



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WELCOME TO Y GUIDES!

Parent-Child Programs Orientation

MEREDITH MATHEWS EAST MADISON YMCA

WHAT IS Y GUIDES?

The Y Guides and Westerners programs build strong family relationships through fun outdoor activities.

Y Guides is a parent-child program for kids in kindergarten through third grade (ages 5-9). Westerners continues the program for kids in fourth through 8th grades.

Parent-child pairs participate in activities with other parents and kids in circles. Y Guides and Westerners go on three YMCA camp-outs a year, race cars in a pinewood derby, go to Mariners and Sounders games, as well as many other activities with the YMCA and independently.

HOW CAN I FIND OUT MORE INFORMATION?

Join us for an orientation to the program! Learn about joining or creating a circle and registering in the fall.

When: Wednesday, July 9th at 6:30 PM

Where: Meredith Mathews East Madison YMCA in the Youth Development Center (second floor)

Please contact **Riley Dignam** with questions about the program or to RSVP to the orientation at rdignam@seattleyymca.org or (206) 322-6969.



WHY JOIN Y GUIDES?

"The Y Guides camp outings have been a highlight for my son Will over the past two years. **He gets more excited packing Thursday night for the trips than he does Christmas morning.** They are great experiences he will always remember." *Chris, Jumping Jellyfish circle*

"**The memories my four kids and I have over 15 years in the program are priceless:** campfires on the beach at sundown at Camp Orkila, horseback rides and bows and arrows at Miracle Ranch, cold nights burning our socks by the stove at Lake Wenatchee...the stories will live forever. All the "dad and me" activities that we thought up, some with prior planning and some on the spot were just **quality time with my kids and some new and old friends.** I am indebted to the YMCA for making this a valued part of our lives!" *Bob, Awesome Otters circle*

"The two highlights, among many, for my son, were hanging out with me at the pond as he sought out various critters and going to the top of the big swing. My daughter's highlight was sleeping on the beach under the stars and being awoken by deer a few feet from our heads around 3:30am. **They, and I, will never forget the weekend.**" *Brian, Growling Grizzlies circle*

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Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.