

# ACTIVITY SCHEDULE

## FRIDAY, AUGUST 8-14, 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, AUG 8	SAT, AUG 9	SUN, AUG 10	MON, AUG 11	TUE, AUG 12	WED, AUG 13	THU, AUG 14
<b>Trout Lodge Front Desk</b>	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
<b>Dining Hall</b>	Cafeteria-style facility offering buffet meals with a variety of hot and cold options. Meal shifts are assigned at check-in.						
<b>Shift 1</b>	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
<b>Shift 2</b>	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
<b>Recreation Center</b>	Free space for basketball or soccer. Equipment available in the gym.						
	5 PM – 9 PM	9 AM– 9 PM	9 AM– 9 PM	9 AM– 9 PM	9 AM– 9 PM	9 AM– 9 PM	9 AM– 9 PM
<b>Waterwheel Country Store</b>	Clothing, jewelry, gifts, toys, souvenirs, snacks and refreshments. Closes during lunch and dinner.						
	3-8 PM	9 AM-1 PM	9AM-5 PM	9AM-5 PM	9AM-5 PM	9AM-5 PM	9AM-5 PM
<b>Arts &amp; Crafts</b>	Ceramics, tie-dye, 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
<b>Mini-Golf</b>	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-8 PM	7:30AM-8 PM	7:30AM-8 PM	7:30AM-8 PM	7:30AM-8 PM	7:30AM-8 PM	7:30AM-8 PM
<b>Pickleball</b>	Eight full-size pickleball courts available for open play throughout the day. Equipment is available at the front desk.						
	7:30AM-8 PM	7:30AM-8 PM	7:30AM-8 PM	7:30AM-8 PM	7:30AM-8 PM	7:30AM-8 PM	7:30AM-8 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.



	ARCHERY	AXE-THROWING	AIR RIFLES	RIFLERY
Fri, Aug 8	9-10:15 AM	10:30-11:45	1-3:30 PM	3:30-4:30 PM*
Sat, Aug 9	9-10:15 AM	10:30-11:45	-	-
Sun, Aug 10	-	-	-	-
Mon, Aug 11	9-10:15 AM	10:30-11:45	1-3:30 PM	3:30-4:30 PM*
Tue, Aug 12	-	-	-	-
Wed, Aug 13	9-10:15 AM	10:30-11:45	-	-
Thu, Aug 14	-	-	-	-

**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, August 8

9:00 AM ☼ Animal Detective @ TL Lobby  
10:15 AM ☼ Tower Power @ TL Lobby  
11:30 AM ♦ Bugs, Bugs, Bugs @ TL Lobby  
12:30 PM ♦ Wolly Worm Hunt @ TL Lobby  
12:30 PM ☼ Fire Building @ Hawkins  
1:15 PM ☼ Knots @ TL Lobby  
1:45 PM ☼ Kickball @ Recreation Field  
2:30 PM ☼ Survival @ TL Lobby  
3:00 PM ♦ Little Explorers @ Hawkins  
3:45 PM ☼ Up, Up and Away @ Recreation Field  
4:15 PM ☼ Capture the Flag @ Recreation Field  
5:00 PM ♦ Parachute Games @ TL Lobby  
8:15 PM ☼ Night Walk @ TL Lobby

4:15 PM ☼ Medic Ball @ Recreation Center  
5:00 PM ♦ Parachute Games @ TL Lobby  
7:30 PM ☼ Family Fun Night @ Coker Fire Ring

## Sunday, August 10

12:30 PM ☼ Fire Building @ Hawkins  
1:45 PM ☼ Flag Football @ Recreation Field  
3:00 PM ♦ Little Explorers @ Hawkins  
3:45 PM ☼ Jr. Birders @ Hawkins

## Monday, August 11

12:30 PM ☼ Fire Building @ Hawkins  
1:45 PM ☼ Kickball @ Recreation Field  
3:00 PM ♦ Little Explorers @ Hawkins  
3:45 PM ☼ Up, Up and Away @ Hawkins

## Tuesday, August 12

No scheduled family programs

## Wednesday, August 13

No scheduled family programs

## Thursday, August 14

9:00 AM ☼ Animal Detective @ TL Lobby  
10:15 AM ☼ Origami @ TL Lobby  
11:30 AM ♦ Bugs, Bugs, Bugs @ TL Lobby  
12:30 PM ☼ Fire Building @ Hawkins  
1:45 PM ☼ Flag Football @ Recreation Field  
3:00 PM ♦ Little Explorers @ Hawkins  
3:45 PM ☼ Jr. Birders @ Hawkins  
5:00 PM ♦ Parachute Games @ TL Lobby  
7:00 PM ☼ BINGO @ TL Patio  
7:45 PM ☼ Trivia @ 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.

### WOOLLY WORM HUNT (30 MIN)

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

## Morning Guided Yoga

**Saturday, August 9, 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.

## Saturday, August 9

9:00 AM ☼ Animal Detective @ TL Lobby  
10:15 AM ☼ Origami @ TL Lobby  
11:30 AM ♦ Bugs, Bugs, Bugs @ TL Lobby  
12:30 PM ♦ Wolly Worm Hunt @ TL Lobby  
12:30 PM ☼ Fire Building @ Hawkins  
1:15 PM ☼ Knots @ TL Lobby  
1:45 PM ☼ Flag Football @ Recreation Field  
2:30 PM ☼ Face-painting & Sidewalk Chalk @ Hawkins  
3:00 PM ♦ Little Explorers @ Hawkins  
3:45 PM ☼ Jr. Birders @ Hawkins

## Arts & Crafts Guided Programs

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

### Saturday, August 2

9:00 AM – Stepping Stones – \$25 *\*Stones ready for pick-up on the following day\**

10 AM – Tie Dye

11:00 AM – Candle Making – \$20 *\*Candles ready for pick-up on the following day\**

1:00 PM – Jewelry Making – Starts at \$15

3:00 PM – Pour Paints – Starts at \$20

*\*Pour Paints ready for pick-up on the following day\**



## 2025 Annual Labor Day Family Camp

Your ultimate Labor Day Weekend awaits! **August 29 – September 1, 2025**, experience a perfect blend of refreshing water activities and camp traditions like archery, arts & crafts, and pickleball. With abundant family programming, your weekend starts Friday with dinner and a s'mores campfire, and wraps up Monday with a group photo.

Scan the QR code to learn more and to register for this exciting weekend retreat!



**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, AUG 8	SAT, AUG 9	SUN, AUG 10	MON, AUG 11	TUE, AUG 12	WED, AUG 13	THU, AUG 14
<b>Pine's Peak Climbing Wall</b>	\$12/person. Recommended ages 6+. Climb a 35 foot, vertical rock wall.						
	-	9, 10, 11 AM	9, 10, 11 AM	-	9, 10, 11 AM	-	-
<b>Pine's Peak Zipline</b>	\$15/person. Recommended ages 8+. Jump off a 30-foot pole and zipline over 250 feet back down to the ground!						
	-	1:30, 3 PM	-	-	-	1:30, 3 PM	-
<b>Alpine Tower</b>	\$15/person. Recommended ages 6+. 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, 2:30, 3:30 PM	-	-



## TRIANGLE Y RANCH

	MOUNTAIN TRAIL RIDE	VALLEY TRAIL RIDE	PONY RIDES
Fri, Aug 8	9, 11 AM	10 AM, 1 PM	2, 2:15, 2:30 PM
Sat, Aug 9	9, 11 AM	10 AM, 1 PM	2, 2:15, 2:30 PM
Sun, Aug 10	9, 11 AM	10 AM	-
Mon, Aug 11	9, 11 AM	10 AM, 1 PM	2, 2:15, 2:30 PM
Tue, Aug 12	9, 11 AM	10 AM, 1 PM	2, 2:15, 2:30 PM
Wed, Aug 13	9, 11 AM	10 AM, 1 PM	2, 2:15, 2:30 PM
Thu, Aug 14	9, 11 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.



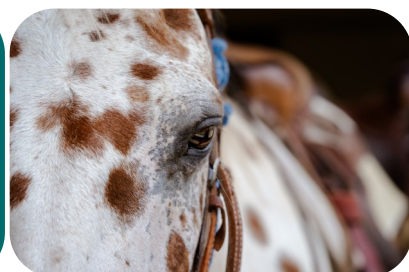
### Barn Dance

**Wednesday, 8/13, 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!



**LOST?**  
**CHECK OUT OUR**  
**PROPERTY MAP**



### 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.



**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, AUG 8	SAT, AUG 9	SUN, AUG 10	MON, AUG 11	TUE, AUG 12	WED, AUG 13	THU, AUG 14
<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.						
	9:30-12 PM, 1-5 PM	9:30-12 PM, 1-5 PM	9:30-12 PM, 1-5 PM	9:30-12 PM, 1-5 PM	9:30-12 PM, 1-5 PM	9:30-12 PM, 1-5 PM	9:30-12 PM, 1-5 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- 5 PM	9 AM- 5 PM	9 AM- 5 PM	9 AM- 5 PM	9 AM- 5 PM	9 AM- 5 PM	9 AM- 5 PM
<b>Monkey Swing/ Trampoline</b>	Swing out into the lake! Ages 7 and under must have an adult with them in the water.						
	9:30-10:30, 2-3, 4-5 PM	9:30-10:30, 2-3, 4-5 PM	9:30-10:30, 2-3, 4-5 PM	9:30-10:30, 2-3, 4-5 PM	9:30-10:30, 2-3, 4-5 PM	9:30-10:30, 2-3, 4-5 PM	9:30-10:30, 2-3, 4-5 PM
<b>Water Slide</b>	Slide right into the lake! Ages 7 and under must have an adult with them in the water.						
	10:30-11, 1-2, 3-4 PM	10:30-11, 1-2, 3-4 PM	10:30-11, 1-2, 3-4 PM	10:30-11, 1-2, 3-4 PM	10:30-11, 1-2, 3-4 PM	10:30-11, 1-2, 3-4 PM	10:30-11, 1-2, 3-4 PM
<b>Guided Pontoon Tours</b>	Relax and take in the sights as you cruise around Sunnen Lake. \$5/ person. <b>Registration required.</b>						
	6:15, 7, 7:45 PM	6:15, 7, 7:45 PM	6:15, 7, 7:45 PM	6:15, 7, 7:45 PM	-	6:15, 7, 7:45 PM	6:15, 7, 7:45 PM
<b>Pirate Pontoons</b>	Ahoy! Join the pirate crew and shoot water guns at the opposing pontoon boat! <b>Registration required. \$10/person.</b>						
	3, 3:45 PM	-	-	-	-	-	-
<b>Banana Boats</b>	Ride behind the pontoon boat on a giant inflatable banana! <b>Registration required. \$10/person.</b>						
	1, 2 PM	1, 2 PM	-	-	-	-	1, 2 PM
<b>Boat Float</b>	Pleasure cruise around Sunnen Lake with a root beer float to enjoy. <b>Registration required. \$10/person.</b>						
	-	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. \$10/person.</b>						
	7:30 PM	7:30 AM	-	-	-	-	7:30 AM

## GROUP 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 or scan the QR code to inquire about availability for your group to

experience the magic of the YMCA of the Ozarks.

We would love to host your group!



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