



## PROGRAM GOALS

- Foster companionship and understanding; set a foundation for positive, lifelong relationships between parent and child.
- Build a sense of self-esteem and personal worth.
- Expand awareness of spirit, mind, and body.
- Provide a framework to meet the mutual needs of parents and children for spending enjoyable, constructive, and quality time together.
- Enhance the quality of family time.
- Emphasize the vital role that a parent plays in the growth and development of a child.
- Offer an important and unique opportunity to develop and enjoy volunteer leadership skills.

## PROGRAM STRUCTURE

Participants are grouped as follows:

- **Guide and Explorer**—Parent and child pair
- **Circle**—Group of Guides and Explorers
- **Expedition**—Group of Circles within a YMCA, often, though not always, grouped by gender (e.g., father-daughter Expeditions, father-son Expeditions)
- **Federation**—Group of Expeditions within a YMCA association (e.g., the father-son and father-daughter Expeditions together make up a Federation)

## PROGRAM ACTIVITIES

The core of the program is Circle meetings and Expedition adventures.

- **Circle meetings and gatherings**—Circles meet biweekly or monthly in a family home and once a month for Circle adventures.
- **Expedition adventures**—Periodically, Circles come together for Expedition adventures such as a parade, party, or campout.
- **Family-oriented activities**—Program activities typically include games, crafts, songs, stories, skits, camping, and family adventures.

## PROGRAM RITUALS

The YMCA Adventure Guides program is based heavily on rituals and traditions that bring a sense of continuity, community, intrigue, and magic to the program. These rituals and traditions include those listed here as well as others, depending on each YMCA's choices.

- Program names
- Circle and Expedition property
- Program attire
- Rites of passage
- Awards
- Ceremonies

## BUILDING ASSETS

The latest research from YMCA of the USA and Search Institute identifies 41 factors that are essential in success. The values that are part of YMCA parent-child programs contribute to the development of these assets. Southwest YMCA is committed to Building Strong Families by:

- Supporting youth and adults
- Empowering youth
- Providing youth with positive values
- Building positive identity for youth and adults
- Providing constructive use of youth's time
- Encouraging a commitment to learning
- Enhancing the quality of family time
- Building self-esteem and personal worth
- Fostering leadership and problem-solving skills

## PROGRAM LEADERSHIP

The program is run by YMCA staff members and program volunteers. Volunteers are recruited or elected by Circle members and assume a variety of offices and responsibilities for different roles.

## PROGRAM REGISTRATION

Fee: \$65 for adult and first child

Deduct \$15 for additional children from the same family

Please Note: Membership is required for participation in YMCA programs. If you are not a facility member, you must have a YMCA Program Membership (\$25 per person per year) valid through the end of the program.

## REGISTRATION INFORMATION:

If you would like additional information about this program, please call the Southwest YMCA at 370-1877. Registration forms are available at the Southwest YMCA. Please stop by and pick one up or call 370-1877 to have one mailed.

Register by any of the following methods:

- In person at the Southwest YMCA Courtesy Counter
- By mailing the registration form
- By fax (408-370-1333)

Thanks to the generous donation of our members and friends, the YMCA can offer partial scholarships to families in financial need. For scholarship information, call the YMCA at 370-1877.