

Activity	Description	Max. Group Size	Cost	Restrictions	Length
EQUESTRIAN					
Trail Rides					
Bluff Trail Ride	3-hour ride will meander along trails and logging roads that lead to the bluffs and the gorgeous scenery that will unfold before you.	10	\$65/person	Ages 10+ 250 lbs weight limit At least 54" tall	3 hours
Mountain Trail Ride	A 2 mile scenic ride will take you up the Grainger diggings and down past the Hawkins' Mines area.	10	\$45/person	Ages 10+ 250 lbs weight limit At least 54" tall	1 hour
Valley Trail Ride	A 1 mile ride that takes you through the beautiful hardwood forest and across the Fourche Renault creek.	10	\$35/person	Ages 7+ 250 lbs weight limit At least 44" tall	1 hour
Barn/Arena					
Barn Dance	Grab your best western wear and come on down to the trail barn for a lesson in line dancing with our Triangle Y staff.	12 people min.	Free	--	1 hour
Horsemanship	Learn the basics of grooming and saddling a horse, then head to the arena for a basic riding lesson.	10	\$35/person	Ages 10+ 250 lbs weight limit	1.5 hours
Pony Ride	A great introduction to horseback riding for children who have never ridden or who are not old enough to ride on the trail rides.	12	Free	Ages 9 & under 150 lbs weight limit	1 hour
LEADERSHIP					
Low Elements					
Alpine Rescue	Participants will traverse through a series of low initiatives while completing several challenging obstacles. Facilitators can modify both the obstacles and initiatives to meet the goals of the group.	15	Free	Ages 13+	3 hours
Challenge Course	Participants will utilize low challenge elements such as a giant seesawing platform, tire swings, and bridge poles that aid in team building scenarios. An extension of team building.	20	Free	Ages 10+	3 hours
Team Building	Facilitators will lead participants through scenarios that require the group to communicate, develop plans, and work cohesively to achieve success.	20	Free	Ages 8+	1.5 hours
High Adventure Climbs					
Alpine Swing	35-foot climbing swing. Participants will work together to pull one person up at a time, who will then release themselves and swing after a brief free-fall.	15	\$12/person	Ages 10+ 265 lbs weight limit	1.5 hours
Alpine Tower	50-foot hourglass-shaped jungle gym with a variety of elements including rocks, cables and poles. Participants can choose different routes and elevations for different challenges.	15	\$12/person	Ages 10+ 265 lbs weight limit	1.5 hours

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Pines Peak	Climb to new heights on our 30-foot rock wall! We offer a variety of challenges and vertical routes for all levels of experience.	20	Free	Ages 5+ 265 lbs weight limit	1.5 hours
Pines Pole Zip	Experience two high adventure elements in one! Climb atop Pines Peak, walk across a horizontal pole 35 feet up, then zip down Pines Zip.	10	\$15/person	Ages 8+ 265 lbs weight limit	1.5 hours
Pines Zip	250-foot long zip line. Climb 35 feet up a pole before zipping down.	15	\$12/person	Ages 8+ 265 lbs weight limit	1.5 hours
OUTDOOR EDUCATION					
Adventure					
Campfire Building	Learn about fire safety and what it takes to build a campfire. Then, put your skills to the test. Celebrate your campfire building skills by finishing the session with a roasted marshmallow.	20	Free	Ages 10+	1.5 hours
Creek Hike	Experience the streams of the Missouri Ozarks while splashing your way through the water. Seasonal/weather permitting.	20	Free	Ages 10+	1.5 hours
Orienteering	Introduction to compass and map skills. Participants will learn how to use a to navigate with a compass to find Geocaches located throughout camp.	20	Free	Ages 10+	1.5 hours
Survival Skills Hike	Participants will learn about survival situations and what to do if ever found in one. Includes hands-on learning on how to build campfires and shelters in the wild. If scheduled as a 4 hour activity, participants will get the opportunity to pack out and cook their lunch in the survival skills hike learning space.	20	Free	Ages 11+	3 hours
Science					
Caving	Participants will learn about how caves are formed and what wildlife choose to live in caves. Tour includes a boat or bus ride and short hike to one of two caves. This unique hike involves getting knee to waist deep in mud and water depending on the height of the student. Seasonal/weather permitting.	10	Free	Ages 11+	4 hours
Dam Building	Participants will learn why dams are important, how they are built and dam safety before building their own dam in Cold Springs creek. Facilitators will use Sunnen Lake, the dam and spillway to help participants visualize the features, talk about their purpose and understand how the lake was made.	20	Free	--	1.5 hours

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Geology Hike	Participants will learn about different types of rocks and minerals and what kind you can find in the state of Missouri. Hiking to the old John Hawkins Mine, they will sift through an old tailings pile. Participants can keep what they find!	20	Free	Ages 10+	1.5 hours
Guided Hike	Guided hike on one of our diverse trails, learning about diverse plants and animals of the Missouri Ozarks. Easy, moderate, and hard trails available.	20	Free	Ages 8+	1.5 hours
Nature Adventure	Facilitators will guide participants through activities aimed at exploring wildlife and native species to the Missouri Ozark region.	20	Free	Ages 8+	1.5 hours
Outdoor Cooking	Learn to cook over an open fire. Includes an introduction to campfire building, outdoor meal planning, and preparation. Eat what you've cooked at the end of the session. Session times vary based on food.	20	Free	Ages 11+	1.5 hours
Water Ecology	Participants will learn about the different macroinvertebrates that live within our Ozark streams and the importance of keeping them clean.	20	Free	Ages 10+	1.5 hours
WATERFRONT					
<i>All waterfront activities are seasonal. The swimming area is open from Memorial Day through Labor Day. Other waterfront activities are available (weather permitting) March through November.</i>					
Canoeing, Kayaking, or Paddle Boarding (Guided Tour)	Take a guided canoe, kayak, or paddleboard tour on Sunnen Lake. Basic paddling skills required.	5ea. small craft	Free	Ages 8+ (younger if accompanied by an adult in boat)	1.5 hours
Canoeing, Kayaking, or Paddle Boarding (Self-Led)	Canoe, kayak, or paddleboard on Sunnen Lake. Participants will begin with an introductory on-land safety briefing and paddling lesson before heading out on their on. Can mix and match small craft.	10 small craft	Free	Ages 8+	1.5 hours
Pontoon Tour	Participants tour Sunnen Lake, learning about its history along the way.	8	Free	--	1.5 hours
Waterfront Swim	Swim at the Trout Lodge Waterfront and enjoy the lake slide, swing, and water trampoline. Swim tests required for all youth groups. Lifeguards provided. No swimming permitted outside of designated swimming times.	75	Free	--	1.5+ hours
Evening Swim	Swim at Sunnen Lake beach and enjoy the lake slide and swing. Swim tests required for all youth groups. Lifeguards provided. No swimming permitted outside of designated swimming times.	75	Free	--	1.5 hours
TARGET SPORTS					

Activity	Description	Max. Group Size	Cost	Restrictions	Length
Air Rifle	Participants learn to safely participate in air rifle, archery, axe throwing, and slingshots. With a focus on the fundamentals of marksmanship, facilitators emphasize the safe and ethical use of shooting sports equipment. Can be facilitated separately or combined.	20	Free	Ages 12+	1.5 hours
Archery		20	Free	Ages 5+	1.5 hours
Axe Throwing		20	Free	Ages 11+	1.5 hours
Slingshots		20	Free	Ages 5+	1.5 hours
Rifle Marksmanship	Learn safety and control using .22 rifles. Session requires training and classroom learning in rifle marksmanship prior to practice on the range.	20	Prior arrangements must be made with YMCA of the Ozarks Guest Experience or Program teams. Inquire about cost, restrictions, and length of program.		
EVENING PROGRAMS					
Astronomy	Learn about the history and culture of astronomy including constellation identification. Alternative experiences available if conditions are not ideal.	20	Free	Ages 10+	1 hour
Minute to Win It	Engage in interactive challenges designed to foster camaraderie within your group.	20	Free	Ages 10+	1 hour
Night Hike	Take a hike at dusk and talk about the 5 senses. Hands-on activities demonstrate how each sense helps different types of animals.	20	Free	Ages 8+	1 hour
Programmed Campfire	Interactive campfire hosted by the Y staff, including songs and skits. Groups are encouraged to prepare skits or special talents to perform to alternate with staff led songs and skits.	--	Free	Ages 8+	1 hour
School-led Campfire	Reserve a campfire ring for your group. YMCA staff will build and light the fire for you to enjoy.	--	Free	--	--
OTHER					
Arts and Crafts	Arts and Crafts activities include ceramics, tie-dye, mosaics, stepping stones, and more. Inquire with YMCA of the Ozarks Guest Experience or Program teams for full project list.	50	Varies by item. Items must be purchased individually.	Drying/firing requirements for each project vary.	1.5 hours
Camp Store	YMCA Camp Lakewood t-shirt available for pre-purchase. Store offers souvenirs, apparel, snacks, personal care items, and travel accessories.	--	Varies by item. Items must be purchased individually.	--	--
Group Games	Large group games including Home Run Derby, Eagles Eggs/Capture the Flag, Predator vs. Prey, Bingo, Rock-Paper-Scissors Tournament, Scavenger Hunt, Medic Ball, and more.	--	Free	--	1.5 hours