



2018 ADULT PROGRAM GUIDE

Adult Programs at YMCA Trout Lodge



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



PROGRAM SCHEDULE

APRIL 2018

- 13-15: Women's Wellness Weekend
- 17-19: Bridge Break
- 29 - May 4: Springtime in the Ozarks

MAY 2018

- 13-18: Springtime in the Ozarks
- 20-25: Palette of the Ozarks
- 20-27: Camp Road Scholar

JUNE 2018

- 3-8: Canoeing, Horses, Exploration, Summer Fun with Grandchild
- 3-10: Camp Road Scholar
- 10-15: Canoeing, Horses, Exploration, Summer Fun with Grandchild
- 22-24: Camp Refuel You!
- 24-29: Canoeing, Horses, Exploration, Summer Fun with Family

JULY 2018

- 8-13: Canoeing, Horses, Exploration, Summer Fun with Grandchild
- 15-20: Hiking, Canoeing, and Amazing Underground Adventures
- 15-20: Canoeing, Horses, Exploration, Summer Fun with Grandchild
- 22-27: Canoeing, Horses, Exploration, Summer Fun with Family

AUGUST 2018

- 5-10: Canoeing, Horses, Exploration, Summer Fun with Grandchild
- 10-12: Camp Refuel You!
- 12-17: Hiking Canoeing, Amazing Underground Adventures
- 19-26: Camp Road Scholar

SEPTEMBER 2018

- 4-6: Bridge Break
- 9-14: Meditation & Movement - Wellness and Healing in the Ozarks
- 16-21: Meditation & Movement - Wellness and Healing in the Ozarks
- 28-30: Outdoor Women's Wellness

OCTOBER 2018

- 14-19: Meditation & Movement - Wellness and Healing in the Ozarks
- 21-26: Hiking, Canoeing, And Amazing Underground Adventures
- 21-26: Meditation & Movement - Wellness and Healing in the Ozarks
- 28-Nov. 2: Horsemanship: Beginners
- 29-Nov. 2: Palette of the Ozarks

NOVEMBER 2018

- 4-9: Horsemanship: Advanced



PROGRAM DESCRIPTIONS

Bridge Break

TROUT LODGE PROGRAM

This 3-day program is the perfect getaway for spending time with others who love the game of Bridge as much as you do. Designed for players familiar with bridge up to an intermediate level.

Activity Level: Easy

Camp Refuel You

TROUT LODGE PROGRAM

This 3-day program re-awakens your inner child to relive your favorite memories of summer camp, or create new ones!

Activity level is your choice.

Hike, climb towers, zipline and trail ride. Learn the basics of arts & crafts, archery or take a relaxing boat ride on the lake.

*Extra fee activities available

Activity level:

Moderate to active

Camp Road Scholar

(#22776R)

ROAD SCHOLAR PROGRAM

AT TROUT LODGE

Choose your own adventure during this weeklong program at Trout Lodge. Here, everyone can be a kid again – no matter what your age. Make new friends at a campfire, and surround

yourself in the nostalgia and excitement that only summer camp can bring. Learn archery or kayaking on the lake. Try zip lining, the climbing tower, arts & crafts and much more.

Activity level: Active

Canoeing, Horses, Exploration & Summer Fun With Your Family (#22180AU)

ROAD SCHOLAR PROGRAM

AT TROUT LODGE

You and your family will grow even closer while you participate in summer camp activities.

Learn about rocks and minerals and then take a trip to Elephant Rocks State Park – home of some of the world's largest granite boulders.

Enjoy a campfire with s'mores, arena horseback riding lessons followed by a trail ride and much, much more.

Activity Level: Active

Canoeing, Horses, Exploration & Summer Fun With Your Grandchild (#14663AU)

ROAD SCHOLAR PROGRAM

AT TROUT LODGE

You and your grandchild will grow even closer while you

participate in summer camp activities. Learn about rocks and minerals and then take a trip to Elephant Rocks State Park – home of some of the world's largest granite boulders. Enjoy a campfire with s'mores, arena horseback riding lessons followed by a trail ride and much, much more. **Activity Level: Active**

Hiking, Canoeing & Amazing Underground Adventures in the Ozarks (#20269AU)

ROAD SCHOLAR PROGRAM

AT TROUT LODGE

Trout Lodge is an outdoor enthusiast's paradise.

Experience the nature and history of the area on a hike, by canoe or on horseback. Try your hand at archery and riflery, visit mud cave, enjoy a local winery, take a pontoon ride on an underground lake at the Bonne Terre Mine, and much more.

Activity Level: Active

Horsemanship: Basics & Beyond (#23158AU)

ROAD SCHOLAR PROGRAM

AT TROUT LODGE

Choose your date based on your desire for beginning or advanced

PROGRAM DESCRIPTIONS cont'd

skills. Includes ground work, arena lessons, trail rides and different riding styles. Groom, saddle and care for your horse for the week. Enjoy cowboy-style Dutch oven meals and a hayride - where the horses join you out in the pasture!

Activity Level: Moderately challenging to challenging

Outdoor Women's Wellness Weekend

TROUT LODGE PROGRAM

Choose your own activity level with an amazing outdoor weekend that includes fall themed arts & crafts, yoga, zipline, riflery, belly dancing and more. Bring a group, sister, adult daughter or meet new friends! *Extra fee activities available.

Activity level: Easy to Active

Palette of the Ozarks (#21648AU)

ROAD SCHOLAR PROGRAM AT TROUT LODGE

Find your inner artist in the pristine landscapes of the Ozarks! Enjoy learning basic and advanced techniques in watercolor painting. Learn sketching and perspectives. Travel to local sites to be inspired by regional beauty.

Activity Level: Easy

Meditation & Movement - Wellness and Healing in

the Ozarks (#23159AU)

ROAD SCHOLAR PROGRAM AT TROUT LODGE

Join us in the Eastern Ozarks for a week of food for the spirit. Guided imagery, yoga, self-care techniques rooted in both ancient and modern traditions, plus much more! Awaken your power within and find peace with like-minded new friends.

Activity Level: Easy to Moderate

Springtime in the Ozarks (#1625AU)

ROAD SCHOLAR PROGRAM AT TROUT LODGE

Springtime in the Ozarks is an exhilarating adventure - a time to awaken the senses to sounds, smells and beautiful scenery. Discover and learn about the region's tranquil beauty, rich biodiversity and clear streams as local experts lead you in the splendid highlands of the Eastern Ozarks. For you amateur birders - bring your binoculars and enjoy the sites during peak migration season with our expert from the St. Louis Audubon Society.

Activity Level: Active

Women's Wellness Weekend

TROUT LODGE PROGRAM

Ladies, when was the last time you did something for

yourself? Be among the first to experience newly renovated Trout Lodge. Enjoy a weekend of enlightening, educational, recreational and inspirational classes YOU get to choose. Also join in on group activities and live music; visit vendor booths and much more. *Extra fee activities available

Activity level: Easy to Active

LUNCH & LEISURE DAY PROGRAM

Looking for an amazing adventure just for the day? We got you covered! A lunch & leisure day program is the perfect fit for your group. Design your day based on the wants and abilities of your particular group. Includes activities & lunch.

Activity Level: Easy to Active

IN DEVELOPMENT FOR FALL 2018

CHEF CAMP IN THE OZARKS

TROUT LODGE PROGRAM

Have you ever wanted to try culinary school? Get a taste with our Chef Camp program that teaches culinary master techniques, dessert and pastry design, and even our Ozarks brand of pioneer and Dutch oven cooking!

Activity Level: Moderate

To register for these programs, call 888-FUN-YMCA ext. 223 or email tladultprograms@gwymca.org.

For more information on adult programs, visit www.ymcaoftheozarks.org.



YMCA TROUT LODGE

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