

# GIRL SCOUT WEEKEND

at YMCA Trout Lodge  
and Camp Lakewood  
**October 16-18, 2009**

## Weekend Schedule

### Friday, October 16, 2009

3:30 - 7:00 p.m.	Check-In & Registration
5:15 - 6:45 p.m.	Dinner
7:00 - 9:00 p.m.	Evening Program Option

### Saturday, October 17, 2009

7:15 - 8:30 a.m.	Breakfast
8:45 - 10:15 a.m.	Session 1
10:30 a.m. - Noon	Session 2
Noon - 1:30 p.m.	Lunch
1:30 - 3:00 p.m.	Session 3
3:15 - 4:45 p.m.	Session 4
5:15 - 6:45 p.m.	Dinner
7:15 p.m.	Campfire

### Sunday, October 18, 2009

7:15 - 8:30 a.m.	Breakfast
8:45 - 10:15 a.m.	Session 5
10:30 a.m. - Noon	Session 6
Noon - 1:30 p.m.	Lunch

[www.ymcaoftheozarks.org](http://www.ymcaoftheozarks.org)



**TROUT LODGE & CAMP LAKEWOOD**  
branches of the YMCA of Greater St. Louis

**Join us at YMCA Trout Lodge and Camp Lakewood for our Girl Scout Weekend. The programs and activities offered during this weekend are intended to assist Girl Scouts (4th grade and up) in fulfilling their badge requirements. Scouts will not earn badges on this weekend, but they will gain skills and experience toward completion of badges and interest projects.**

### Registration Information

The registration fee includes buffet meals from Friday dinner to Sunday lunch, lodging, equipment loan, most instruction, and special events. Scouts staying at Trout Lodge will eat in the Trout Lodge Dining Room and scouts staying at Camp Lakewood will eat in the Camp Lakewood Dining Room. Extra fees apply for certain class/activity options. See individual class descriptions and registration form for details.

### Registration Fee

**Lodging at Trout Lodge: \$130**

**Lodging at Camp Lakewood: \$100**

**Trout Lodge** offers guest rooms (2 queen beds, private bathroom), loft suites (2 queen beds, private bathroom, 2 roll-away beds), and family cabins (2 bedrooms each with 2 bunk beds & 1 full bed and living area with 2 roll-away beds; 2 private bathrooms). Minimum number of people per guest room - 2; loft suite - 3; cabin - 6.

**Camp Lakewood** cabins offer bunkhouse-style lodging that vary in size and layout. Lodging is assigned and placement in Lakewood cabins depends on group size. Minimum number required to exclusively reserve a Lakewood cabin is eight. Showers and toilet facilities are modern and private.

### Registration Deadline - October 1, 2009

Registration forms will be accepted after the deadline if space is available. Please call before sending in your application after the deadline to determine availability.

### Questions?

314-241-9622 or 573-438-2154

**Kate Evans** at ext. 233 or [kevans@ymcastlouis.org](mailto:kevans@ymcastlouis.org)  
**Judy Gillam** at ext. 114 or [jgillam@ymcastlouis.org](mailto:jgillam@ymcastlouis.org)

## Class Descriptions - Girl Scout Weekend

In the descriptions, we have indicated when the activity covers a particular junior badge or interest project requirement. However, we may not have listed every badge and interest project requirement covered in the class.

### **Alpine Swing (\$10) - Age limit of 10+**

A thrilling combination ride of a brief free fall and swing. Participants are hooked into a cable, wearing a harness and helmet, and then are pulled up by those on the ground until they are about 40 feet in the air. The participant lets go of a release cord and begins to "swing" over a distance of about 60 feet. We have a 280 lb. limit for this activity.

**(Interest Project: High Adventure #4 - skill)**

### **Alpine Tower (\$10) - Age limit of 10+**

This 50-foot hourglass-shaped tower is a great way to get some exercise while building self-confidence and most of all, having fun! Please practice your victory dance so you'll be prepared when you reach the platform on the top.

**(Interest Project: High Adventure #4 - skill)**

### **Archery (free)**

Learn the basics of archery including how to select bows, arrows, and other archery equipment. You'll be able to try out recurve and compound bows.

### **Batik - Part 1 and Part 2 (\$20)**

Join us to learn the ancient art of batik using wax and dye to make custom fabrics, tapestries and more. You must sign up for both Part 1 and Part 2 to participate in this class.

**(Junior Badge: Doing Hobbies #1 or #6; Interest Project: Artistic Crafts #1 - skill)**

### **Candle Making (\$5 - \$10)**

Make a gel candle and insert accents to craft your own unique creation.

**(Junior Badge: Doing Hobbies #1 or #6; Interest Project: Artistic Crafts #1 - skill)**

### **Cave Ecology and Exploration - Part 1 and Part 2 (free)**

In this exciting class, you'll learn about cave ecology, wildlife, safety, ethics, and exploration. You'll hike 1/2 mile to visit a nearby cave for an up-close and personal view of life in the dark! The inside of the cave has rocky terrain, narrow passages, and some low ceilings. You must sign up for both Part 1 and Part 2 to participate in this class.

**(Junior Badge: Camp Together #8)**

### **Ceramics (\$1-\$20)**

Glaze your own special keepsake. We will fire them in the kiln and then you can pick them up before you leave on Sunday.

**(Junior Badge: Doing Hobbies #1 or #6, Ceramics #6; Interest Project: Artistic Crafts #1 - skill, Folk Art #6 - skill)**

### **Firebuilding Basics (free)**

Knowing how to build a fire in all weather conditions is one of the most important aspects of staying safe in the outdoors. Learn how to find tinder and firewood, and how to build and light a potentially lifesaving fire.

**(Junior Badge: Camp Together #6)**

### **Fishing (free)**

Join a Missouri Department of Conservation Fisheries Manager to learn about fishing in Missouri. You'll learn how to bait a hook, cast and catch a fish!

**(Junior Badge: Your Outdoor Surroundings #5 or Doing Hobbies #6)**

### **Free Time (free)**

Go to the front desk and get a scavenger hunt, a board game, or a trail guide. You can also visit the Country Store and play mini-golf or washers!

### **GPS/Geocaching (free)**

Learn what a Global Positioning System (GPS) is and the basics of how to use one. Then, use your new skills to go on a modern day treasure hunt called geocaching.

**(Junior Badge: Your Outdoor Surroundings #5 or #7; Interest Project: Orienteering #5 - tech)**

### **Hike (free)**

Meet one of our staff members and go on a guided 2-mile hike through the woods, learn about some of the trees in the area and see what animals you can find. **(Junior Badge: Your Outdoor Surroundings #5, Doing Hobbies #6)**

### **Horsemanship (\$20) - Age limit of 10+**

Head down to the ranch to meet our wranglers to learn the basics of grooming and how to lead and tie a horse. Then go on a one-mile trail ride. **(Junior Badge: Horse Fan #2 or #6, Horse Rider #1 or #5; Interest Project: Horse Sense #1 or #2 - skill)**

### **Jewelry Making (\$5 - \$20)**

Learn the basics of making a necklace, bracelet, or earrings. **(Junior Badge: Doing Hobbies #1 or #6, Jewelry Part #7;**

**Interest Project: Artistic Crafts Part #1 - skill, Folk Art Part #5 - skill)**

### **Leather Working (\$3-\$15)**

Learn how to stamp leather to create decorative items, such as a belt, handbag, wristband or mouse pad.

**(Junior Badge: Doing Hobbies #1 or #6; Interest Project: Artistic Crafts #1 - skill)**

### **Nature Center (free)**

Come down to our nature center and meet our group of animals! We have snakes, turtles, Raymond the rabbit, and much more!

### **Orienteering (free)**

Use a map and compass to find your way around. Our staff will show you the basics, and then you can try to complete our new orienteering course. **(Junior Badge: Your Outdoor Surroundings #5, Finding Your Way #2, Hiker #5, Camp Together #6;**

**Interest Project: Orienteering #2, part 1 & 3 - skill, Outdoor Survival #3 - tech)**

### **Pines Pole Zip (\$15) -Age limit of 8+**

Scale one side of our 20-foot tower using various rock holds. Next, balance your way across the 23-foot bridge connecting you to the zip. Finally, fly on our 250-foot zip line all the way to the ground. You will be attached to a harness, rope and other safety systems for a fun yet safe experience.

**(Interest Project: High Adventure #4 - skill)**

### **Rifle Marksmanship Age limit of 10+**

After a safety introduction you'll learn how to use our .22 caliber rifles and try out your skills. Can you hit the bull's eye?

### **Tie-Dye (\$10 - \$11)**

Tie-dyed shirts are as fun to make as they are to wear. We have t-shirts in adult and children's sizes.

**(Junior Badge: Art to Wear #5)**

### **Water Ecology (free)**

What lives in the water? Discover the small animals that inhabit streams, ponds, and lakes. Be prepared to get a little wet and muddy as we use nets to search for critters. **(Junior Badge: Environmental Health #3 or #4, Water Wonders #8;**

**Interest Project: Eco-Action Part #5 - skill)**

## **Friday Evening Program Options**

### **Astronomy (free) 9:00 p.m.**

Stars shine at Trout Lodge & Camp Lakewood - a lot of stars, actually. Our staff will take you on a journey through the night sky that you won't soon forget. **(Junior Badge: Sky Search #2, #3 or #4)**

### **Moonlight Zip (\$10) 7:00 p.m. - Age limit of 13+**

This incredibly thrilling ride is only offered after dark. Moonlight Zip is a 300-foot zip-line which functions as a zip-line. Participants wear a harness and helmet and are held by a belay system (safety rope). You will run down a large hill. Eventually your feet come off the ground and you fly through the darkness over a valley, crossing a small creek in the process. **(Interest Project: High Adventure #3 - skill)**

### **Night Hike (free) 7:00 p.m.**

Take a walk under the night skies and get a chance to learn how and why our sense of awareness is different at night. Discover "triboluminescence" and the "disappearing head."

## **Saturday Evening Program**

### **Girl Scout Campfire (free)**

Join your fellow Girl Scouts under the stars at the fire circle to sing your favorite campfire songs, tell your favorite campfire stories and, of course, eat s'mores made over the campfire.

**(Junior Badge: Outdoor Fun #7)**

## Class Registration - Girl Scout Weekend

On the registration form, list your top four class choices for each session based on the list below. Courses with a "\$" require the listed additional fee. Fees for Arts & Crafts classes depend on the project you choose and will be collected before the end of the class. Fees for Horsemanship, Alpine Swing, Alpine Tower, Pines Pole Zip and Moonlight Zip will be due upon receipt of your confirmation letter. Please don't send additional money with registration fee in case the course is full when we process your course requests.

**Course cancellations & changes:** Sometimes we have to cancel a course if the instructor unexpectedly cancels or enrollment is insufficient. If you've requested a course that has been canceled, we will assign you to your next available choice.

### Session 1 - Saturday, October 17 (8:45 - 10:15 a.m.)

- 1 Cave Ecology & Exploration (Part 1)
- 2 Ceramics (\$1 - \$20)
- 3 Firebuilding Basics
- 4 Fishing
- 5 Free Time
- 6 GPS/Geocaching
- 7 Hike
- 8 Horsemanship (\$20)
- 9 Orienteering
- 10 Rifle Marksmanship
- 11 Tie-Dye (\$10 - \$11)
- 12 Water Ecology

### Session 2 - Saturday, October 17 (10:30 a.m. - Noon)

- 1 Archery
- 2 Cave Ecology & Exploration (Part 2)
- 3 Firebuilding Basics
- 4 Fishing
- 5 Free Time
- 6 Horsemanship (\$20)
- 7 Jewelry Making (\$5 - \$20)
- 8 Leather Working (\$3 - \$15)
- 9 Orienteering
- 10 Pines Pole Zip (\$15)
- 11 Rifle Marksmanship

### Session 3 - Saturday, October 17 (1:30 - 3:00 p.m.)

- 1 Archery
- 2 Batik (\$20 total for Parts 1 & 2)
- 3 Candle Making (\$5 - \$10)
- 4 Cave Ecology & Exploration (Part 1)
- 5 Ceramics (\$1 - \$20)
- 6 Fishing
- 7 Free Time
- 8 GPS/Geocaching
- 9 Horsemanship (\$20)
- 10 Nature Center
- 11 Pines Pole Zip (\$15)

### Session 4 - Saturday, October 17 (3:15 - 4:45 p.m.)

- 1 Archery
- 2 Batik (\$20 total for Parts 1 & 2)
- 3 Candle Making (\$5 - \$10)
- 4 Cave Ecology & Exploration (Part 2)
- 5 Fishing
- 6 Free Time
- 7 GPS/Geocaching
- 8 Nature Center
- 9 Orienteering
- 10 Pines Pole Zip (\$15)
- 11 Water Ecology

### Session 5 - Sunday, October 18 (8:45 - 10:15 a.m.)

- 1 Alpine Swing (\$10)
- 2 Alpine Tower (\$10)
- 3 Cave Ecology & Exploration (Part 1)
- 4 Firebuilding Basics
- 5 Free Time
- 6 Hike
- 7 Nature Center
- 8 Orienteering
- 9 Rifle Marksmanship
- 10 Tie-Dye (\$10 - \$11)
- 11 Water Ecology

### Session 6 - Sunday, October 18 (10:30 a.m. - Noon)

- 1 Alpine Swing (\$10)
- 2 Alpine Tower (\$10)
- 3 Cave Ecology & Exploration (Part 2)
- 4 Firebuilding Basics
- 5 Free Time
- 6 GPS/Geocaching
- 7 Hike
- 8 Jewelry Making (\$5 - \$20)
- 9 Leather Working (\$3 - \$15)
- 10 Nature Center
- 11 Water Ecology

## Friday Evening Program

Astronomy (9:00 p.m.), Moonlight Zip (7:00) and Night Hike (7:00)

## Saturday Evening Program (7:15 p.m.)

Campfire

# Registration Form - Girl Scout Weekend

Troop Leader/Contact Person: \_\_\_\_\_ Troop #: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime phone: (\_\_\_\_\_) \_\_\_\_\_ Evening phone: (\_\_\_\_\_) \_\_\_\_\_

E-mail address: \_\_\_\_\_ Cell phone: (\_\_\_\_\_) \_\_\_\_\_

**Troop Information**

**Please list the names of troop leaders/adults attending:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**Please list the names and ages of troop members. Please note: sessions are designed for children 4th grade and up.**

1. \_\_\_\_\_ Age \_\_\_\_\_ 2. \_\_\_\_\_ Age \_\_\_\_\_ 3. \_\_\_\_\_ Age \_\_\_\_\_

4. \_\_\_\_\_ Age \_\_\_\_\_ 5. \_\_\_\_\_ Age \_\_\_\_\_ 6. \_\_\_\_\_ Age \_\_\_\_\_

7. \_\_\_\_\_ Age \_\_\_\_\_ 8. \_\_\_\_\_ Age \_\_\_\_\_ 9. \_\_\_\_\_ Age \_\_\_\_\_

10. \_\_\_\_\_ Age \_\_\_\_\_ 11. \_\_\_\_\_ Age \_\_\_\_\_ 12. \_\_\_\_\_ Age \_\_\_\_\_

**T-shirts are available to purchase for \$12. Please indicate the number and sizes you would like to order:**

**Youth:** MED \_\_\_\_\_ LG \_\_\_\_\_ **Adult:** SM \_\_\_\_\_ MED \_\_\_\_\_ LG \_\_\_\_\_ XL \_\_\_\_\_

**Number of vegetarians:** \_\_\_\_\_

**Food allergies?**  no  yes If yes, list: \_\_\_\_\_

**Payment Information**

\*Fees for Arts & Crafts classes depend on the project you choose and will be collected before the end of the class. Fees for Horsemanship, Pines Pole Zip, Alpine Tower, Alpine Swing, and Moonlight Zip will be due upon receipt of your confirmation letter. Please don't send additional money with the registration fee in case the course is full when we process your course requests.

Trout Lodge Lodging (Total number of participants: \_\_\_\_\_ x \$130)..... \$ \_\_\_\_\_  
*(Minimum of 2 per guest room, 3 per loft and 6 per cabin.)*

Camp Lakewood Lodging (Total number of participants: \_\_\_\_\_ x \$100)..... \$ \_\_\_\_\_  
*(Minimum of 8 people per cabin for exclusive rental. Maximum of 12-24, depending on cabin availability.)*

Total number of t-shirts: \_\_\_\_\_ x \$12..... \$ \_\_\_\_\_

**Total Enclosed** ..... \$ \_\_\_\_\_

Check enclosed in the amount of \$ \_\_\_\_\_ (make check payable to YMCA of the Ozarks)

Charge my credit card in the amount of \$ \_\_\_\_\_        

CC #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**Not done yet! Turn page for more... ➔**

**Cancellation Policy**

If you cancel on or before October 1, 2009, a \$25 processing fee will be deducted from each person's registration fee, and the remainder of the fee will be returned. Registrants who do not attend and who do not cancel by October 1, 2009 will be responsible for the full program fee.

**Signature required:**

I agree to accept the conditions set forth in the cancellation policy.

\_\_\_\_\_

\_\_\_\_\_

Signature

Date

**Session Registration**

Please provide your first four choices by placing the number corresponding to the class/activity in the appropriate box below. See previous page for class/activity numbers. You must register for sessions as a troop. If your troop wants to split into separate groups and sign up for different activities, please fill out separate registration forms for each group. An adult must attend all sessions with the scouts.

Session #	1st choice	2nd choice	3rd choice	4th choice
Session 1				
Session 2				
Session 3				
Session 4				
Session 5				
Session 6				
Friday Evening				

**Registration Deadline: October 1, 2009**

Applications will be accepted after the deadline if space is available. Please call before sending in your application after the deadline to determine availability. We will not be able to order shirts for anyone registering after the deadline.

**Send registration forms, information requests and payment to:**

Kate Evans or Judy Gillam  
 YMCA Trout Lodge & Camp Lakewood  
 13528 State Hwy AA  
 Potosi, MO 63664  
 kevans@ymcastlouis.org or jgillam@ymcastlouis.org  
 or  
 Fax (credit card payments only) to our  
 private fax line 573-438-3913

**Want to come but can't make it this weekend?**

Trout Lodge & Camp Lakewood provides fun and interesting experiences for Girl Scout Troops year-round. Call Judy Gillam for details at

**573-438-2154 ext. 114 or e-mail jgillam@ymcastlouis.org**

For Office Use Only		
Date received: _____	Confirmation sent: _____	Check #: _____