



**October 8-10, 2010**

### Weekend Schedule

#### Friday, October 8, 2010

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 9, 2010

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 10, 2010

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

**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 family cabins (2 bedrooms each with 2 bunk beds and 1 full bed and living area with 2 roll-away beds; 2 private bathrooms).

**Camp Lakewood** cabins offer bunkhouse-style lodging that varies 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 - September 15, 2010

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. Participant is hooked into a cable, wearing a harness and helmet, and is then pulled up by those on the ground until she is 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.

### **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)**

### **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)**

### **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. 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 two-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 (Cost varies)**

Learn the art of stamping on leather while personalizing your own bookmark, wristband, handbag and more!

**(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 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 (\$17) -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 line. 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?

## **Survival Hike - Part 1 & 2 (free)**

Learn the basics of how to survive in the wilderness! Learn to assess human needs and rank them appropriately, identify and describe poisonous and edible plants (including poison ivy), learn about different types of fuel for fire building, build a fire, and help design and create a shelter out of what you find in the woods. **(Junior Badge: Camp Together #6; Interest Project: Outdoor Survival #5-Skill)**

## **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**

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

This incredibly thrilling 300-foot zip line ride is only offered after dark. Participants wear a harness and helmet and are held by a belay system (safety rope). As you run down a large hill 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 learn how and why our sense of awareness is different at night. Discover "triboluminescence" and the "disappearing head."

### **Shapetionary (free) 7:00 p.m.**

This activity is similar to pictionary. Groups will use play dough to sculpt the word and the rest of the team will try to guess the sculpture. **(Objectives: To promote teamwork and cooperation by combining ideas and to develop verbal and nonverbal communication skills.)**

## **Saturday Evening Program Options**

### **Girl Scout Campfire (free) 7:15 p.m.**

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 if 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 9 (8:45 - 10:15 a.m.)

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

### Session 4 - Saturday, October 9 (3:15 - 4:45 p.m.)

- 1 Archery
- 2 Candle Making (\$5 - \$10)
- 3 Free Time
- 4 GPS/Geocaching
- 5 Nature Center
- 6 Orienteering
- 7 Pines Pole Zip (\$15)
- 8 Survival Hike - Part 2
- 9 Water Ecology

### Session 2 - Saturday, October 9 (10:30 a.m. - Noon)

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

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

- 1 Alpine Swing (\$10)
- 2 Alpine Tower (\$10)
- 3 Firebuilding Basics
- 4 Free Time
- 5 Hike
- 6 Nature Center
- 7 Orienteering
- 8 Rifle Marksmanship
- 9 Tie-Dye (\$10 - \$11)
- 10 Water Ecology
- 11 Horsemanship (\$20)

### Session 3 - Saturday, October 9 (1:30 - 3:00 p.m.)

- 1 Archery
- 2 Candle Making (\$5 - \$10)
- 3 Ceramics (\$1 - \$20)
- 4 Free Time
- 5 GPS/Geocaching
- 6 Nature Center
- 7 Pines Pole Zip (\$15)
- 8 Survival Hike - Part 1
- 9 Water Ecology

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

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

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### Friday Evening Program

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

### Saturday Evening Program

Campfire (7:15 p.m.)



YMCA TROUT LODGE • CAMP LAKEWOOD  
a branch of the YMCA of Greater St. Louis

www.troutlodge.org  
1-888-FUN-YMCA

# 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 quantity 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) ..... \$ \_\_\_\_\_  
 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 September 15, 2010, 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 September 15, 2010 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: September 15, 2010**

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  
 kevens@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](mailto:jgillam@ymcastlouis.org)**

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