

# WHAT IS ADVENTURE GUIDES?

**Adventure Guides** is a long-standing YMCA program that is dedicated to building lifetime bonds between parent and child. Bonds are created through participation in events that build character and demonstrate core values. Events may include: **single day trips and overnight camp outs**. This family program is designed for **children ages 5-10** years old.

## OBJECTIVES:

- Foster companionship between parent & child
- Build a sense of self-esteem
- Enhance the quality of family time
- Strengthen relationships
- Offer unique opportunities to develop volunteer leadership skills

## REGISTRATION FEES:

**FREE** with a Family Membership!

**Non-Family Membership Rate:**

**\$60** per year per parent/child pair

**\$45** per year for returning parent & one child

**\$10** each additional child

Financial assistance is available upon approval for program registration or events. Please contact Jonathan Carbaugh at [jcarbaugh@ymca.org](mailto:jcarbaugh@ymca.org) details.

# HOW THE PROGRAM WORKS

## Forming Circles

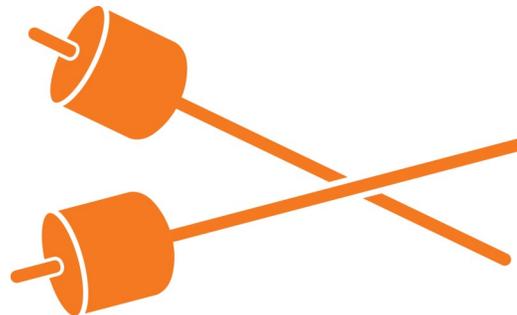
- Once registered we assign you to a Circle which is a group of 8-12 parent/child pairs based on age, gender.

## Circle Meetings

- Once assigned to your circle you will have a monthly meeting together. This usually takes place at a circle members home on a rotating basis.
- Circle Meeting activities are decided by the members of the circle. They usually include BBQ's, arts and crafts, games etc.

## Nation Events

- Once a month your circle will join other circles on an Nation Event. These events usually consist of campouts or days trips. These trips are planned in advance and are located on our events calendar. Additional fees apply for events.



# GET INVOLVED!

## PROGRAM LEADERSHIP:

The program is run by YMCA staff and program volunteers. Volunteers are recruited or elected by "Circle" members to assume these roles.

- **Nation Chief** (Meets with Circle Chiefs monthly to organize the next Nation Event)
- **Circle Chief** (Leads their Circle and organizes their monthly circle meetings and relays Nation Event information)

## PROGRAM AREAS

**Guides (Father/Son) K-5th Grade**

**Princesses (Father/Daughter) K-5th Grade**

**Maidens (Mother/Daughter) K-5th Grade**

**Braves (Mother/Son) K-5th Grade**



**Bring your friends and neighbors and form your own Circle!**

## JOIN TODAY!

- New Members are placed into Circles.
- Registration is available year round.
- Visit any of our branch locations to get started!

# Adventure Guides

## What is Adventure Guides?

Adventure Guides is a parent-child program designed to help parent-child pairs build strong, lasting relationships. They do this by spending quality time together doing enjoyable activities that promote communication.

## Who is Adventure Guides for?

Fathers, Mothers and their children ages 5-10.

## What is the time commitment?

Circles meet once a month for an hour at a members' home on a rotating basis. Circles also participate in one outing a month. Outings may be day trips or overnight events.

## When do Circles meet?

All meeting dates and times are chosen by the individual Circle in order to accommodate all members' schedules.

## What activities are involved in Circle meetings?

Circle meeting activities include games, stories, crafts and refreshments. Each Circle also engage in special activities such as hiking, community service, cookouts, and family outings.

## Are there other activities involved?

Yes! There are Nation Events, in which all the Circles gather together. These events include campouts, archery, kayaking, fishing, swimming, hiking, bowling, and more.

## Can we join a friend's Circle?

Yes, as long as the children are close to the same age and the Circle has room to add another parent-child pair.



## Need More Information?

## Contact Our Coordinator

Jonathan Carbaugh at

(619) 226-8888

**OUR MISSION :** The Peninsula Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God

## Monthly campouts & activities such as:

- Tent & Cabin Camping
- Go Cart Riding
- Crafts
- Canoe Races
- Horseback riding
- Adventure Hikes
- Story Telling Skits
- Nation Campfire
- Star Gazing
- Archery

• **FREE\* MEMBER BENEFIT WITH YMCA FAMILY MEMBERSHIP**

\*Event Fees Apply

Scholarships Available

Peninsula Family YMCA  
4390 Valeta St.  
San Diego, CA 92107  
619 226 8888



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# BUILDING MEMORIES ADVENTURE GUIDES



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