**Free Time Activities** - **MUST SIGN UP**

**Archery**

Meet behind Hawkins Pavilion. Archery is the art, sport, practice, or skill of using a bow to shoot arrows. Join the Y staff in learning how to safely shoot an arrow at a target.

**Board Games**

Under the Hawkins Pavilion- join the Camp Rainbow Volunteers in a guaranteed good time.  You pick the game and we guarantee the fun!

**Camp Rainbow Crafts**

Located behind Trout Lodge -Join the Camp Rainbow Volunteers in simple, fun craft activities.

**Climbing Wall \*only on Sunday\***

Located near the mini golf-Join upper limits in a climbing adventure.  You pick how difficult the challenge is.  Do you just want to experience a climbing harness, give the wall a try, or attempt to make it to the top?  Each experience is unique to each person.  You choose!

**Craft House**

Located inside the gym- join the YMCA staff in painting ceramic or wooden treasures.

**Foosball (Human) \*only on Saturday\***

Located on the back deck of Trout Lodge- Have you ever played foosball with your hands?  Now you can be the “Human” player.  Hold on to the inflatable and try to score on your opponents.  Win or Lose doesn’t matter- it’s sure to be lots of laughs and fun!

**Inflatables \*only on Saturday\***

Located next to mini golf.  Join your Camp Rainbow friends on an inflatable adventure.  Try out the Bounce House, Foot Dart and Free Throw Shot.  Inflatables will be cleaned in between each rotation. Use hand sanitizer before starting!

**Nature Center**

Follow map for location.  It will take about 15-10 minutes to walk there. Visit the “critter corner” for an up close and personal look at a collection of animals that hop, crawl, slither and meander. Kids especially love to look at and touch our animals.

**Pontoon**

Meet on the dock by the swimming area. A 25-minute tour around beautiful Sunnen Lake while you learn about the 5,200 acres of land and lake. Ages 8 and under must wear a life jacket.

**Tie Dye**

Located in the Craft House in the gym. Join the YMCA staff in tie-dying a Camp Rainbow t-shirt.  They will show you the cool designs you make and you pick the colors.

**Trail Rides \*only on Saturday\***

Join the YMCA ranch staff on a one-mile ride that takes you through the beautiful hardwood forest and across the Fourche Renault creek. Ages 7+ and at least 44” tall. Children 7-9 must be accompanied on the ride by an adult. Weight limit of 250 lbs., no double riders.  It will take 20 minutes to walk to ranch and must wear pants and closed toed shoes.

**Family Pictures**

Join Tricia and Suzanne behind Trout Lodge for a professional family photo with the Sunnen Lake as your background.

**Free Time Free Activities – Do Not Need To Sign Up**

**Bikes**

Check out a bicycle and explore the Trout Lodge property! Located at the Boathouse

**Bird Watching**

Stop at the Front Desk for a booklet that will show you some of the birds you may see as you set out on a wildlife expedition along our trails.

**Boat House**

Funyaks, canoe, paddle board, sailboat and jon boat are available at the Trout Lodge Boathouse.  Life jackets must be worn out on the lake.

**Cornhole**

Cornhole (also known regionally as bags, sack toss, or bean bag toss) is a [lawn game](https://en.wikipedia.org/wiki/Lawn_game) in which players take turns throwing 16 ounce bags of corn kernels at a raised platform (board) with a hole in the far end. A bag in the hole scores 3 points, while one on the board scores 1 point. Play continues until a team or player reaches or exceeds the score of 21. Located in grassy area behind Trout Lodge.

**Disc golf**

Disc Golf is played using rules similar to [golf](https://en.wikipedia.org/wiki/Golf).  It is a D[isc sport](https://en.wikipedia.org/wiki/Flying_disc_games) in which players throw a disc at a [target](https://en.wikipedia.org/wiki/Basket_%28disc_golf%29); The sport is usually played on a course with 9 or 18 holes. Players complete a hole by throwing a disc from a tee pad or area toward a target, known as a basket, throwing again from where the previous throw landed, until the basket is reached. Usually, the number of throws a player uses to reach each basket is tallied (often in relation to [par](https://en.wikipedia.org/wiki/Par_%28score%29)), and players seek to complete each hole in the lowest number of total throws.

**Fishing**

Grab a fishing pole at the Boathouse and try your luck with catching fish at Trout Lodge.  You can fish in the main lake or make the hike to the trout ponds.

**Hiking**

Take a self-guided hike through Trout Lodge. Hiking maps are available at the Front Desk, and we HIGHLY encourage that you please check out and in with the Front Desk for your safety.

Nature Hikes: This day time one-mile scenic tour of the wooded property winds along the wooded trails.

**Gym/Rec Center**

Practice hoops, start a game of dodgeball and use up some energy on a rainy day.

**Horseshoes**

Horseshoes is a lawn game played between two people using four horseshoes and two throwing targets set in a lawn or sandbox area. The game is played by the players alternating turns tossing horseshoes at stakes in the ground, which are traditionally placed 40 feet apart. Equipment available at the Boathouse.

**Mini golf**

Our 19-hole mini-golf course is located next to the Country Store. Equipment available on a first-come-first-served basis.

**Pickleball**

A paddle sport (similar to a [racket sport](https://en.wikipedia.org/wiki/Racket_sport)) that combines elements of [badminton](https://en.wikipedia.org/wiki/Badminton), [table tennis](https://en.wikipedia.org/wiki/Table_tennis), and [tennis](https://en.wikipedia.org/wiki/Tennis). Two or four players use solid paddles to hit a ball, much like a [wiffle ball](https://en.wikipedia.org/wiki/Wiffle_ball%22%20%5Ct%20%22_blank), over a net. The sport shares features of other racket sports: the dimensions and layout of a [badminton court](https://en.wikipedia.org/wiki/Badminton_court), and a net and rules somewhat similar to tennis, with several modifications. All supplies located on the Tennis Court.

**Ping pong**

Ping pong is located on the outdoor back patio (near the back deck) on the first floor. Balls and paddles are available at the Front Desk.

**Playground**

Follow the sidewalk around the boathouse and you will find fun playground equipment for your child to use and burn some energy!

**Shuffleboard**

A game in which players use cues to push weighted discs, sending them gliding down a narrow court, with the purpose of having them come to rest within a marked scoring area. To try your skills, grab the equipment at the Boathouse. Shuffleboard is located beside the mini-golf course

**Tennis**

Challenge your family to run, hit and serve some tennis balls. Check out supplies at the Boathouse

**Tether ball**

A game where two players use their hands to strike a [volleyball](https://en.wikipedia.org/wiki/Volleyball_%28ball%29) which is suspended from a stationary metal pole by a rope or tether. The two players stand on opposite sides of the pole, and each tries to hit the ball one way; one [clockwise, and one counterclockwise](https://en.wikipedia.org/wiki/Clockwise). The game ends when one player manages to wind the ball all the way around the pole so that it is stopped by the rope. It must not bounce. Located by the mini golf.

**Volleyball (Sand)**

What recreational facility would be complete without volleyball? Located in front of the mini-golf course and beside the Country Store, get your teams together and pound it out. Don’t worry about diving for the ball – it’s on sand. Volleyballs are located at the Boathouse.

**Washers**

Washers pitch is a game, similar to horseshoes, that involves teams of players that take turns tossing washers towards a box or hole.  You can play with 2 or 4 players. The game has many variations, and may be called washer pitching, washer toss or washers. Check out washers equipment at the Boathouse

**Water Front**

Come relax on the beach, swim in the lake, jump off the rope swing or build a sandcastle.  Swim test are needed to go into deeper water.