



YADVENTURE GUIDES™

We build strong kids, strong families, strong communities.



a YMCA family program designed for a parent and his/her 5-12 year old child(ren)

➔ **Our Motto:** Friends Forever

➔ **Our Belief:** “The best thing you can spend on your child is ... YOUR time.”

➔ **Who We Are:** The Lakewood YMCA Adventure Guides, also known as, The Lake Trail Nation. We are a group of about 40 families with over 100 members. Our members include single and married parents, grandparents, neighbors, and of course, the kids we care about!

➔ **Why We Do It:**

Provide opportunities where parents and children can spend enjoyable, constructive time together
Foster companionship, understanding: a foundation for lifelong friendship between parent/child
Build a sense of self-esteem and personal worth in both parent and child
Create great life-long memories, develop new friendships, and to have FUN!

➔ **What We Do:** The more you participate in Adventure Guides, the more you get out of it! You and your child choose the events that you wish to attend! Some of our recent activities have included:

Tent Camping, Halloween Party, Moon Rock Bowling, Holiday Party, Game Night at the Y, Induction Camp out in the Metroparks, Pinewood Derby, Marching in the Lakewood July 4th Parade, Camp Y-Noah, Pool Parties, Hiking, Biking, Camp Fitch (Winter campout!), Rock Climbing, Tobogganing, Horseback Riding, Overnight at the Cleveland Zoo, Craft Workshops, Picnics, Camp Out at Findley State Park

➔ **How It Works:** In the YMCA Adventure Guides program, your journey as parent and child occurs within the context of a small “Circle” of parents and children – usually 10 to 20 people. A Circle is usually comprised of kids who are the same sex and approximate age (For example, 6-8 year old girls and their parents). Grouping the kids this way helps to ensure similar interests among the kids. Adventure Guides (parents and children) meet in circles once a month.

You, along with other adults within your Circle, will plan your Circle’s activities (e.g. Maple Sugar Farming, A Visit to NASA, Movie Night, Putt-Putt Golf, Canoeing ...Whatever you decide!) You can also host a Circle event at your home (e.g. Crafts, Baking, Cook-Out, the Sky is the Limit!)

You are also invited to participate in the Nation Events where all of our Circles get together. We currently have 6 Circles in our Lake Trail Nation. Our Nation adventures (e.g. Camp Fitch, Cleveland Zoo Overnights, Moon Rock Bowling, Pinewood Derby, etc) occur each and every month.

➔ **How You Can Help:** We encourage parents to become involved as a member of our Planning Council, also known as the Longhouse. We need YOUR talents for: Planning our calendar of events, Leading one of our Circles, Organizing a Nation Event, Fundraising, Recruiting, Developing our Website, Volunteering and more...

➔ **For Further Information:** Please call Mark Edwards at the Lakewood YMCA at (216) 521-8400 or Nation Chief, John Levis at (216) 529-9345.