

ENSURE A BRIGHTER FUTURE

YMCA Adventure Guides is a parent-child program designed to help foster a lifetime of understanding and companionship and to strengthen the relationship between children and parents.

The immediate gain is evident - spending time together - but the long term gains are even more significant. Not only will you build a solid foundation for a friendship that will last a lifetime but you'll also be helping to build and develop a set of skills and patterns that your children will carry with them into adolescence and adulthood.



JOIN

If you would like to join YMCA Adventure Guides, contact your branch for specific dates and information:

CAMARILLO FAMILY YMCA
3111 Village at the Park Drive, Camarillo
805.484.0423

MONTECITO FAMILY YMCA
591 Santa Rosa Lane, Santa Barbara
805.969.3288

SANTA BARBARA FAMILY YMCA
36 Hitchcock Way, Santa Barbara
805.687.7727

VENTURA FAMILY YMCA
3760 Telegraph Road, Ventura
805.642.2131

CHANNEL ISLANDS YMCA
serving Santa Barbara and Ventura counties
STRENGTHENING COMMUNITIES 125 YEARS

55 Hitchcock Way, Suite 101
Santa Barbara CA 93105
805.569.1103 ciymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FRIENDS FOREVER

ADVENTURE GUIDES

Programs for parents and children





JOURNEY OF DISCOVERY

As a member of YMCA Adventure Guides, you will have the opportunity to develop a stronger relationship with your child by joining a unique "Circle" with whom you'll participate in activities like games, camping trips, ceremonies and family adventures. You and your child will go on a journey of discovery and learning. Throughout this journey, values such as, family, nature, community, fun and YMCA character development - will provide a sense of direction and inspiration for activities.

As a member, you will be able to participate in larger scale activities such as weekend camp outs, parties or parades. Conducting group exercises in each Circle fosters leadership, problem-solving, group work skills and a sense of commitment to a larger community - all of which reinforce the YMCA's pledge to build strong kids, strong families and strong communities.

LIFELONG BENEFITS

Participation in YMCA Adventure Guides:

- Sets a foundation for positive, lifelong relationships between parent and child
- Fosters companionship and understanding
- Builds a sense of self-esteem and personal worth
- Expands awareness of spirit, mind and body
- Provides the framework to meet a mutual need of spending enjoyable, constructive and high-quality time together
- Enhances the quality of family time
- Emphasizes the role that parents play in the growth and development of their children
- Offers an important unique opportunity to develop and enjoy volunteer leadership skills



FAMILY COMMUNITY, NATURE, FUN

YMCA Adventure Guides provides a setting in which parents or guardians can interact with their children and develop their relationship through our program activities. Children ages 3-16 enjoy the benefits of Adventure Guides alongside a significant adult in their lives.

