



# 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)

**BEACH CITIES YMCA**  
 180 Avenida La Pata, Suite 100  
 San Clemente, CA 92673  
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## 2009-2010 Beach Cities Activities Calendar

Nation	September	October	November	December	January	February	March	April	May	June
Doherty Princesses	Induction	Catalina Island	Kidnap Bowling	Holiday Dance	Day Trip	Winter Camp	Swallows Day Parade	Spring Camp	Day Event	Graduation
Juanero Guides	Induction	Catalina Island	Day Event	Angel Stadium Sleepover	Kidnap Bowling	Winter Camp	Pinewood Derby	Spring Camp	Day Event	Graduation
Pawnee Princesses	Induction	Catalina Island	Turkey Shoot	Holiday Dance	Day Event	Winter Camp	Swallows Day Parade	Spring Camp	Kidnap Bowling	Graduation
San Clemente Guides	Induction	Fall Campout	Day Event	Angel Stadium Sleepover	Day Event	Winter Camp	Pinewood Derby	Spring Camp	Camp Surf	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

### Y-Guides/Princesses Program Fee

\$30/person, with Facility Membership  
\$60/person, with Program Membership

### 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.

### For more info please contact:

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