



# Y-Guides/Princesses

A Parent/Child Program for Kids K-8th Grade!

**YMCA of Orange County**  
*We build strong kids, strong families, strong communities.*  
[www.ymcaoc.org](http://www.ymcaoc.org)

**SOUTH COAST YMCA**  
 29831 Crown Valley Parkway  
 Laguna Niguel, CA 92677  
 (949) 495-9622

## 2009-2010 South Coast Activities Calendar

Nation	September	October	November	December	January	February	March	April	May	June
Chumash Guides	Induction	Camp Marston	Family Event	Tribal Month	Pinewood Derby	Winter Camp	Day Event	Day Event	Catalina Island	Graduation
Laguna Princess	Induction	Camp Surf	PJ Bowling	Holiday Dance	Winter Camp	Tribal Month	Family Event	Day Event	Joshua Tree	Catalina Island
Miguel Guides	Induction	Catalina Island	Day Event	Tribal Month	Pinewood Derby	Winter Camp	Day Event	Joshua Tree	Day Event	Colorado River Trip
Spirit Princess	Induction/ Camp Surf	Ice Skating	Day Event	Holiday Dance	Kidnap PJ Bowling	Tribal Month	Spring Camp	Family Day Event	Catalina Island	Graduation
Sunshine Princess	Induction	Day Event	Fall Camp Out	Holiday Dance	Kidnap PJ Bowling	Winter Camp	Day Event	Spring Camp	Catalina Island	Graduation

Events may change due to venue availability

### The Y-guides and Princesses 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.



# Y-Guides/Princesses

## • What is the Y-Guides/Princesses Program?

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

Y-Guides	Fathers/Sons	K-3rd
Y-Princesses	Fathers/Daughters	K-3rd
Y-Maidens	Mothers/Daughters	K-3rd
Y-TrailBlazers	Fathers/Sons	4th-8th
Y-TrailMates	Fathers/Daughters	4th-8th
Y-TrailMaidens	Mothers/Daughters	4th-8th

Participants are organized around neighborhood groups or common interests for meetings and special events. Participation in the program 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-Guides/Princesses do?

We meet monthly in a designated member's home, in which a loosely structured agenda encourages each child to participate. These Tribe meetings typically include a craft, game, snack, and various awards and reports. Each month multiple Tribes combine to create a Nation 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 for the Nations from our branch.



## • Become a YMCA Member Today!

A YMCA Membership and payment of the Y-Guides/Princesses Program Fee are required. We offer two kinds of memberships to fit the need of your family.

### Family Facility Membership\*

\$70/month for 2 adults & kids

Full access to the facility, pool, cardiovascular center, group exercise classes, weight room, lower rate for sports programs, swim classes and more. Let the kids play in the Kidzone while you work out; included with this membership!

### Family Program Membership\*

\$90/year for the family

Participation in our programs such as swim classes, Y-Guides/Princesses and sports classes. No facility usage.

Program Fee	Register June-July 31, 2009	Register Aug 1-Sept 30, 2009	Register Oct 1-End of Season
Family Facility Membership	\$25 per person/ per program	\$30 per person/ per program	\$37 per person/ per program
Program Membership	\$50 per person/ per program	\$60 per person/ per program	\$75 per person/ per program

### Nation Monthly Activities\*

Paying for events as you go through the year allows for family flexibility in scheduling. Nation activities can range from \$35 per family, to \$150 per person depending on the event.

\*Scholarship Program available to qualifying families.

### For more info please contact:

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