

ADVENTURE GUIDES PROGRAM BOOK 2019 – 2020

WESTCHESTER YMCA



Circle Name:

Navigator: **Email:**

Email: _____

Meeting Dates, Times & Location:

Other Participant Contact Information:

Notes:

OUR CAUSE

The Y is the nation’s leading non-profit committed to strengthening communities through youth development, healthy living and social responsibility.

OUR MISSION

The Westchester YMCA puts Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

YMCA MEMBERSHIP

The Westchester YMCA is a non-profit membership organization here to help all people live a healthy, balanced life in spirit, mind and body. You and your child may participate in the Adventure Guides program either solely as Program Members or under a Full Facility Membership. The Full Facility Membership gives you complete use of all facilities as well as a reduced price into the Adventure Guides program. For more information regarding membership, please contact our member services office at 310 670 4316.

FACILITY HOURS OF OPERATION

Monday to Friday	5:00am – 10:00pm
Saturday	6:00am – 8:00pm
Sunday	8:00am – 6:00pm

CONTACT INFORMATION

WESTCHESTER YMCA
8015 South Sepulveda Boulevard
Los Angeles, CA 90045
Ph 310 670 4316 | Fax 310 338 9752

WEBSITE

<https://www.ymcala.org/westchester>







ADVENTURE GUIDES PROGRAM OVERVIEW

In Adventure Guides, parents* and children develop healthy relationships, gain a sense of belonging, and learn the importance of giving back to the community through one-on-one interactions, activities with other families, and community service projects. At the heart of the program are the Compass Points, which give members a sense of direction and an inspiration for activities:

- **Family.** Family is “true north”—the focal point of the program.
- **Nature.** The natural world and the camping experience are integral parts of the program.
- **Community.** The spirit of the program is experienced through belonging to a small community—the Circle.
- **Fun.** Fun is the magic of the program.

The Y’s core values—caring, honesty, respect and responsibility—make up other guiding principles of the program.

PROGRAM STRUCTURE

			
GUIDE: Parent EXPLORER: Child	CIRCLE: Group of 8 – 10 Guides and Explorer pairs CIRCLE NAVIGATOR: Parent leader and representative	EXPEDITION: Group of circles EXPEDITION NAVIGATOR: Parent leader and representative	FEDERATION: Group of Expeditions FEDERATION NAVIGATOR: Parent leader and representative

This is the typical structure for Adventure Guides programs, however Circles and Navigators are highly dependent on enrollment and leadership.

*At the Y, we welcome all families. We define the term parents broadly to include all adults with primary responsibility for raising children: biological parents, adoptive parents, guardians, stepparents, grandparents raising children, or any other type of parenting relationship. All are welcome and encouraged to be guides in raising children for whom they are responsible or to whom they have committed to being a positive adult role model.

FORMING AN ADVENTURE GUIDES CIRCLE

For Expeditions including; Explorers, Voyagers, Trailblazers and Pathfinders



Determine Circle Membership

Circles are usually made up of 5 to 10 adult-child pairs.

YMCAs use various methods for breaking new membership into Circles, including the following:

- By gender. Boys and girls develop differently during the early elementary years. Boys need time to be boys and girls need time to be girls.
- By neighborhood or other common bonds. Some members prefer to be in a Circle with others from their neighborhood (or their place of work or worship).
- By meeting night. Because families are often busy, members may prefer a Circle that meets on a given night of the week.
- By age. Grouping children together by age or grade allows activities to focus on age-appropriate needs and interests.



Fill Circle Leadership

Typically, parents or caregivers in the Circle are appointed or elected to leadership roles, while their child contributes in a junior role (e.g., Junior Treasure Keeper) when he or she is ready.

- Navigator. The Navigator acts as the leader and representative for the Circle and represents the Circle at the Expedition meeting.
- Compass Bearer. The Compass Bearer takes on the duties of the Navigator when the Navigator is absent. He or she attends Expedition meetings and usually becomes the next Navigator.
- Treasure Keeper. The Treasure Keeper looks after all Circle property, Expedition awards, and other materials.
- Log Keeper. The Log Keeper keeps Circle records and rosters and conducts roll call at meetings. He or she submits reports to the Y regarding Circle adventures and accomplishments, conducts the annual Circle evaluation, and is responsible for communication.
- Elder. An Elder is usually a past Navigator or other member of long standing. Elders usually help new Circles get going and sometimes serve as Expedition officers or leaders.



Select Circle Name

Consider the following when choosing a Circle name:

- Give the name meaning. Consider brainstorming to get a list of values important to your group.
- Give the name a link. Consider linking your Circle's name to your town, neighborhood, street, or school, or perhaps to a geographic feature in your area.
- Make it unique. Don't copy or imitate the name of others, either from the past or present.
- Build your name on a program theme. Many Expeditions adopt a thematic name that Circle names can then follow.
- Make it last. Choose a name that will stand the test of time.

Select Member Nicknames

Member nicknames should say something about the individual, what he or she likes or considers important. If possible, connect nicknames to the Circle name.

Create a Cheer or Jingle

Some Expeditions and Circles like to make up a cheer or jingle to use in a question-answer greeting. Be creative, but check with your YMCA. Traditional greetings might already be in use within your Expedition.

Secure or Make Circle Property

Circle property plays a part in Circle meeting rituals and helps create a sense of Circle ownership. Basic Circle property might include the following:

- Nameplates worn as necklaces
- Circle candle
- Talking stick
- Circle drum
- Circle banner

Establish Circle Attire

Typical Adventure Guides program attire might include a program vest or hat. Vests are an important part of the program because they give members a place to display program patches. The number of patches varies from Y to Y, but typically includes the following:

- Adventure Guides patch
- Event patches (campout, service, and adventures)
- Circle leadership patches (for both parent and child)
- Awards or other occasions when recognition is appropriate

A LOOK BACK IN TIME

Around a simple campfire, two men engaged in deep conversation, reflecting carefully on the events of history and the effect on the integrity of the family and quality of life. It was 1926, a time of great fascination with the culture and way of life of American Indians. Joe Friday, an Ojibwa Indian, told his friend Harold Keltner, a YMCA director in St. Louis, about the spiritual relationship of father and son in his culture. Friday described the father's active role in the rites of passage for the young son as both became friends forever. Keltner was exhilarated by the discussion and felt he had received a wonderful gift.

Inspired by his friendship with Joe Friday, Harold Keltner created a new YMCA program and started a remarkable tradition. The father-son program spread quickly across the nation in the 1950s and became known as the Indian Guides program. As years passed, the program evolved. Today, Adventure Guides captures the intent and magic of the original program—a deepening bond between a parent and a child.



THE WESTCHESTER YMCA AND ADVENTURE GUIDES

At the Westchester YMCA, staff and volunteers are committed to providing quality programming to all participants. Through campouts, smaller trips, parties and unique events; bonds are strengthened between parents and children, a sense of community is instilled and all participants leave with a memorable experience that may last a lifetime.

Danny O'Neill
Director of Youth and Family
310 981 5346
DanielOneill@ymcala.org

EXPEDITION AREAS

Adventure Guides

Our program is for mothers or fathers and their daughters or sons grades K – 3rd. The Guides circles participate in large campouts such as Leo Carrillo and Camp Whittle as well as the Pinewood Derby and other activities. Areas that serve the Adventure Guides are Westchester, El Segundo, Inglewood, Marina del Rey and Venice.



ADVENTURE GUIDES

Calendar of Events 2019 – 2020

August: Sunday, the 18th, 5p – 8p | Recruitment Night Yogurt Social

September: Saturday, the 14th, 7p at Westchester Y Annex | Orientation Night

September: Saturday, the 28th, 8a – 11a at Westchester Y Annex | Pancake Breakfast

October: Friday, the 18th – Sunday, the 20th | Fall Camp

November: Sunday, the 17th, 12p – 4p at Westchester Y Annex | Community Potluck

December: Sunday, the 8th, 1p – 3p at Toyota Sports Center | Ice Capades

December: Join the Westchester Y and the LAX Kiwanis to Adopt-A-Family

January: Sunday, the 26th, at Westchester Y Gym | Pinewood Derby (Weigh-in Saturday the 18th)

February: 17th at Camp Whittle | Winter Camp TBD

April: TBD | Spring Forward Service Event, TBD

May: Sunday, the 17th, 3p – 6p | Bike Rodeo

June: at Camp Surf | Summer Camp-Out TBD

July: Thursday, the 4th | Westchester 4th of July Parade



For more information, please contact Danny O'Neill at DanielOneill@ymcala.org or feel free to call him at 310-670-4316.

Adventure Guides Event Information

Recruitment Night Yoqurt Social

The Westchester YMCA Guides program invite you to come and learn how parents and children grow closer together while camping, racing pinewood derby cars, throwing snowballs and enjoying many other fun activities.

Fee: \$5 for Fill-Up!

Pancake Breakfast Social

The Westchester YMCA Guides program invite you to come and learn how parents and children grow closer together while camping, racing pinewood derby cars, throwing snowballs and enjoying many other fun activities.

Fee: Free to everyone

Orientation

This is the night to be able to break off into groups and create your circles that you will be spending the next few years with! Come learn about the program as a whole while we take a look at each event in more detail. You will learn what the program is about and be able to ask any questions you may have.

Fee: Free for everyone

Community Thanksgiving Potluck

This year we will have a community potluck, make your favorite dish and get your circle together for a Friends-giving bash!

Fee: Free for members

Fall Camp – Leo Carrillo

Create memories that will last a lifetime! The Voyager Adventure Guides are going camping at Leo Carrillo State Park. We will be having a Campfire with skits, Frisbee Golf, Tug-O-War, Sack Races, and a taco truck to feed you for Dinner on Saturday!

Fee: \$50 until 10/15, \$60 after 10/15

Ice Capades

Grab your ice skates and join us at the beautiful, and c-c-cold, Toyota Sports Center for our version of the Ice Capades. Gloves and winter attire are suggested. Butt padding is optional. Families are invited, too, but they'll have to pay a nominal skate rental fee. There will be hot chocolate but consider a helmet to protect their heads.

Fee: \$10 for members

Adopt-A-Family

Working with the Y and the LAX Kiwanis Club, your group will “adopt” a family during the Holiday Season. Working together as a circle, dads bring together some toys and funds that were donated, wrap them, and deliver them to the families that are in need during this Holiday Season.

Fee: the cost of your donated presents

Pinewood Derby

Get your cars ready! Dads will spend some time with their kids to create a Pinewood Car and decorate it. Splitting into grades, the Dad and Child will come to our Derby to race against other participants in the program. This event is exciting for the kids and welcomes the whole family to come and watch!

Fee: Free for members

Winter Camp-Out: Camp Whittle

Set among the pine and spruce forests of Big Bear Lake, Camp Whittle has been the weekend home for many an Indian Guide. The great part about staying at Camp Whittle is that there’s so much to do, it’s hard to do it all! There is archery, a craft room full of projects, and a nature room filled with reptiles, a ropes course, rock climbing, small petting zoo, and a basketball court. If we’re lucky enough to have snow, things become even more fun. The kids go sledding all around the campsite, build snowmen, and take part in snowball battles.

Fee: TBA

YMCA Community Support Campaign Event

Join us to teach your Explorers the value of giving back to the community. Our Guides Expedition will be hosting a drive or event to help support the YMCA’s annual Campaign, which allows our Y to be able to provide financial assistance and build our programs to address community needs.

Fee: your time and contributed support!

Spring Forward Service Event

Every year, we give back to our community by participating in a neighborhood improvement project. We’ve planted trees, painted schools, planted flowers at a school and more. See how much good a positive spirit and a little elbow grease can accomplish.

Fee: your time and commitment!

Bike Rodeo

The annual Bike Rodeo offers obstacle courses, timed races, fun riding activities, and a swell lunch under the sun. Your young guide or princesses should bring their bike and helmet. Learn the importance of bicycle safety and speed through the courses in record time!

Fee: free for all

Summer Camp-Out: Camp Surf

School's out, summer's here, and Camp Surf in San Diego County, is the perfect way to kick off this special time of the year. At Camp Surf you'll pitch your tent right on the beach, within earshot of the world's original wave machine. The Y's Camp Surf is the best of both camp experiences—tent camping and eating. Five buffet-style meals served just a few feet from your tent. Plus, if you're hankering for some authentic Mexican food, there are many delicious choices just minutes away.

Fee: TBA

*Activities, dates, and fees are subject to change



REGISTRATION

For members of the Westchester YMCA, registration is \$50 per person. If you and your child are not full facility members, it is \$100 each.

Registration commences online as well as at the Membership desk beginning August 17th, 2019. It is highly recommended that one registers as soon as possible in order to not miss out on the upcoming activities!

*Refund Policy

HOW TO REGISTER

1. Visit our website: ymcaLA.org/westchester
2. On the right-hand side of the screen, you will want to click on the button that says "REGISTER Sign up for classes or programs"
3. Please sign in with your account if you are currently a member. If you are unsure if you have an account or not, please call 310 670 4316. If you are certain that you do not have an account, please create one. The sign in or create an account option is in the upper-right hand corner of the screen
4. Once signed in to your account, under OTHER SERVICES, click on REGISTER FOR ACTIVITIES
5. On the following screen, in the search bar, search for the appropriate activity you are looking to register for, i.e. "Adventure Guides/Princesses 2019 - 2020"
6. Once searched, click on the blue button that says MORE and this will drop down an option for the activity to be added to cart
7. Add the activity and proceed to checkout
8. Complete the checkout procedures

After completion, if for any reason you are unsure that you are registered or not, please call Danny O'Neill at 310 670 4316.

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FAQ

Is each event priced for the whole family or each individual participant?

Certain events may be priced out per pair (parent-child), but many events are priced per person.

What is the Cancellation Process?

If you find that you are unable to attend an event, ample notice is preferred (one week – two weeks). We also must receive cancellation notice in writing; email, written note, fax, etc. Deposits paid before cancellation are non-refundable and a portion of the paid fee may not be refunded based on how late a cancellation request is placed. Certain events may have specific cancellation policies.

Can Brother, Mother, Aunt, Uncle, Grandma Attend?

Yes, however most events/activities require that the additional participant is registered for Adventure Guides.

When will events be cancelled?

Events may be cancelled due to low enrollment and are typically cancelled one to two weeks before the activity. Full refunds are issued for any participants that are enrolled in a cancelled event.

