YMCA Mission:
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

TEAM & GROUP RETREATS
YMCA TROUT LODGE & CAMP LAKEWOOD
888–FUN–YMCA • www.ymcaoftheozarks.org
YMCA Trout Lodge & Camp Lakewood provide a natural setting for group retreats, team building, and leadership training in Southeast Missouri.

We develop custom programs to meet the specific needs of your group, and are ideal for sports camps, youth groups, church retreats, band camps, universities, and more.

These programs are offered year-round at Trout Lodge or mid-August through the end of May at Camp Lakewood. We provide lodging, all-you-can-eat meals, and YMCA staff who will make sure the experience meets the needs of your group.

YMCA Trout Lodge & Camp Lakewood is located 75 miles from St. Louis between Potosi and Steelville, MO. For more information, call us today at 888-FUN-YMCA or online at www.ymcaoftheozarks.org.

Mission Statement
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

YMCA Trout Lodge & Camp Lakewood is a branch of the YMCA of Greater St. Louis. The Y is for Youth Development, Healthy Living, and Social Responsibility. To learn more about how to support the Y, please contact our Development Director by calling 573-438-2154, ext. 220.

Contact Information
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Team Challenges
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 participants 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 physical challenge for any group. Activities involve spotting, trust, and communication; safety precautions are strictly followed.

Alpine Rescue Challenge
While carrying a person in a rescue litter, teams must safely traverse through obstacles.
DESTINATION CHALLENGE
Tap into your sense of adventure and challenge yourself and your group to explore the wilderness. Teams navigate a set course using a map and compass. Each destination will offer challenges to be completed and provide clues to move ahead on the next step of the journey.

A TEAM Works trek experience can challenge your group to go beyond the mundane, while building trust by emphasizing the talents and abilities of your co-workers. This activity can increase the confidence level of each team member by allowing them to observe each person’s contribution to the success of the team. Learning how to think on the “run” is required as the team creates effective strategies for reaching a common goal.
Mobile Team initiatives are exactly that, portable fun, engaging and inter-active problem-solving activities and games designed to promote and teach positive teamwork, communication skills, and enhance leadership. They can be set up at parks, schools, conference or retreat centers. TEAM Works can serve groups from 10 to 200. The level of difficulty and challenge can be tailored to meet the group’s goals, needs, budget, and size; programs are flexible for indoor or outdoor locations. Program lengths from 1/2 day to multiple day can be accommodated. Professional facilitators are experts at providing a wide range of impact levels.
Looking for a teambuilding session that will energize your staff or take your next office party to a new level? YMCA Trout Lodge and Camp Lakewood is proud to announce the newest concept in corporate teambuilding: The Jesse James Mystery Chest!

Unearthed during a recent archeological dig on the Camp Lakewood property, the Mystery Chest appears to be one of the fabled lost treasure caches of the infamous James-Young Gang. Offering challenges for 4 to 25 adults, the Mystery Chest comes to your location and opens to reveal a series of riddles, puzzles, and ingenious locked boxes that hold the key to finding Jesse James’ hidden secrets. Can you follow the clues and avoid the pitfalls on your way to success? Will you discover the truth behind the myth? Your Mystery Chest adventure awaits!
High Adventure Elements

Alpine Swing
An exciting combination of a brief free-fall and swing. Add to the exhilaration and take on this activity at night when it becomes Moonlight Swing! Participants can be harnessed to swing in a sitting position or “superman” style.

Alpine Tower
A 50-ft hourglass climbing structure with a variety of climbing challenges and unique obstacles.

Gladiator Zip
Step up to the platform for a zip line with a twist! Get harnessed in, pick up your javelin (pool noodle) and then run off the ramp. While zipping, attempt to throw your javelin at your fellow zipper or try to get a bullseye on the hanging target!

Moonlight Zip
Take a short hike through the dark woods, stand on a platform, run down a ramp, then zip over the dark valley.

Pines Peak
Reach new heights on this 35-ft tall climbing wall.
High Adventure Elements

**Pines Zip**
Get harnessed in and climb a 35-ft pole to a 250-ft long zip line.

**Pines Pole Zip**
Climb the 35-ft Pines Peak, cross a beam 35 feet above the ground, then zip down the 250-ft Pines Zip.

**Special Agent Zip**
Step up to the zip and test your special agent skills! Try to hit all the targets with your paintball marker while zipping through the trees. Note: Cannot zip with partners on this one.

**Summit Course**
A bi-level, 40-ft course offering multiple challenges using ropes, cables, pulleys, cargo nets and more.

**Summit Zip**
35-ft tall and over 400-ft long, zip individually or with a team mate on this tandem zip line.
RECREATIONAL ACTIVITIES

Archery • Astronomy • Bikes • Boats • Campfires
Canoes • Caving • Evening Programs • Fishing
Funyaks • Geocaching • Hiking • Horseback Riding
Indoor Sports • Indoor Fitness Center
Lake Swing • Mini-Golf • Nature Center
Pontoon Tour • Riflery • Sand Volleyball
Shuffleboard • Sports • Swimming • Tennis
Trap & Skeet Shooting • Water Slide & more
ACTIVITY FIELD & GYMNASIUM
Our Accommodations
Your stay at YMCA Trout Lodge will be comfortable and relaxing thanks to the many lodging options we offer.

Guest & Loft Rooms
Lodging options in the lodge itself include hotel-style guest rooms or two-story loft rooms, all with gorgeous views of the Mark Twain National Forest and stunning views of Sunnen Lake.

Private Cabins
For larger groups that prefer to stay together, forest view cabins with views of the hardwood forest, and lake view cabins with views of the lake are available.

Meals at Trout Lodge
The Trout Lodge Dining Room offers buffet-style meals with hot entrée options, a soup & salad bar, and kids’ bar at each meal. We’ll also provide you with soft drinks, milk, coffee, tea, cappuccino, hot chocolate and a variety of desserts.

Have special dietary requests?
We understand the importance of special dietary needs or restrictions. Contact our Food Services Director at 573-438-2154, ext. 209 to plan meals for your stay at Trout Lodge.
Main Camp Lodging
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.

East Camp Lodging
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.

Meals at Camp Lakewood
The Lakewood Dining Hall is modern and roomy. Meals are well-balanced and are served by our professional food service staff. Meals are served “family style”.

Main Camp Cabin

East Camp Pavilion

East Camp Cabins

East Camp Bathhouse