



YMCA
We build strong kids,
strong families, strong communities.

JOIN TRAILMATES!

Want to keep the Y-Princess magic alive after graduation? The YMCA Trailmates program is thriving and ready for you and your daughter!

Continue the quality father-daughter experiences that made the Princess program so rewarding. The Trailmates program has allowed us to stay connected with our daughters as they grow older, have a positive influence, and continue creating the memories that will last a lifetime.

We understand that our older girls are at a different stage of development:

- They want more independence and responsibility
- They are ready for more challenging events
- They are busier with school and extracurricular activities
- They are beginning to separate from their parents and seek the company of friends

The Trailmates program acknowledges these facts by lowering the time commitment (no monthly meetings!) and providing activities that are more interesting to older girls, many of them one-day events.

Upcoming Events:

- Camp Surf
- Ortega Oaks
- OC Park
- Boomers
- Rose Bowl Float decorating
- Dinner Theatre
- Getty Museum and UCLA
- Beach Clean up
- Hollywood Hills
- Camp Pendleton
- Doheny Beach

The Trailmates of the Running "Spirit" Expedition welcome you! Founded by several dads in 1998, the nation now has over 60 active families.

The Running "Spirit" Expedition consists of families from the Saddleback Valley YMCA and South Coast YMCA! You will be able to join a Trailmates circle with Princess families you already know!

If you have additional questions, please contact **Terry Palhidai** at tpalhidai@ymcaoc.org or (949) 380-3509.



**Keep the magic alive!
Join Trailmates!**

