

## **How the Program Works**

The Adventure Guides program was developed to help strengthen family relationships. As the parent of a young child, you have the tremendous opportunity to get to know your child. Spending quality one-on-one time with your child will help build a strong bond of trust and memories that will last a lifetime.

#### Levels:

### **Adventure Guides** (ages 5-12)

This program enables parent and child to share new adventures, explore nature, and create memories that last a lifetime. We offer father/daughter expeditions and father/son expeditions. Events may include: Catalina, camp outs, bowling, Angels games, Joshua Tree, hiking, pinewood derby, fishing, service learning projects, monthly gatherings and much more!



Throughout the program families will engage in activities that promote nature, family, fun and community. Each month will bring the opportunity to attend a daytime event or one night sleepover lead by YMCA staff. Examples of events include pool parties, strawberry picking, pizza making class, firehouse visits and more.



Federations are a group of Expeditions within a region.

### Islanders (ages 12+)

The Islanders offers an opportunity for dads and their children to continue to engage in activities together with less of a time commitment and events tailored to the older ages. Events might include indoor skydiving, comedy night, go-kart racing, hiking, beach camping and more.



Expeditions are groups of Circles organized by gender (i.e. dad/daughter). Typically an Expedition is made up of 4-10 Circles.







Circles are a group of Guides & Explorers. Typically Circles are made up of 5-12 families within a school or neighborhood, but not ecessarily.



These are the names for parents and children. Each person (dad & child) chooses an Adventure Guide name when joining the program.

**PROGRAM STRUCTURE** 

# Benefits for Adventure Guides Families

## **当** Family Fitness Membership Discount

\$ Join + 50% OFF

Active Adventure Guides program participants receive 50% off a family membership. That's only \$48.50/month for the whole family! Discount must be requested at the branch after Adventure Guides program enrollment. Discounts are not retroactive to previous months of service or membership at the time being requested.

### **Family Fitness Membership Features\*:**

- Access to fitness facilities
- Free weight loss programs and challenges
- Unlimited group exercise classes
- Complimentary child care onsite
- Monthly Date Night drop off events
- Outdoor patio & play areas
- Year-round access to heated pools

\*amenities vary by location

Sign up today at **ymcaoc.org/membership** 





## **Program Discounts**

With your Family Fitness Membership **GET UP TO 50% OFF**these great programs:

- Soccer
- Gymnastics
- Basketball
- Swim Lessons
- Volleyball
- Camps and more!
- Dance

For a full list of program offerings, visit **ymcaoc.org** 

## Annual Campaign

Adventure Guides families have an extraordinary opportunity to give back to the community by fundraising for our financial assistance program and learning about helping others in need.

Every year, our Circles and Expeditions raise tens of thousands of dollars so that all families have access to YMCA programs and services that allow them to be their best! Learn more at

ymcaoc.org/annual-campaign