

**YMCA**  
Registered Charity No. 243044



# Adventure Guides

**YMCA**  
Registered Charity No. 243044

**friends  
forever**

**parent  
& child**

**seek  
adventure**

# Join a circle today!

**0115 978 58 09**  
**nottsymca.com**

**Adventure Guides is about strengthening bonds between parents and children. You will enjoy shared adventures like weekend camping expeditions, day trips, craft, sport activities and much more! You'll plan your own shared adventures and experiences in tightly-knit groups. We call these groups 'circles'.**

Spending quality time with your children will help to build a strong bond of trust and memories that will last a lifetime.

You can join one of our circles in Newark or West Bridgeford, or you can start your own circle, it's easy. Contact us to find out how.



**Call:**

0115 978 5809

**Email:**

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