



# Adventure Guides



**YMCA**  
Registered Charity No. 243044

# Programme Booklet



nottsymca.com  
0115 978 5809



# What is YMCA Adventure Guides?

YMCA Adventure Guides is all about strengthening the bonds between parents, especially fathers, and their children. Families enjoy weekend camping expeditions and monthly activities, spending quality time together.

You'll plan your own shared adventures and experiences in tightly-knit groups. We call these groups 'circles'. Circles are member led. You will plan expeditions and take part in activities together with the other members of your circles.

You can join a circle or form your own. Whichever circle you choose, you'll get chance to meet all the other Adventure Guides on some of the expeditions we hold throughout the year.



## Where it came from...

The Adventure Guides started as a YMCA programme in the USA over 40 years ago. The Father and Son Y-Indian Guide Programme was developed to support the father's vital family role as teacher, counsellor and friend to his son. The program was initiated by Harold S. Keltner of the St. Louis YMCA as an integral part of association work. In 1926 he organised the first Y-Indian tribe with the help of his friend, Joe Friday, an Ojibwa Native American. Inspired by his experiences with Joe Friday, who was his guide on fishing and hunting trips to Canada, Harold Keltner initiated a program of parent-child experiences that now involves a quarter of a million children and adults annually in the YMCA.

Nottinghamshire YMCA is the only YMCA in the UK to run the programme, now tailored to suit the needs of families from all walks of life, mothers, sons, fathers and daughters. With funding from The Big Lottery in 2016 we set up circles in four areas across Nottinghamshire. We are expanding every year, reaching more and more families and creating more and more circles.



## The Reason Y

All of our programmes for children, young people and families are dedicated to the positive development of young people, held in safe environments where they can learn and experience exciting activities, creating memories which will last a lifetime.

YMCA Adventure Guides is a programme that not only provides adventure, excitement, and opportunities for learning new skills,

but also encourages family bonding and provides dedicated time for families to spend together on a regular basis. As well as parent-children bonding, YMCA Adventure Guides circles also create communities across Nottinghamshire, with families from all walks of life interacting and sharing experiences together.

Nottinghamshire YMCA's passions are youth development, healthy living and social responsibility which are encompassed by all of our many programmes. Our Core Values are Caring, Honesty, Respect and Responsibility and these are the threads which run through everything we do.

# How to join/set up a YMCA Adventure Guides circle

You'll plan your own shared adventures in tightly-knit groups called 'circles'. Your circle is there to provide structure and a sense of community. There are many reasons you can form your specific circle, it could be based on location, the school that your children attend, specific interests etc. These are the steps that you need to follow to create your own circle:

**1. Contact the YMCA Adventure Guides team** - our team consists of the Adventure Guides Manager and the Adventure Guides Officer.

**2. Register as a family** - complete the YMCA Adventure Guides Release Form and Waiver and send it back to the team. When this is done, you can set up your monthly membership payment as a standing order.

**3. Introduction to your local circle (existing or new)** - this introduction will be set up by the YMCA Adventure Guides team and will take place during a circle meeting. After the introduction has taken place, you are part of your new circle and can communicate directly with other members!

**4. Decide your role** - everyone in your circle has a unique volunteer role and you can choose your own. Roles will be picked during a circle meeting, where responsibilities will be assigned. Here are some examples of circle roles:

### Circle leader

Forms the circle, organises the meetings and leads activity discussion.

### Circle navigator

Keeps everyone in the circle up to date. When an activity is decided, the circle navigator books the activity with the YMCA team.

### Circle treasurer

Collects expedition fees and manages any collections.

### Circle member

Everyone is a member, plan expeditions, run activities, take part!

**5. Plan circle activities** - it will be up to your circle to decide on activities and expeditions that you would like to do. You can organise these in face to face meetings, in a private Facebook group, or even a WhatsApp group. No matter how you do it, communication is important! When you have decided some activities that you would like to do as a circle, it's time to...

**6. Contact the YMCA Adventure Guides team (again!)** - tell the team the activities that you would like to book and when. The team will assist you with the organisation, booking, payment and admin of all activities.

**7. Go and have fun!**



# Running a circle activity

Together in your circles, you will decide on, organise, and take part in monthly meetings, expeditions and camping weekends.

## Types of circle activities

There are three types of circle activities that you can organise, with the help and guidance of the YMCA Adventure Guides team. These are:

**Meetings** - meetings happen every few months and are YMCA led. Meetings give you a chance to discuss the admin and organisation of expeditions, they are also an opportunity to greet new members into a circle.

**Expeditions** - expeditions include any activity run by Adventure Guides circles and can be anything from an evening of ten-pin bowling to a day trip to Cadbury's World. They can be as low-key or extravagant as you want and take place monthly. You can consult the YMCA Adventure Guides Activity Menu for ideas.

**Camping Weekends** - these are special family camping expeditions which take place over the course of a weekend, run by Nottinghamshire YMCA. Families camp out in tents and take part in exciting activities in the great outdoors. In the past, we have visited Holme Pierrepont, Walesby Forest, and Beaumanor Hall, but your circle can go anywhere you want! The YMCA Adventure Guides team will be on hand to help at each point of the organisational and booking processes.



## We are always here to help

We're here to help members of Adventure Guides circles to organise expeditions. As well as promotions, admin, and bookings, so that you never have to feel under pressure. As a member of Adventure Guides, you will have exclusive access to camping weekends, as well as the exclusive Adventure Guides Activities Menu.



# Circle Expeditions

Circle expeditions are held monthly and can be any activity that circle members do together.

## Sample circle expedition outline

your circle expeditions could look something like this...



### Travel to location

You can meet beforehand and travel together, or you can arrange to meet at the activity location at a specific time.

### Meet at location

All Circle Members meet at the location of the circle activity at a specified time. The Circle Navigator will take a roll call or register. The Circle Leader will then announce the plan for the day.

### Activity takes place

Families are encouraged to enjoy the circle expedition at their leisure, taking time to fully enjoy the day!

### Meet at the end of the day

All Circle Members meet again at the end of the day, when the travel time home has been agreed. The Circle Navigator takes another roll-call, and the Circle Leader announces the end of the expedition.

### Travel home/end of expedition

All circle members travel home.

# Camping Weekends

Camping weekends are held throughout the year, for all circles across Nottinghamshire.

**Adventure Guides**  
**YMCA**

### Sample camping weekend outline

A camping weekend could look something like this...

- Set up camp**  
Adventure Guides will meet on the Saturday morning at the camping destination and set up camp together, pitching tents and arranging our camp site.
- Saturday activities**  
Families will get to take part in a range of exciting outdoor activities, which could be anything from kayaking to a sky trail to den building. We will take part in two exciting activities through the day. In the evening, we have dinner together, cooked by members of each circle. After this, we get together around a camp fire to tell stories and toast marshmallows. This is also family and free time, where you can relax and have time to yourself.
- Sunday activities**  
After a group breakfast on Sunday morning, we take part in two more exciting activities all together.
- Going home**  
After the activities in the morning have taken place, we meet up for some lunch, then we start packing away our tents and camping equipment.  
When everything is packed away, its time to say goodbye and head home.

**AG** The Meadows YMCA Adventure Guides

sarah: What do you lot want to do for an expedition next month?

david: What about Clip n Climb? My kids have always wanted to go there!

sarah: That sounds like a great idea. I'll get in touch with the AG team about booking the trip when I have an idea of numbers.

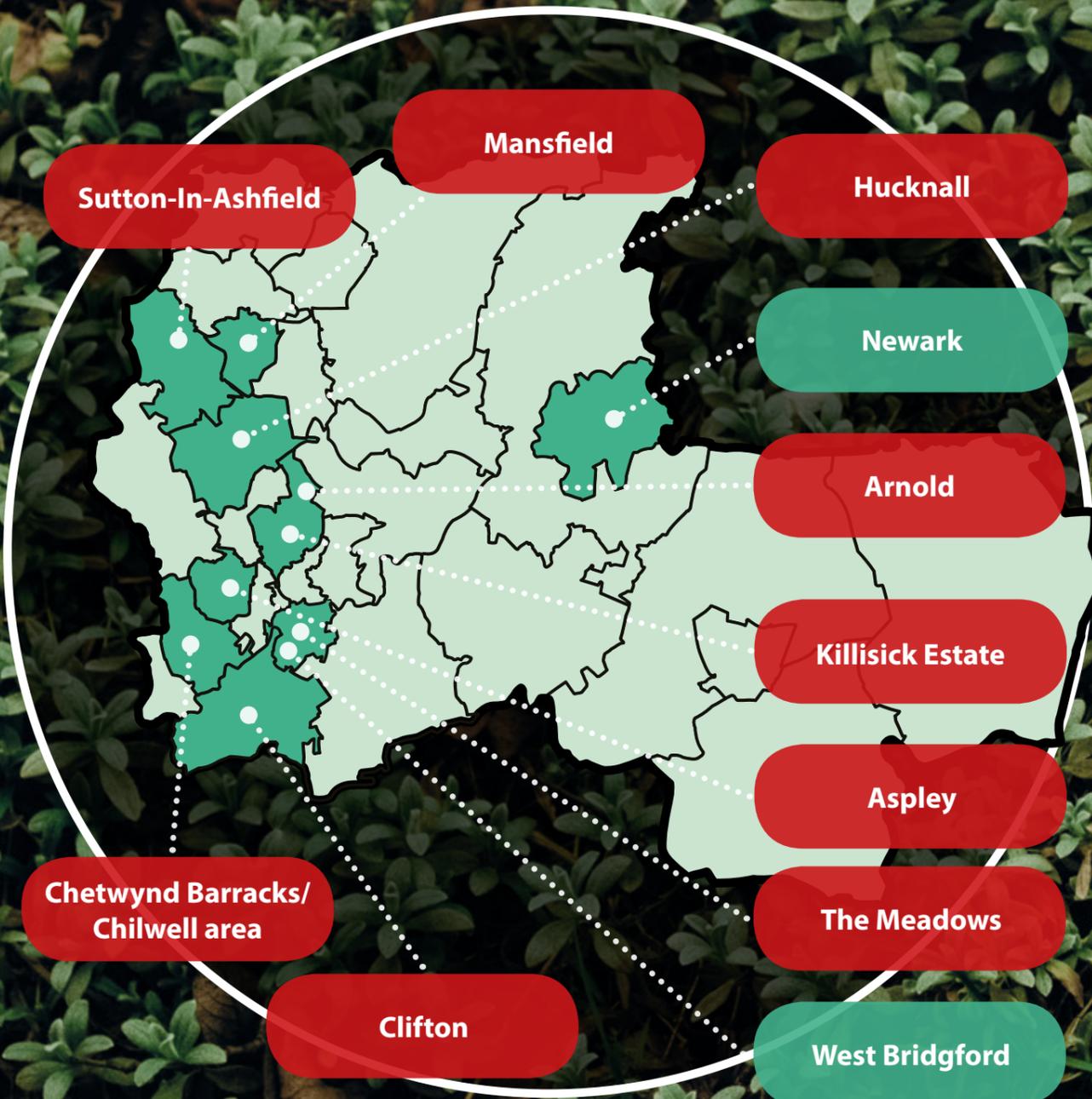
robert: Yes this is great! Count us in!!

ellen: Fantastic idea. What date works best for everyone? I propose the first weekend of May.

sarah: That works for us

# Membership

Nottinghamshire YMCA is expanding the Adventures Guides programme each year. Here are some of our circles:



**You can join a circle or create a new one anywhere in Nottinghamshire!**

# Prices

Thanks to Big Lottery Funding, circles in these **RED** areas (see map) can join the programme at a reduced membership rate. The programme follows a membership style and within this monthly membership you gain access to a menu of activities, Nottinghamshire YMCA staff support to help run activities, and access towards three summer camping expeditions. See below for a breakdown of the membership fees:



Fee Type	Circle	Pricing
Monthly Membership	Parents + 1 child	£15
Monthly Membership	Parents + 2 children	£20
Monthly Membership	Parents + 3 children or more	£25
Activity fee		Dependant on type of activity

Your monthly payment goes towards the sustainability of the Adventure Guides programme and your circle, as well as access to our three camping weekends (refreshments, meals, activities and YMCA support) and the Adventure Guides Activity Menu.

You will also receive a YMCA Adventure Guides welcome pack, including Adventure Guides pens, t-shirts, badges, stickers and a drinks bottle to take on your expeditions, as well as all of the following advantages:

- Staff support for booking activities
- Sense of community within circles
- Group led, hassle free activities
- Dedicated monthly family time
- All paperwork included
- YMCA support for circle meetings
- Chance to try new activities
- £10 towards any activity chosen or refreshments
- Promotional materials for recruitment of families
- Training for circle leader – first aid and safeguarding training
- Dedicated Adventure Guides staff contact at any time
- Three basic camping weekends a year

# Why become an Adventure Guide

**So why would you want to be a YMCA Adventure Guide?  
Here are some reasons...**

## Having fun

The awesome Adventure Guides activities and expeditions that you plan will create memories that will last a lifetime, as you have lots of fun as a family. Having fun together as a family is the most important part of Adventure Guides.

## Spending time together

Focusing on the quality time that you spend together as a family is sure to help to build your family bonds. Adventure Guides expeditions are dedicated time each month to spend with your family that are easy, hassle free, and unforgettable!



## All of our support

You will receive dedicated support from our experienced YMCA team to help you create and run your circles. We will assist you at every stage from booking activities to organising expeditions, and managing payments and admin. As a member of YMCA Adventure Guides, you and your family will have exclusive access to our camping weekends, the Adventure Guides Activity Menu (including supplemented cost and booking instructions), extra YMCA resources, and training (i.e First Aid)



Next, branch out and explore your larger community. Discover what your community has to offer—this will help you plan circle adventures and decide on circle or Expedition projects. Participate in community fairs. Participate in fact-finding information about the community. Attend a museum, local attraction, or speak to leaders in the community. Explore the cultures and backgrounds of your fellow circle members and others in your community.

## Participating in your community

Begin by building your circle community. Then develop community within the circle. Learn the names and nicknames of your circle's members, as well as something about their character and interests. Elect members that fulfill all circle responsibilities.

# Getting started

To get started, all you need to do is contact the Adventure Guides team.

Email - [adventure@nottsymca.org](mailto:adventure@nottsymca.org)

Call - 0115 978 5809

## The Adventure Guides Cycle

Being an Adventure Guides member and taking part in a circle is easy, just follow these simple steps:



Join a  
circle  
today!



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