETCHING

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

HORSESHOE WALL HANGING

Start with paint or colored tissue paper and then embellish it with a variety of items to create the your perfect design, including dreamcatcher-inspired.

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! Have fun taking specially thinned paint and pouring multiple colors on a tile, record, wine glass or a stretched canvas. Through a series of movements, create your own unique piece. Must dry overnight. **NOT recommended for those who are flying/bus.**

STEPPING STONES (pick up 2 days later)
Brighten up your garden with handcrafted stepping stones. Design with colorful stained glass. NOTE: Stones must dry for 2 days.

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

ARTS & CRAFTS EXAMPLES

See other examples in the lobby of Trout Lodge, as well as MUCH MORE at Arts & Crafts Center

Glitter Pendant

Alcohol Ink Ornament

Horseshoe Wall Hanging

Ceramic

Specialty Pendant

Alcohol Ink Plate

Pour Paint

Mosaic

Sand Candle

WATERWHEEL COUNTRY STORE Pg. 7

Stop by the Country Store and find treasures to remember your stay! We have Trout Lodge sweatshirts, jackets, t-shirts, thinking toys, jewelry, toiletries, toys galore, fishing licenses, gift items for you or someone special and so much more. We also have ice cream, sodas and snacks.

Friday: 9 am-Noon; 1:30-8 pm
Saturday: 9 am-Noon; 1:30-6 pm
Sunday: 9 am-2 pm
Mon-Thurs. 9 am-Noon; 1:30-5 pm

YOU CAN SIGN UP HERE FOR ACTIVITIES WHICH REQUIRE "ADVANCED SIGN-UP".

CALL IN ADVANCE AT 888-FUN-YMCA TO ENSURE YOU GET A SPOT FOR YOUR FACORITE ACTIVITIES.

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.

Program Activity Schedule

ACTIVITIES	Friday 7/29/22	Saturday 7/30/22	Sunday 7/31/22	Monday 8/1/22	Tuesday 8/2/22	Wednesday 8/3/22	Thursday 8/4/22
AIR RIFLE Ages 8+ Cost: Free Rifle Range Advanced sign-up		10:30 AM 1:00 PM	9:00 AM 1:30 PM		1:30 PM		
ARCHERY Ages 5+ Cost: Free Behind Mini-Golf Advanced sign-up (Closed toe shoes required)	9:00 AM 3:00 PM	9:00 AM 1:30 PM	9:00 AM 3:30 PM	9:00 AM	9:00 AM 1:00 PM	1:30 PM	1:30 PM
ARCHERY BALLOON POP Ages 5+ Cost: Free Behind Mini-Golf Advanced sign-up (Closed toe shoes required)	1:00 PM 4:00 PM	10:00 AM 2:30 PM	10:00 AM 4:30 PM	10:00 AM	10:00 AM	2:30 PM	
ARCHERY TAG Ages 10+ Cost: $15 Gym Advanced sign-up (Closed toe shoes required)			3:30 PM		4:30 PM		
AXE THROWING Ages 10+ Cost: $3/person Advanced sign-up End lower park. lot (Closed toe shoes)	10:00 AM 11:00 AM 4:30 PM	3:00 PM 4:30 PM	9:30 AM	11:00 AM 1:30 PM	9:30 AM	9:30 AM 2:00 PM	9:30 AM 4:30 PM
DART ART Ages 8+ Cost: $5/person Hawkins Pavilion Advanced sign-up	1:00 PM 3:00 PM	3:00 PM 4:30 PM	1:30 PM 4:30 PM	11:00 AM 3:30 PM	4:30 PM	1:00 PM	4:30 PM
DRUM CIRCLES Ages 5+ Cost: Free Meeting room 5 Advance Sign-up	10:00 AM 2:30 PM	1:00 PM	1:00 PM	9:30 AM	1:00 PM		1:30 PM
KITE-MAKING All Ages Cost: $8 Hawkins Pavilion Advanced sign-up	9:30 AM 1:00 PM		1:30 PM		3:00 PM		4:30 PM

Program Activity Schedule

ACTIVITIES	Friday 7/29/22	Saturday 7/30/22	Sunday 7/31/22	Monday 8/1/22	Tuesday 8/2/22	Wednesday 8/3/22	Thursday 8/4/22
Mudcave Ages 8+ Cost: $15 Meet in Lobby Advanced sign-up							
NATURE CENTER All Ages Cost: Free Nature Center NO advanced sign-up	2:00-4:00 PM		1:30-3:30 PM			2:30-4:30 PM	
PAINTBALL Ages 12+ Cost: $35 Advanced sign-up Paintball Range (Closed toe shoes)	**Returning Later in 2022**						
PAINTBALL PRACTICE Ages 8+ Cost: $15 Advanced sign-up Paintball Range (Closed toe shoes)							
RIFLERY Ages 10+ Cost: $ 5/person Rifle Range Advanced sign-up	1:00 PM	3:30 PM	2:30 PM	1:30 PM	2:30 PM	1:30 PM	1:30 PM
RIFLE SAFARI Ages 10+ Cost: $6/person Rifle Range Advanced sign-up	2:00 PM	4:30 PM	3:30 PM	2:30 PM		2:30 PM	2:30 PM
ROCKET BUILD** Ages 5+ Cost: $20/person Trout Lodge Back Deck Advanced sign-up	10:00 AM	10:00 AM		10:00 AM		9:00 AM	9:00 AM
** 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	5:00 PM	3:00 PM		3:00 PM		4:30 PM	4:30 PM

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

ARCHERY BALLOON POP *Closed toe shoes required*
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!

ARCHERY TAG *Closed toe shoes required*
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.

AXE (TOMAHAWK) THROWING *Closed toe shoes required*
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.

BIRD Hike *Closed toe shoes suggested*
Come join fellow nature lovers on a hike to look and listen and learn about our feathered friends and their environment at Trout Lodge.

DART ART *Closed toe shoes required*
Join us for the opportunity to create a beautiful work of art while perfecting your dart throwing skills. This activity includes safety instruction, throwing advice & colorful art piece. Maximum sign-up is 8.

DRUM CIRCLES
Beginner course on how to play a Djembe drum.

KITE-MAKING
Spend time with us as we make kites.

MUDCAVE *Closed toe shoes required*
Come see our best kept secret! Take a boat ride to our secret cave and explore! Please wear clothes you don't mind getting dirty. This is a 3 hour activity.

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.

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 Must wear close toed shoes, and long sleeves/pants are recommended.*

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.

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 *Children who require one-on-one assistance must be accompanied by an adult, regardless of age.*

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

SHOW UP AND EVENING ACTIVITIES

Friday: July 29th

10:00 am **Dodgeball** (Rec Center)
Can you be the last team standing?

12:30 pm **Nature Hike** (Meet in lobby)
Come explore the beautiful Ozarks and see what kind of wildlife and trees you can identify

3:00 pm **Facepaint** (Boathouse)
Feel like you are at a carnival when our staff turns you into a lion, fish or a superhero

3:30 pm **Geology Hike** (Meet in lobby)
Come see how many cool rocks you can collect
On our geology hike.

7:30 pm **Campfire** (Coker Fire Pit)
Come join us for s'mores, skits, songs and some silly stories as we enjoy the best part of "camp"!

Saturday: July 30th

8:30 am **Geology Hike** (Meet in lobby)
Come see how many cool rocks you can collect
On our geology

9:00 am **Dodgeball** (Rec Center)
Can you be the last team standing?

10:30 am **Nature Hike** (Meet in lobby)
Come explore the beautiful Ozarks and see what kind of wildlife and trees you can identify

4:30 pm **Bird Hike** (Meet in lobby)
Come learn about different birds based on sights and sounds from our local bird expert

4:30 pm **Facepaint** (Boathouse)
Feel like you are at a carnival when our staff turns you into a lion, fish or a superhero

7:30 pm **Beach Party** (Waterfront)
Come join us for a beach party! Music, dancing and snocones

Sunday: July 31st

9:30 am **Facepaint** (Boathouse)
Feel like you are at a carnival when our staff turns you into a lion, fish or a superhero

11:00 am **Nature Hike** (Meet in lobby)
Come explore the beautiful Ozarks and see what kind of wildlife and trees you can identify

7:30 pm **Board game Night** (3rd floor of trout)
Check out our board game collection and play to make memories… winning isn't bad either

Monday: August 1st

7:30 pm **Bouldering Wall** (Rec Center)
Channel your inner rock climber on our bouldering wall. Trained staff will be there to teach and assist

Tuesday: August 2nd

9:00 am **Geology Hike** (Meet in lobby)
Come see how many cool rocks you can collect
On our geology

11:00 am **Nature Hike** (Meet in lobby)
Come explore the beautiful Ozarks and see what kind of wildlife and trees you can identify

7:30 pm **Campfire** (Coker Fire Pit)
Come join us for s'mores, skits, songs and some silly stories as we enjoy the best part of "camp"!

Wednesday: August 3rd

9:30 am **Geology Hike** (Meet in lobby)
Come see how many cool rocks you can collect
On our geology

9:00 am **BINGO** (Hawkins Pavillon)
Play the worlds oldest game in the most beautiful setting

4:30 pm **Nature Hike** (Meet in lobby)
Come explore the beautiful Ozarks and see what kind of wildlife and trees you can identify

Thursday: August 4th

7:30 pm **Gold Rush** (Field by tennis court)
Channel your inner pirate and see how much gold you can collect.

Adventure Activity Program Schedule

ACTIVITIES	Friday 7/29/22	Saturday 7/30/22	Sunday 7/31/22	Monday 8/1/22	Tuesday 8/2/22	Wednesday 8/3/22	Thursday 8/4/22
ALPINE SWING Ages 10+ Cost: $12/person Advanced sign-up Closed toe shoes with heel strap required						11:00 AM	
ALPINE TOWER Ages 10+ Cost: $12/person Advanced sign-up Close toed shoes with heel strap required	7:30 PM	10:30 AM	7:30 PM			10:00 AM	
PINES PEAK - ROCK WALL Ages 5+ Cost: $10/person Advanced sign-up Closed toe shoes with heel strap required	4:30 PM	4:30 PM			9:00 AM		10:30 AM
PINES ZIP Ages 8+ Cost: $12/person Advanced sign-up Close toed shoes with heel strap required	9:00 AM	1:00 PM			10:00 AM	7:30 PM	
SPECIALTY ZIPS							
GLADIATOR ZIP Ages 8+ Cost: $12/person End lower park. lot Advanced sign-up Closed toe shoes with heel strap required							
MOONLIGHT ZIP Ages 8+ Cost: $12/person Meet at Pines Zip Advanced sign-up Closed toe shoes with heel strap required							
WATER BLAST ZIP (SUMMER) Ages 8+ Cost: End lower park. lot Advanced sign-up							

Currently undergoing renovation

ADVENTURE PROGRAM 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's a weight limit of 280 lbs. Prices are per zip or climb.

ALPINE SWING

You get to decide if you want to swing in the traditional alpine style or bring out your super hero skills and swing "superman" style. Alpine Swing is a combination of a brief free fall and giant swing. You'll be pulled up as high as 30-35 feet into the air, where you begin the drop.

ALPINE TOWER

Alpine Tower is a 50-foot hourglass-shaped jungle gym with a variety of elements including rocks, cables and poles.

PINES PEAK (ROCK WALL)

Pines Peak is a 35-foot vertical climbing wall which provides a climbing challenge for all experience levels.

PINES ZIP

Pines Zip is 250-feet. You'll climb 35 feet up a telephone pole where you will be attached to the zip line. Sit, slide off and "fly" down the cable.

SPECIALTY ZIPS

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!

Triangle Y Ranch Schedule

(remember to wear closed toe/closed heel 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 7/29/22	Saturday 7/30/22	Sunday 7/31/22	Monday 8/1/22	Tuesday 8/2/22	Wednesday 8/3/22	Thursday 8/4/22
BARN DANCE Ages 10+ Cost: $0 Advanced sign-up						7pm	
MOUNTAIN RIDE Ages 10+ Cost: $40/person Advanced sign-up	9am	10am	10am	9am		9am	
PONY RIDE Ages 9 & under Cost: $5/person Advanced Sign up	2-3pm	9am-10am	11am- 11:30am	1-2pm		1-2pm	11-11:30am
VALLEY RIDE Ages 7+ Cost: $30/person Advanced Sign up	11am 1pm	1pm 2pm		10am 11am		10am 11am	1pm

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.

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.

HERD VIEW WAGON RIDE

Guests 11 & 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!

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.

IMPORTANT WATERFRONT INFORMATION

Trout Lodge Waterfront/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.

Fridays and Saturdays: 10 am - 8 pm

Sunday- Thursdays: 10 am - 6 pm

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.

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.

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.
- All boats must be returned 30 minutes prior to the close of the Boathouse.

FISHING POLICY

Guests may fish only on the second dock past the boat house. 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.

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.

Fridays and Saturdays : 9 am - 8 pm
Saturdays: 9am-6pm
Monday - Thursdays: 10 am - 6 pm

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.

MONKEY-BAR FLOAT - Memorial Day to Labor Day

For the Monkey Bars, guests must take a swim test & pass with a purple band (see page 18). All guests entering the deepest section of the lake, must wear life jackets. Please visit Boathouse for Trampoline hours.

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.

Waterfront Boating Schedule

ACTIVITIES	Friday 7/29/22	Saturday 7/30/22	Sunday 7/31/22	Monday 8/1/22	Tuesday 8/2/22	Wednesday 8/3/22	Thursday 8/4/22
BOAT FLOAT All Ages Cost: $5 Advanced sign-up	2:30 PM 4:30 PM	2:00 PM 3:00 PM	2:00 PM 3:00 PM	1:30 PM 3:30 PM		1:30 PM 4:30 PM	1:30 PM
BANANA BOAT Ages 8+ Cost: $12 Advanced sign-up		1:00 PM	10:30 AM 1:00 PM				4:30 PM
FISHING TRIP All Ages Cost: $7 Advanced sign-up							
GUIDED SUNRISE WATERCRAFT TOURS All Ages Cost: $10 (kayaks/canoes) Advanced sign-up	7:00 AM						
PIRATE PONTOON All Ages Cost: $7 Advanced sign-up	1:00 PM 7:30 PM	3:00 PM	3:00 PM 4:00 PM	2:00 PM 3:00 PM	3:00 PM 4:00 PM	7:30 PM	2:30 PM
PONTOON TOUR All Ages Cost: FREE Advanced sign-up	9:30 AM 10:00 AM 10:30 AM 2:30 PM	1:00 PM	9:00 AM 10:00 AM 4:00 PM		12:30 PM 1:30 PM	4:00 PM 5:00 PM	9:00 AM 10:00 AM 11:00 AM 4:00 PM
TWILIGHT BOAT FLOAT All Ages Cost: $5 Advanced sign-up	7:30 PM	7:30 PM	7:30 PM	7:30 PM	7:30 PM	7:30 PM	
TWILIGHT PONTOON All Ages Cost: FREE Advanced sign-up		7:30 PM	7:30 PM		7:30 PM		

SCHEDULED WATERFRONT BOATING 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

Fridays, Saturdays : 9 am - 8 pm

Sundays 9am-6pm

Monday - Thursdays: 10 am - 6 pm

- OPEN SPRING TO FALL -

(at Boathouse)

Guests 14 and under must be accompanied by an adult

BANANA BOAT

Jump on our inflatable and hit the waves. On this 40 minute adventure you will catch some waves and see if you can hold on for the whole ride. Maximum 12 riders. Must wear a life jacket.

BOAT FLOAT

Take a 40-minute pontoon tour on the lake while sipping on a cool Root Beer Float in a collectable color changing souvenir cup. Ages 8 and under must wear a life jacket. Maximum of 10 riders.

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 10 riders.

TWILIGHT BOAT FLOAT

It's the same as our traditional boat float, except we meander about the lake during the twilight hours when the crickets chirp, the frogs sing and the day begins to cool off, sipping on Root Beer Floats. Ages 8 and under must wear a life jacket. Maximum of 10 riders.

TWILIGHT PONTOON TOUR

It's the same as our traditional pontoon tour, but in the evening. Maximum of 10 riders.

- OPEN SUMMER -

(at Boathouse)

Guests 14 and under must be accompanied by an adult

Those to the left as well as below:

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 8 riders.

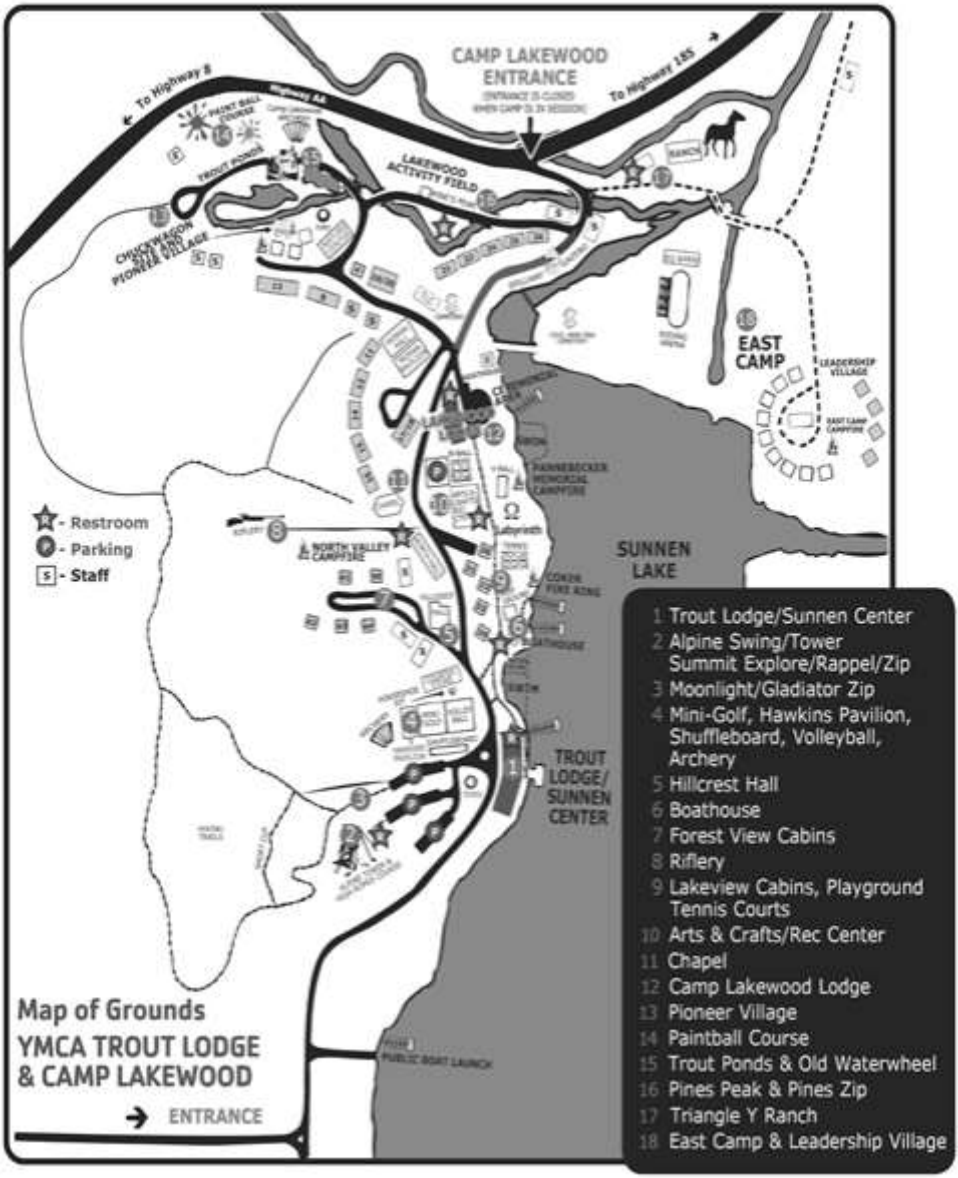
GUIDED SUNRISE WATERCRAFT TOURS

Utilizing canoes and kayaks, join us for a sunrise tour on the lake. Enjoy the still moments and wildlife as you meander around in the water.

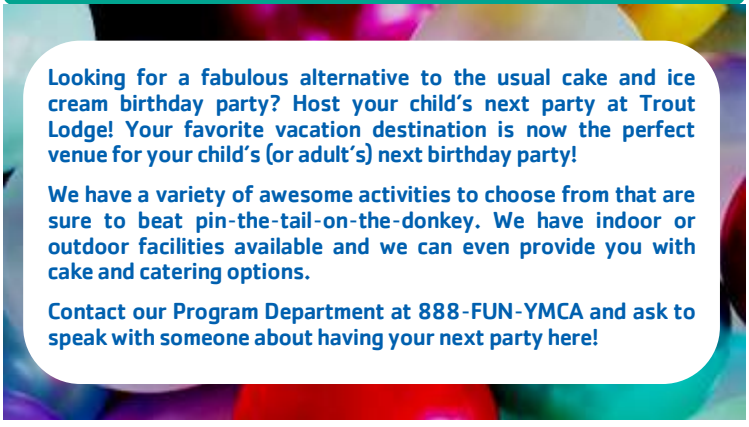
PIRATE PONTOON

This ride is guaranteed to soak you good! Two opposing pontoons wage a pirate war on each other with water cannons on each boat, with everyone aiming to get the other side soaking wet and laughing. You even get to keep your water gun after the trip! Ages 8 & under must wear a life jacket. Maximum of 16 riders (total on both boats together).

YMCA TROUT LODGE & CAMP LAKEWOOD
FACILITY MAP



BIRTHDAY PARTIES



Looking for a fabulous alternative to the usual cake and ice cream birthday party? Host your child's next party at Trout Lodge! Your favorite vacation destination is now the perfect venue for your child's (or adult's) next birthday party!

We have a variety of awesome activities to choose from that are sure to beat pin-the-tail-on-the-donkey. We have indoor or outdoor facilities available and we can even provide you with cake and catering options.

Contact our Program Department at 888-FUN-YMCA and ask to speak with someone about having your next party here!

WE DO GROUPS!

If you have a corporate group, family reunion, church group, school group or other group, we have the ability to make it awesome! We have meeting rooms, catering options and can incorporate activities into your schedule. From a day group to those who want to spend multiple days with us, we've got you covered. We have group sales representatives who can help you fully plan your adventure. Stop by the Front Desk to explore all of your options.

CRAZY FOR CAMP LAKEWOOD Pg. 21

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

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. Subject to change/additions.

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 "Who We Serve", click on "Adult Programs" or go to roacscholar.org and in search area click on Missouri.

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

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ONLINE

We encourage you to explore our website at **www.troutlodge.org**. There you will find information about our accommodations, activities, who we serve and so much more.

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)

Hawk
Lila
DC
Ethel