



2010-2011 Saddleback Valley Activities Calendar

Expedition	September	October	November	December	January	February	March	April	May	June
Big Thunder Spirit	Catalina	Caspers	Camp Out	Holiday Dance	Wild Animal Park	Roller Skating	Cedar Lake	Joshua Tree	San Mateo	Campland
Broken Arrow	Camp Surf	San Mateo	Midway	PI Bowling	Pinewood Derby	Camp Oakes	Caspers	Adventure Camp	Angels Game	San Clemente
Friendly Spirit	Lake Mission Viejo	Angels Stadium	San Mateo	Holiday Dance	Bowling	Discovery Science	Camp Oakes	Caspers	Circle Event	Family Camp
Magic Spirit	O'Neil	LA History Museum	San Mateo	Holiday Dance	Bowling	Cedar Lake	Discovery Science	San Clemente	Camp Surf	Fiesta Island
Rising Son	Camp Surf	O'Neil	Caspers	Day Event	Train to San Diego	Winter Camp	El Portero	Joshua Tree	Beach Camp	Campland
Shining Spirit	Camp Marsten	Del Mar Beach	El Portero	Holiday Dance	Train to San Diego	Bowling	Snow Camp	Calico	Yucaipa	Campland
Soaring Spirit	Camp Pendleton	Angels Stadium	O'Neil	Holiday Dance	Bowling	Camp Oakes	Midway	Irvine Camp	Campland	Day at the Y
Trail Blazers	Catalina Two Harbors	Paintball	Joshua Tree	Hockey Game	Amusement Park	Winter Camp	K1 Speed Car Racing	Ocotillo Wells	Ken Valley	Angels Game
Trail Mates	Ortega Oak	Haunted House OC Park	Boomers!	Rose Parade Float Decorating	Dinner Theater	Gaty Center/ UCLA tour	Beach Clean Up/ BBQ	Hollywood Hills	Camp Pendleton	Picnic
White Eagle	Padres Game	Caspers	Sea World Overnight	Broomball	Motorcross	Camp Oakes	TBD	Indian Hills	Wild Animal Park	Beach Camp

Events may change due to venue availability

ADVENTURE GUIDES

A Parent/Child Program for Kids K-6th Grade!



ymcaoc.org
YMCA of Orange County
We build strong kids, strong families, strong communities.

SADDEBACK VALLEY FAMILY YMCA

27341 Trabuco Circle | Mission Viejo, CA 92692 | (949) 859-9622

Serving: Lake Forest, Mission Viejo, Rancho Santa Margarita and surrounding areas



ADVENTURE GUIDES

• What is the Y-Adventure Guides Program?

Developed by the YMCA to help strengthen family relationships, the Y-Adventure Guides experience enables parents and kids to have fun while sharing new adventures and learning about each other.

Participants are organized around neighborhood groups, "Expeditions," for meetings and special events. Participation in the Expeditions encourages a commitment for both parent and child to spend time together away from the distractions of work and home. The program year runs September through June, but join at any time!

Children develop positive skills and patterns that will serve them well in adolescence and adulthood, while participants build friendships that will last a lifetime.

• What do the Y-Adventure Guides do?

We meet monthly in a designated member's home, in which a loosely structured agenda encourages each child to participate. These meetings typically include a craft, game, snack, and various awards and reports. Each month multiple groups combine in order to host activities and events such as: a local campout at the beach or the mountains, sporting events, a community service project, or a quick day event such as bowling or fishing. The back of this brochure lists a tentative schedule of activities.

• The Y-Adventure Guides program will:

- Foster companionship and understanding and set a foundation for positive, lifelong relationships between parent and child.
- Build a sense of self-esteem and personal worth.
- Expand awareness of spirit, mind, and body.
- Provide the framework to meet a mutual need of spending enjoyable, constructive, and quality time together.
- Enhance the quality of family time.
- Emphasize the vital role that parents play in the growth and development of their children.
- Offer an important and unique opportunity to develop and enjoy volunteer leadership skills.



• Register Today!

Registration begins June 14

YMCA Facility Members receive lower prices on program registration. To become a YMCA Facility Member, contact your local YMCA.

Registration Options

- Non-Facility Member

Allows you and your child to participate in the Adventure Guides program without being a YMCA Facility Member.

\$150 per adult

\$60 per child

- Facility Member

Provides full access to the YMCA facility, group exercise classes, pool, weight and cardio room, Free Kids Zone, and lower prices on YMCA programs. Payments for facility membership are monthly and in addition to program fees listed below.

\$30 per adult

\$30 per child

Additional Facility Membership Fee:

\$73/month for 2 adults & kids (fees may vary slightly by location)

* Monthly Events

Registration and payment for monthly events are separate from program fees and occur as you go through the year. This allows for flexibility in participation for monthly Expedition activities which range in cost from \$35 per family to \$150 per person depending on the event.

Scholarship program is available to qualifying families.

For more info please contact:

Terry Palhidai

(949) 380-3509

tpalhidai@ymcaoc.org

