

# ACTIVITY SCHEDULE

## FRIDAY, JULY 4-10, 2025

YMCA of the Ozarks – Trout Lodge



Children under the age of 14 must be accompanied by an adult at all times.

## PROGRAM FACILITY HOURS

	FRI, JULY 4	SAT, JULY 5	SUN, JULY 6	MON, JULY 7	TUE, JULY 8	WED, JULY 9	THU, JULY 10
Trout Lodge Front Desk	Sign up for registered activities and check-out board games, hiking maps, scavenger hunts, disc golf, pickleball, basketball, volleyball, fishing equipment, and more. Available by phone at 1-888-386-9622.						
	8 AM-11 PM	8 AM-11 PM	8 AM-11 PM	8 AM-11 PM	8 AM-11 PM	8 AM-11 PM	8 AM-11 PM
Dining Hall	Cafeteria-style facility offering buffet meals with a variety of hot and cold options. Meal shifts are assigned at check-in.						
Shift 1	7:30-8:15, 12-12:45, 5:30-6:15	7:30-8:15, 12-12:45, 5:30-6:15	7:30-8:15, 12-12:45, 5:30-6:15	7:30-8:15, 12-12:45, 5:30-6:15	7:30-8:15, 12-12:45, 5:30-6:15	7:30-8:15, 12-12:45, 5:30-6:15	7:30-8:15, 12-12:45, 5:30-6:15
Shift 2	8:15-9, 12:45-1:30, 6:15-7 PM	8:15-9, 12:45-1:30, 6:15-7 PM	8:15-9, 12:45-1:30, 6:15-7 PM	8:15-9, 12:45-1:30, 6:15-7 PM	8:15-9, 12:45-1:30, 6:15-7 PM	8:15-9, 12:45-1:30, 6:15-7 PM	8:15-9, 12:45-1:30, 6:15-7 PM
Recreation Center	Free space for basketball or soccer. Equipment available in the gym.						
	5 PM – 9 PM	9 AM– 9 PM	9 AM– 9 PM	Closed			
Waterwheel Country Store	Clothing, jewelry, gifts, toys, souvenirs, snacks and refreshments. Closes during lunch and dinner.						
	5-9 PM	1-9 PM	9AM-5 PM	9AM-5 PM	9AM-5 PM	9AM-5 PM	9AM-5 PM
Arts & Crafts	Ceramics, tie-dye, stepping stones, mosaics and more! Cost depends on the craft chosen.						
	9-12 PM, 3-5 PM	9 AM-5 PM	9 AM-12 PM	9 AM-5 PM	9 AM-5 PM	9 AM-5 PM	9 AM-5 PM
Mini-Golf	18 hole course available on a first-come, first-serve basis. Equipment located at the mini-golf course. Scorecards available at the front desk.						
	7:30AM-10 PM	7:30AM-10 PM	7:30AM-10 PM	7:30AM-10 PM	7:30AM-10 PM	7:30AM-10 PM	7:30AM-10 PM
Pickleball Courts	Eight full-size pickleball courts available for open play throughout the day. Equipment is available at the front desk.						
	7:30AM-10 PM	7:30AM-10 PM	7:30AM-10 PM	3PM-10 PM	12PM-10 PM	3PM-10 PM	12PM-10 PM

## RANGE SPORTS

Recommended for ages 8+. **No registration required, except riflery and trap shooting.** Under 14 must be accompanied by an adult.

### Archery

Take aim at the bulls-eye! Meets at Hawkins Pavilion.

### Axe-throwing

Learn to throw an axe and get it to stick on a target! Meets at Hawkins Pavilion.

### Air Rifles

Covers the basics of firearm safety and technique. Meets at riflery range.

### Riflery

Learn to shoot a .22 rifle! \*Sign-up required. \$20/person. Ages 10+. Limit 12 participants. Meets at riflery range.

### Trap Shooting

Take aim at flying clays and try to shoot them! \*Sign-up required. \$40/person. Ages 13+. Limit 8 participants. Meets at shotgun range. Please ask for directions.

	ARCHERY	AXE-THROWING	AIR RIFLES	RIFLERY	TRAP SHOOTING
Fri, July 4	1:45-3:15 PM	3:30-4:30 PM	9-11 AM	11 AM*	-
Sat, July 5	9-10:15 AM 1:45-3:15 PM	10:30-11:45 3:30-4:30 PM	9-11 AM	11 AM* 1 PM, 2 PM*	9, 10 AM*
Sun, July 6	9-10:15 AM 1:45-3:15 PM	10:30-11:45 3:30-4:30 PM	9-11 AM	11 AM*	-
Mon, July 7	-	3:30-4:30 PM	9-11 AM	11 AM*	-
Tue, July 8	9-10:15 AM	10:30-11:45	9-11 AM	11 AM*	-
Wed, July 9	1:45-3:15 PM	3:30-4:30 PM	9-11 AM	11 AM*	-
Thu, July 10	9-10:15 AM	10:30-11:45 3:30-4:30 PM	9-11 AM	11 AM*	-

### Morning Guided Yoga

**Saturday, July 5, 7:30 AM – Trout Lodge Patio**

Start your weekend off with mindfulness and movement. Sign-up in advance to reserve a mat, or bring your own.

**Questions? Call us at 1-888-386-9622!**

# FAMILY & EVENING PROGRAMS

☼ Programs for all ages. ♦ Programs for 5 and under. **No registration required!** Under 14 must be accompanied by an adult.

## Friday, July 4

- 2:15 PM ☼ Kickball @ Recreation Field
- 2:30 PM ☼ Animal Detective @ TL Lobby
- 3:00 PM ☼ Survival @ TL Lobby
- 3:30 PM ☼ Face-painting & Sidewalk Chalk @ Hawkins
- 3:45 PM ☼ Origami @ TL Lobby
- 5:00 PM ♦ Bugs, Bugs, Bugs @ TL Lobby
- 6:45 PM ☼ Medic Ball @ Recreation Center
- 7:30 PM ☼ Beach Party @ TL Waterfront



## Saturday, July 5

- 1:00 PM ♦ Woolly Worm Hunt @ Hawkins
- 1:45 PM ☼ Knots @ Hawkins
- 2:30 PM ☼ Animal Detective @ TL Lobby
- 3:00 PM ☼ Face-painting & Sidewalk Chalk @ Hawkins
- 3:45 PM ☼ Origami @ TL Lobby
- 5:00 PM ♦ Parachute Games @ TL Lobby
- 6:45 PM ☼ Capture the Flag @ Recreation Field
- 7:30 PM ☼ Family Fun Night @ Coker Fire Ring
- 8:30 PM ☼ Night Walk @ TL Lobby
- 9:30 PM ☼ Stargazing @ TL Patio

## 4th of July Fireworks!

Friday, July 4th, 9:30 PM

To celebrate Independence Day, we will be having a fireworks show on Friday, July 4th. Fireworks will start just after 9 PM. The best viewing area will be the Trout Lodge patio.

We will be offering pontoon rides to view the fireworks. Space is extremely limited, so please call ahead to reserve a seat.

**\$15/person. Sign-up Required**



## Make Your Own Ice Cream!

Friday, July 4th, 1:00 PM

To celebrate Independence Day, we will be making Ice Cream in a Bag at the Trout Lodge Boathouse from 1-2 PM, or until supplies run out!

- 6:45 PM ☼ Medic Ball @ Recreation Center
  - 7:30 PM ☼ BINGO @ TL Patio
  - 8:15 PM ☼ Trivia @ TL Patio
  - 8:30 PM ☼ Night Walk @ TL Lobby
  - 9:30 PM ☼ Stargazing @ TL Patio
- ## Monday, July 7
- 1:00 PM ☼ Fire Building @ Hawkins
  - 1:00 PM ♦ Little Explorers @ TL Lobby
  - 1:45 PM ☼ Jr. Birders @ TL Lobby
  - 2:15 PM ☼ Kickball @ Recreation Field
  - 3:00 PM ☼ Survival @ TL Lobby
  - 3:30 PM ☼ Face-painting & Sidewalk Chalk @ Hawkins
  - 7:30 PM ☼ Beach Party @ TL Waterfront
- ## Tuesday, July 8

- 1:00 PM ☼ Wildland Windchimes @ Hawkins
- 1:00 PM ♦ Woolly Worm Hunt @ TL Lobby
- 1:45 PM ☼ Knots @ Hawkins
- 2:15 PM ☼ Flag Football @ Recreation Field
- 3:00 PM ☼ Face Painting & Sidewalk Chalk @ Hawkins
- 3:30 PM ☼ Up, Up and Away @ TL Lobby
- 7:30 PM ☼ Family Fun Night @ Coker Fire Ring

## Wednesday, July 9

- 1:00 PM ☼ Fire Building @ Hawkins
- 1:00 PM ♦ Little Explorers @ TL Lobby
- 1:45 PM ☼ Jr. Birders @ TL Lobby
- 2:15 PM ☼ Kickball @ Recreation Field
- 3:00 PM ☼ Survival @ TL Lobby
- 3:30 PM ☼ Face-painting & Sidewalk Chalk @ Hawkins
- 7:00 PM ☼ Barn Dance @ Ranch

## Thursday, July 10

- 1:00 PM ☼ Wildland Windchimes @ Hawkins
- 1:00 PM ♦ Woolly Worm Hunt @ Hawkins
- 1:45 PM ☼ Knots @ Hawkins
- 2:15 PM ☼ Flag Football @ Recreation Field
- 2:30 PM ☼ Animal Detective @ TL Lobby
- 3:00 PM ☼ Face Painting & Sidewalk Chalk @ Hawkins
- 3:30 PM ☼ Up, Up, and Away @ TL Lobby
- 3:45 PM ☼ Origami @ TL Lobby
- 5:00 PM ♦ Parachute Games @ TL Lobby
- 6:45 PM ☼ Capture the Flag @ Recreation Field
- 7:30 PM ☼ BINGO @ TL Patio
- 8:15 PM ☼ Trivia @ TL Patio
- 8:30 PM ☼ Night Walk @ TL Lobby
- 9:30 PM ☼ Stargazing @ TL Patio

## PROGRAM DESCRIPTIONS

### JR. BIRDERS (1 HR)

Spark your child's curiosity about nature and the fascinating aerial world of birds.

### LITTLE EXPLORERS (30 MIN)

Awaken your little one's senses and ignite their love for nature with our interactive nature walk

### MEDIC BALL (1 HR)

A fun twist on dodgeball where the "medic's" touch bring players back into the action!

### NIGHT WALK (1 HR)

Discover the Ozarks' nocturnal wonders with your family on this guided nighttime adventure

### ORIGAMI (1 HR)

Unfold your creativity and learn the ancient art of paper folding.

### PARACHUTE GAMES (30 MIN)

Bring active fun with our giant parachute. This program is designed for children under eight!

### SURVIVAL (1.5 HR)

Explore the 10 essentials for wilderness safety and practice building a survival shelter.

### TOWER POWER (1 HR)

Engineer towering fun and foster family teamwork with our exciting spaghetti and marshmallow construction challenge.

### UP, UP & AWAY (1 HR)

Let your spirits soar! Join us for high-flying kite adventures and bubbly fun for the whole family.

### WOODLAND WINDCHIMES (1 HR)

Craft enchanting, unique wind chimes from natural, found materials!

### WOOLLY WORM HUNT (30 MIN)

Embark on a wiggly adventure and discover the amazing art of camouflage in nature.

## Arts & Crafts Guided Programs

No sign-up required. See open hours for additional crafting times. Open to all ages.

### Saturday, July 5

- 9:00 AM - Stepping Stones - \$25 \*Stones ready for pick-up on the following day\*
- 10 AM - Tie Dye & Fabric Paint - Prices vary
- 11:00 AM - Candle Making - \$20 \*\*Two sessions required. 2nd session starts at 3 PM\*\*
- 1:00 PM - Jewelry Making - Starts at \$15
- 4:00 PM - Sand Art - Prices vary



Questions? Call us at 1-888-386-9622!

## TROUT LODGE WATERFRONT

Capacity may be restricted to as low as 25 people. Waterfront is closed during lightning storms and during drills. Water will be cleared 5 minutes before closing time. Kids 13 and under must have an adult present at all times and either pass a swim assessment or wear a life jacket. Kids 7 and under must have an adult within arms reach in the water.

	FRI, JULY 4	SAT, JULY 5	SUN, JULY 6	MON, JULY 7	TUE, JULY 8	WED, JULY 9	THU, JULY 10
<b>Trout Lodge Boathouse</b>	Check out canoes, kayaks and paddleboards. Jon boats with trolling motors can be checked out by guests over 18 with a valid driver's license. Life jackets must be worn at all times.						
	9 AM-7 PM	9 AM-7 PM	9 AM-7 PM	9 AM-7 PM	9 AM-7 PM	9 AM-7 PM	9 AM-7 PM
<b>Waterfront Swimming</b>	The waterfront swim area at YMCA Trout Lodge offers a refreshing escape with a sandy beach and designated swimming zones for various skill levels, complete with lifeguard supervision.						
	9 AM- 8 PM	9 AM-8 PM	9 AM-8 PM	9 AM-8 PM	9 AM-8 PM	9 AM-8 PM	9 AM-8 PM
<b>Guided Pontoon Tours</b>	Relax and take in the sights as you cruise around Sunnen Lake. \$5/ person. <b>Registration required.</b>						
	6, 6:45, 7:30, 8:15 PM	6, 6:45, 7:30, 8:15 PM	6, 6:45, 7:30, 8:15 PM	6, 6:45, 7:30, 8:15 PM	6, 6:45, 7:30, 8:15 PM	6, 6:45, 7:30, 8:15 PM	6, 6:45, 7:30, 8:15 PM
<b>Pirate Pontoons</b>	Ahoy! Join the pirate crew and shoot water guns at the opposing pontoon boat! <b>Registration required.</b> \$10/person.						
	3, 3:45 PM	-	3, 3:45 PM	3:45 PM	-	3, 3:45 PM	-
<b>Banana Boats</b>	Ride behind the pontoon boat on a giant inflatable banana! <b>Registration required.</b> \$10/person.						
	1, 2 PM	1, 2 PM	1, 2 PM	2 PM	2 PM	2 PM	1, 2 PM
<b>Boat Float</b>	Pleasure cruise around Sunnen Lake with a root beer float to enjoy. <b>Registration required.</b> \$10/person.						
	-	3, 3:45 PM	-	-	3, 3:45 PM	-	-
<b>Guided Kayak Float</b>	Discover the peaceful side of YMCA Trout Lodge with a guided kayak float, providing a leisurely exploration of the lake's shoreline and ecosystem. <b>Registration required.</b> \$10/person.						
	7:30 PM	-	7:30 AM	-	-	-	7:30 AM
<b>Mud Cave</b>	Take a boat ride to the far side of the lake and go caving! Registration required. \$12/person. Meets at Trout Lodge Lobby. Involves hiking in knee deep, 55 degree water. Helmets and headlamps provided by the YMCA. Recommended ages 8+.						
	-	1-4 PM	1-4 PM	-	-	-	-

## TRIANGLE Y RANCH

	MOUNTAIN TRAIL RIDE	VALLEY TRAIL RIDE	PONY RIDES
Fri, July 4	9,11 AM	10 AM, 1 PM	2, 2:15, 2:30 PM
Sat, July 5	9, 11 AM	10 AM, 1 PM	2, 2:15, 2:30 PM
Sun, July 6	9, 11 AM	10 AM	-
Mon, July 7	9 AM	10 AM, 1 PM	2, 2:15, 2:30 PM
Tue, July 8	9 AM	10 AM, 1 PM	2, 2:15, 2:30 PM
Wed, July 9	9 AM	10 AM, 1 PM	2, 2:15, 2:30 PM
Thu, July 10	9 AM	10 AM, 1 PM	2, 2:15, 2:30 PM

### RIDE DESCRIPTIONS

**Registration required for all ranch programs!**

#### **Valley Horseback Ride**

**\$40/person. Ages 7+**

Take a one mile ride through the scenic Ozark wilderness.

#### **Mountain Horseback Ride**

**\$50/person. Ages 10+**

Ride along a two mile scenic, rugged trail.

#### **Pony Rides**

**Free. Ages 9 and under. Registration required.**

Short rides available for the youngest riders.

Closed toe, closed heel shoes and long pants required. Weight limit 250 lbs. Call 1-888-386-9622 to book.



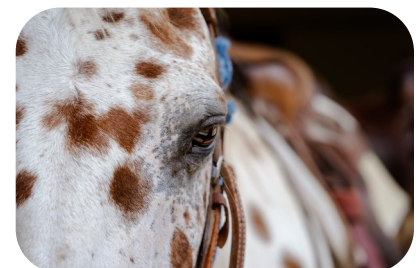
### **Barn Dance**

**Wednesday, 7/9, 7:00 PM**

**Triangle Y Ranch**

Get ready for a lively evening of traditional fun at the Triangle Y Ranch's barn dance program, featuring classic country dances and a welcoming atmosphere for all ages.

Sign-up by 5 PM to catch the 6:45 PM wagon ride shuttle from Trout Lodge or meet us at the barn!



**Questions? Call us at 1-888-386-9622!**



## ADVENTURE PROGRAMS

Closed toe shoes required. **Registration required.** Weight limit 250 lbs. See recommended ages by activity.

	FRI, JULY 4	SAT, JULY 5	SUN, JULY 6	MON, JULY 7	TUE, JULY 8	WED, JULY 9	THU, JULY 10
<b>Pine's Peak Climbing Wall</b>	<b>\$12/person. Recommended ages 6+.</b> Climb a 35 foot, vertical rock wall.						
	-	9, 10 AM	9, 10 AM	-	8:30, 9:30 AM	-	8:30 AM
<b>Pine's Peak Zipline</b>	<b>\$15/person. Recommended ages 8+.</b> Jump off a 30-foot pole and zipline over 250 feet back down to the ground!						
	-	1:30, 3 PM	1:30, 3 PM	-	-	-	1:30, 3 PM
<b>Alpine Tower</b>	<b>\$15/person. Recommended ages 6+.</b> Climb a 50 foot, vertical hourglass shaped obstacle course.						
	-	1:30, 2:30, 3:30 PM	1:30, 2:30, 3:30 PM	-	1:30 PM	-	1:30, 2:30 PM
<b>Alpine Swing</b>	<b>\$15/person. Recommended ages 6+.</b> Program cancels if there are less than 7 registered. Get hauled up 30 feet in the air before plummeting!						
	1:30, 3 PM	-	-	-	-	1:30, 3 PM	-

### YMCA CAMP LAKEWOOD

Summer adventures are calling! Whether it's conquering the climbing wall, paddling across the lake, or making s'mores by the campfire, YMCA Camp Lakewood is the ultimate summer destination for overnight camp.

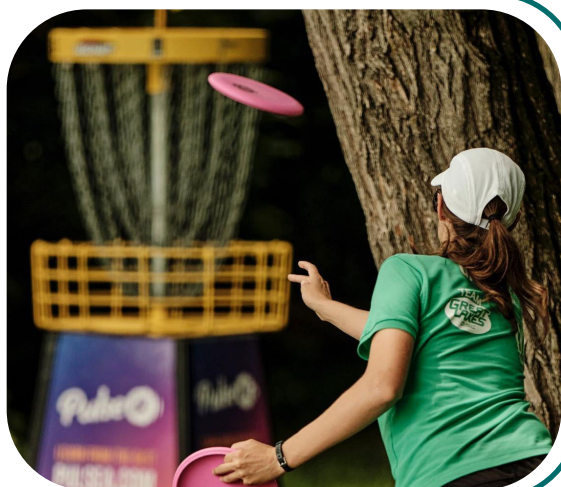
Limited spots still available for July!

Learn More & Register:  
[Register Here!](#)

### YMCA DISC GOLF

Check out discs at the front desk to try our recently refurbished 9 hole disc golf course! Our course is a beginner-friendly, par 3 course - perfect for anyone to learn the basics of this sport!

Course begins and ends at Hawkins pavilion.



## ADDITIONAL PROGRAMMING

Did you know that the YMCA of the Ozarks offers specialized programming for groups during both the summer and fall? Please call to ask about bringing your group out to the YMCA. We specialize in programs for:



- Outdoor education and field trips
- Team-building and leadership programs
- Youth and faith-based group retreats
- Scouting trips
- Active adult hobby groups
- Family reunions
- Weddings
- Corporate retreats

Please give us a call to enquire ask about availability for your group to experience the magic of the YMCA of the Ozarks.



**Questions? Call us at 1-888-386-9622!**