



ABOUT THE Y

The Y is a nonprofit organization that makes accessible the support and opportunities that empower people and communities to learn, grow and thrive. With a focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves the nation's health and well-being, and provides opportunities to give back and support neighbors.

FINANCIAL ASSISTANCE

Y membership is open to everyone. Financial assistance is available through generous donors to our Community Support Campaign. For a confidential application, stop by the Y or download one at www.nwymca.org

NORTHWEST YMCA

20803 Alves Drive, Cupertino CA 95014 | 408 257 7160 | nwymca.org

REGISTRATION INFORMATION

Registration Opens:

August 1, 2011

Program Dates:

September – May

Fee:

\$125 per parent/child pair*

\$85 per additional child*

*A current \$25 program membership fee, good for one year, is required.

For more details:

Dara Meinert

408-351-2418

dmeinert@ymcasv.org



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LEARNING VALUES THROUGH ADVENTURES

Adventure Guides and Trailblazers
NORTHWEST YMCA

LEARN MORE

NORTHWEST YMCA ADVENTURE GUIDES AND TRAILBLAZERS

Adventure Guides launches parents and children in kindergarten through 6th grade on a journey of discovery, with your child as the explorer and you as the guide. You'll enjoy group activities such as games, crafts, songs, stories, skits, ceremonies, and outdoor fun such as camping, hiking and swimming. If a parent cannot participate, a guardian or an adult family member is encouraged to participate.

EXPEDITION

At Northwest YMCA, our program is made up of four Expeditions, or large groups: Atlantis (father/daughter); Northstar (father/son); Y-Maidens (mother/daughter); and Trailblazers (father/son or daughter). Throughout the year, Expeditions get together for a variety of fun activities and events, such as overnight camping, kite flying, parties, ice skating, and other excitement.

From September through May, you'll meet with other parent/child pairs in smaller groups called Circles. Circles are made up of 4 - 12 pairs from the same school, grade and/or geographical location.



ATLANTIS

Father/Daughter Pairs

K - 3rd Grade

From September through May, six-to-eight pairs of father/daughters meet in groups called Circles. Circles meet once a month for 60-to-90 minutes. You'll discuss recent experiences, future plans and activities, and participate in an activity or fun craft project to take home. Then you'll have a light snack.

NORTHSTAR

Father/Son Pairs

K - 3rd Grade

From September through May, six-to-eight pairs of father/sons meet in groups called Circles. Circles meet once a month for 60-to-90 minutes. You'll discuss recent experiences, future plans and activities, and participate in an activity or fun craft project to take home. Then you'll have a light snack.

Y-MAIDENS

Mother/Daughter Pairs

K - 3rd Grade

From September through May, six-to-eight pairs of mother/daughters meet in groups called Circles. Circles meet once a month for 60-to-90 minutes. You'll discuss recent experiences, future plans and activities, and participate in an activity or fun craft project to take home. Then you'll have a light snack.

TRAILBLAZERS

Father/Son or Daughter Pairs

4th - 6th Grade

Trailblazers participate in age-appropriate activities with their father to explore the community, discover geography, and engage in unique events through small group meetings or larger program-wide activities that are challenging, rewarding and enjoyable.

Trailblazers activities may include camping and ocean kayaking, ice skating, model rocket launch, orienteering outing, going to a professional baseball game, white-water rafting, or a year-end camping weekend. These activities are in addition to individual events planned by the smaller Circle groups.



WAHOO PATHFINDERS

Father/Son or Daughter Pairs

7th - 12th Grade

Wahoo Pathfinders are alumni of the Trailblazers program, who join in Trailblazer activities and can offer ideas for new events that are challenging, rewarding and enjoyable for everyone.

ADVENTURE GUIDES

Parent-child programs are among the oldest programs at the Y. In YMCA Adventure Guides, you and your child can spend one-on-one time, sharing experiences that lead to a better understanding of each other and a closer relationship. Participating in planned activities with groups of other parents and children, you'll guide your child through a variety of experiences to help them reach their full potential. And you'll grow, too. Your child will learn leadership skills and make new friends. Together, you'll build lifetime bonds and create lasting memories.



PARENT CODE OF CONDUCT

In keeping consistent with the Y and Adventure Guides and Trailblazers program goals and objectives, I hereby pledge to provide positive support, care and encouragement for the children and families in the Adventure Guides and Trailblazers programs by following this Code of Conduct:

- I will strive to meet the goals and objectives of the Adventure Guides program.
- I will model and teach the Y core values—caring, honesty, respect and responsibility.
- I understand the commitment of the YMCA of Silicon Valley.
- I will follow the Adventure Guides program standards.
- I will help ensure a safe and healthy environment for my child to participate.
- I will provide support for Expedition Navigators, Circle Leaders, and the Y staff working with my child to provide a positive and enjoyable experience for all.
- I will demonstrate positive role modeling through behavior, actions and activities.
- I will support a drug-free and alcohol-free environment for my child and agree to prohibit their use at all events and activities.
- I will support a smoke-free environment at all Circle and Expedition activities and outings.
- I will encourage my child to treat other participants with respect regardless of race, sex, creed or ability.
- I will help provide proper supervision for all children.
- I will report anyone violating this Code of Conduct to the Expedition Navigator, appropriate level Y Supervisor, or the Y Association Office.

↓ REGISTRATION FORM

Complete and return the registration form to Northwest YMCA by mail or in person. If paying by check, include your payment, payable to Northwest YMCA, with your registration form. If paying by credit card or cash, bring your payment with you when you register in person. (Make one payment per family.)

PROGRAM: Please check one

- ☐ Atlantis, Grades K-3 (Father/Daughter) ☐ Y-Maidens, K-3 (Mother/Daughter)
☐ Northstar, Grades K-3 (Father/Son) ☐ Trailblazers, 4-6 (Father/Son/Daughter)

Name of Circle _____

Child's Name _____ Sex: M F

Birthdate ____/____/____ Child's T-shirt Size S M L XL XXL

Grade K 1 2 3 4 5 6 School Attending _____

Child's Name _____ Sex: M F

Birthdate ____/____/____ Child's T-shirt Size S M L XL XXL

Grade K 1 2 3 4 5 6 School Attending _____

Child's Name _____ Sex: M F

Birthdate ____/____/____ Child's T-shirt Size S M L XL XXL

Grade K 1 2 3 4 5 6 School Attending _____

Parent/Guardian Name _____

Adult T-shirt Size M L XL XXL XXXL

Address _____ City/Zip _____

Home Ph. _____ Day/Cell Ph. _____

Email _____

REGISTRATION FEES (Financial assistance available)**Fee x Qty = Total****Parent/Child Program Fee**

Includes fee and materials for parent/child pair

\$125

Additional Child Program Fee

Includes fee and materials for additional child in program

\$85

Program Membership Fee

One participant must have a valid Facility or Program Membership

\$25

TOTAL**PAYMENT INFORMATION****Paid by:** Check Credit Card **Check #** _____**Credit Card Info:** MasterCard Visa Discover American Express

Name as it appears on card _____

Card # _____ Exp. ____ / ____

Signature _____

MEDICAL INFORMATION AND CONSENT

Child's Name _____

Parent/Guardian Name _____

Address _____

City/Zip _____ Day/Cell Ph. _____

Physician _____ Physician's Ph. _____

Physician's Address _____

Preferred Hospital _____

Dentist _____ Dentist's Ph. _____

Dentist's Address _____

Medical Insurance Co. _____

Policy # _____

Allergies _____

EMERGENCY CONTACT

Name _____ Relation _____

Home Ph. _____ Cell Ph. _____

Name _____ Relation _____

Home Ph. _____ Cell Ph. _____

Name _____ Relation _____

Home Ph. _____ Cell Ph. _____

ADULT'S AUTHORIZATION

Medical Release: The information provided is correct to the best of my knowledge, and the person described has my permission to engage in all prescribed activities, except noted by me. In the case of sickness or accident, I hereby give permission to the medical personnel selected by Northwest YMCA representatives to order x-rays, routine tests, treatment, dental work, and necessary transportation for the recipient at my expense. In the event that I cannot be reached in an emergency, I hereby give permission to the physician selected by Northwest YMCA representatives to secure and administer treatment, including hospitalization. This form may be photocopied for use away from the main program site.

Photo Release: All photos that are taken may be used for promotional purpose.

Parent Code of Conduct: I have read and understand the Adventure Guides and Trailblazers Parent Code of Conduct. I am fully aware that failure to support this Code of Conduct will jeopardize my participation in the Northwest YMCA Adventure Guides and Trailblazers program.



Parent/Guardian Signature _____

Date _____