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Adventure Guides BUILDING MEMORIES FOR A LIFETIME



Hey dads, are you looking for a way to better connect with your kids? Start with the YMCA Adventure Guides program and make treasured, lifetime memories together! The YMCA Adventure Guides is an enriching parent-child program designed to help foster a lifetime of understanding, relationship strengthening and companionship between parent and child. Every month, each parent-child pair will have the opportunity to take part in an event hosted by the YMCA.

FALL EVENTS

- The Adventure Guides will go on camping trips and other adventures throughout the school year.
- These events are held in addition to monthly circle meetings and activities, and may require additional fees.



Ages: 5—13 years
Where: Northpark YMCA, 9100 N. Beach St.
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NORTHPARK YMCA

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What is the YMCA Adventure Guides?

YMCA Adventure Guides is a program offered in YMCAs across the country designed to strengthen the relationship between a parent and a child. Included here is detailed description of the program purpose and elements.

Why does the YMCA Adventure Guides exist?

During their elementary school years, children learn rapidly, becoming much more aware of the world around them. During this time, children tend to see their parents as guides, teachers, and heroes. They start to understand that parents protect and nurture them. Ideally, during this period, we learn how to talk with our children more than at them. A strong relationship is based on our ability to ask open-ended questions that help our children think and move beyond simple yes or no responses. During these years, we strive to invite our children to accept challenges and opportunities, celebrate accomplishments, and face fears.

Who participates in YMCA Adventure Guides?

YMCA Adventure Guides is designed for parents (or other significant adults in children's lives) and their children ages 5 through 13. An adult and child must attend program activities together. In YMCA Adventure Guides the parent is the Guide, and the child is the Explorer.

What do YMCA Adventure Guide participants do?

The YMCA groups parent-child pairs into "Circles" that meet on a regular basis in each other's homes, usually bi-weekly or monthly. Occasionally, several Circles come together to participate in larger activities such as camp-outs, parties, or parades. These outings are called Expeditions. The core of the YMCA Adventure Guides program is these Circle and Expedition meetings and adventures. Typical activities include ceremonies, games, crafts, songs, stories, skits, and outdoor pursuits such as camping, hiking and swimming.

What are the YMCA Adventure Guides Compass Points?

The program focus is on the adventures of a parent and child and of their Circles and Expeditions. At the forefront of the program are the Compass Points, which give members a sense of direction and an inspiration for activities. These points are broad enough in scope to allow for variety and creativity in designing activities.

- The four main direction points on the compass are the essential components of the program.
- The Family is True North—the focal point of the program. Nature and the camping experience are integral parts of the program.
- The spirit of the program is experienced through belonging to a small Community, the Circle.
- Fun is the magic of the program.

The YMCA core values of caring, honesty, respect, and responsibility make up the other directional points. Along the journey, adults should teach and demonstrate these values as well as give children many opportunities to practice and celebrate them. Adults should also point out and discuss with children any behavior that is inconsistent with these values. Initially, these four values provide guidance in helping children select activities,

