OUTDOOR EDUCATION
YMCA CAMP LAKEWOOD
YMCA Camp Lakewood provides a natural setting for experiential outdoor education, team building, and leadership training in Southeast Missouri.

We work with teachers and group leaders to create an exciting program for a variety of groups. Our Outdoor Education programs are perfect for school field trips, scout troops, youth groups, church retreats, band camps, sports camps, and more.

We offer day trip experiences, 5-day/4-night experiences, weekend experiences, and custom-length programs.

Your group is welcome at Camp Lakewood mid-August through the end of May. We provide lodging, all-you-can-eat meals, and YMCA staff who will make sure the experience meets the needs of your group.

YMCA Camp Lakewood is located 75 miles from St. Louis between Potosi and Steelville, Missouri. For more information, call us today at 1-888-FUN-YMCA or visit us online at www.camplakewood.org.
## NATURE

**Environmental Hike**
Explore the forest and learn about a variety of trees and habitats.

**Aquatic Ecology**
Learn about the water cycle and look for macro invertebrates.

**Predator and Prey**
A game focusing on the concept of what is a predator and what is prey.

**Geology**
Explore the history of the area then dig and identify rock samples.

**Trail Rides**
Take a guided tour through the forest on horseback.

## SCIENCE

**Mud Cave**
Explore and get muddy while learning about the creatures that live in a cave’s ecosystem. (seasonal activity)

**Coasters**
Create a roller coaster using foam tubes, tape, and lessons in kinetic and potential energy.

**Egg Drop**
Using a strategically made case and the laws of gravity, drop an egg from 20 feet above and observe outcomes.
SURVIVAL

**Orienteering**
Use a map and compass to locate markers around camp.

**Geocaching**
Learn how to use a GPS unit to find hidden "treasures".

**Survival Hike**
Learn outdoor living skills like building shelters and/or campfire.

**Archery**
Build focus and coordination while using a compound bow to hit targets.

**Riflery**
Learn to use a .22 caliber rifle to build focus while hitting targets.

HISTORY

**Pioneer Village**
Living history program that focuses on how the pioneers lived.

**Program Options:**
- candle making
- rope making
- blacksmithing
- pioneer games
- wood stove/apple press
- branding

**Underground Railroad**
A simulation about slavery and the underground railroad. Students gain knowledge about the time period and discuss how bullying is a form of discrimination.

NEW! Traveling the Trail
Students experience the lessons and challenges of traveling the Oregon Trail through recreational activities and the natural setting of YMCA Camp Lakewood.
LODGING OPTIONS

EAST CAMP

East Camp is an exclusive area that your group can enjoy with its own recreational activities such as a basketball court, tether ball poles, a pavilion, kitchen area, bathhouse, and a sand volleyball court. Cabins are rustic yet comfortable and provide an opportunity for your group to have that bonding experience you are looking for. Groups must bring a minimum of 50 people to get exclusive rights to East Camp.
Main Camp cabins are dormitory-style accommodations that are climate-controlled with indoor plumbing. Each cabin can sleep 16-32 people depending on the cabin and includes a common room with a fireplace.
Teambuilding
Your group will face mental and physical challenges while attempting to successfully complete these ground-based activities. These activities are designed to stretch the imagination and encourage problem solving skills while creating an atmosphere that allows students to be exposed to different roles critical to a team's success and positive communication techniques.

Low ropes courses
Our ropes course offers a more advanced challenge for any group. Activities involve spotting, trust, and communication; safety precautions are strictly followed.

High Elements
High Adventures consist of the Alpine Tower, Alpine Swing, Pines Peak, Pines Zip, Pines Pole Zip, and Summit Course. High Adventures are geared to build support among groups and develop individual strengths; safety precautions are strictly followed.
**Night Hike**
Explore the forest at night using sensory perception.

**Yard Sale / Dutch Auction**
Students use items brought from home to think outside the box and create different items the camp staff request.

**Campfire**
The camp staff entertains the students and teachers with skits, stories, and songs.

**The Lorax**
A program that allows students to watch the staff re-create “The Lorax” by Dr. Seuss and then debate what to do with the last Truffala Seed. Students are involved in a town meeting where different interests are discussed.