



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

La Jolla Family YMCA Adventure Clubs FAQ's

General Program Information:

1. What is the Adventure Clubs program?

Adventure Clubs are for one parent and their children that are in K – 4th grade. This program is dedicated to building lifetime bonds between parents and their children through the events in which they participate. Weekend events strive to build character and demonstrate values.

2. What is the time commitment? Do I have to attend all of the events/campouts?

The time commitment can be whatever you make it. You can attend as many events/campouts as you want with your Club. However, the more you participate, the more that you and your child will benefit from the program. If you would like to be more involved you can arrange to be the Navigator of your Circle. For even more involvement, you could eventually be an Expedition Navigator in which case the time commitment is more elaborate.

3. What is an Expedition? What is a Circle?

The Adventure Clubs program is broken into 2 large father/child Expeditions (Aloha and Kumeyaay) and 1 mother/child Expedition (Ohana). The Circle is your Adventure Club family. A Circle is 10-15 parents and their sons or daughters. You will camp together, eat together and meet once a month outside the campouts.

The father/child Expeditions are comprised of approximately 250-400 participants each that are further broken down into Circles. Adventure Princess Circles are made up of dads and their daughters. Adventure Guide Circles are made up of dads and their sons. A dad that has a son and a daughter will be a member of a Guide Circle and a Princess Circle that camp next to each other. There are approximately 10-15 Circles in each of the 2 Dad Expeditions.

The mother/child Expedition is comprised of about 100 participants that are in the Y-Voyagers Circle (mom/daughter) or Y-Explorers Circle (mom/son). They camp together, eat together and meet once a month outside the campouts. A mom that has a son and a daughter will be a member of both the Y-Explorers and the Y-Voyagers.

4. What is an Expedition Navigator, Circle Navigator?

An Expedition Navigator represents the entire Expedition. They conduct monthly Expedition leadership meetings (Circle Navigator meetings). They are the main liaison with the YMCA and their Expedition and they are the Expedition's support and leader.

A Circle Navigator is delegated for each Circle within an Expedition to represent that Circle at Expedition leadership meetings, to make sure the information passed from the YMCA and the Expedition leadership reaches its members. Each Circle should, ideally, host an event each season and the hosting Circle Navigator shares the planning information at the monthly Expedition leadership meeting.

5. What is an Outfitter?

The Adventure Club Outfitter is the YMCA staff person that is responsible for group planning and reserving camps as well as working with and building relationships with each Expedition's leadership and members.



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6. Can I try out the program?

Yes, you can attend one campout without registering for the Adventure Clubs.

7. When does the season start and what is the time frame?

The season starts in September and runs through July or August. However, dads may join an Adventure Club mid-season if a Circle can be found for you and your child(ren). Moms may join any time of year. Club membership fees are not pro-rated.

8. How do I join an Expedition and a Circle?

If you know someone already in an Expedition and Circle, and their Circle has invited you to join them, you can register into that Circle. If you do not have a Circle affiliation, you would call/email the YMCA Adventure Clubs Outfitter at 858-453-3483 and a Circle would be found for you. Finding a Circle mid year can take a week or so.

Once you have an Expedition/Circle affiliation, download the membership forms from the La Jolla YMCA Adventure Clubs website -> under the Programs button at the top of the page, select Healthy Living and then Family Time. The Required Forms can be faxed/emailed/usps mailed back to the Outfitter.

9. How do I register for the events/campouts?

Go to lajolla.ymca.org and find your Club under the Programs button at the top of the page. Select Healthy Living and then Family Time. Select your club and find the event you are interested in.

REGISTER ONLINE

FAX –Download the registration form on the event site and FAX to the YMCA – 858-452-3761

SCAN/EMAIL –Download form, fill out and scan/email to the Adventure Club Outfitter.

USPS MAIL –make check out to YMCA of San Diego Count. Mail to: La Jolla YMCA registration, 8335 Cliffridge Road, La Jolla, CA 92037

10. Who do I contact with questions or more information?

Contact your Adventure Clubs department at 858-453-3483 or your Circle Navigator or Expedition Navigator.

Campout/Event Information:

11. What is included with the cost of an event/campout? What isn't?

The location/lodging fees, YMCA coordination & support of the event are included in the cost and possibly canoes, kayaks, boat transportation to island camps and possibly catering or food at cabin facilities. Not included are parking fees, and national park entry fees. You are also responsible for personal transportation, camping equipment, sundries, most campout food and other personal items. These included/excluded items are subject to change without notice.

12. What is the vest?

Leather vests are used to display all of the patches that you receive for attending campouts and different events. A vest can be purchased from a variety of vendors. Look for the 'Where to get a vest' document online. Check with your Circle regarding their personal regalia as some put patches on sweatshirts or other jackets or vests.

Y-Voyagers/Y-Explorers do not wear vests or get patches. They get event beads.



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13. What equipment do I need?

Registered participants will be emailed specific event information including directions to venue, site assignments, and any other required information during the week before the trip starts. Depending on whether or not the campout is in a tent or cabin, there are detailed packing lists on our website.

14. Is food provided?

Depending on the venue, some meals are included or catered. Otherwise you and your Circle usually will figure out who brings what or if you are all on your own for food.

15. How often will you meet with your Circles?

Circles generally meet once a month before a campout to get everyone together and build strength in your Circle. This is also a great time to get everyone excited about the upcoming Expedition event. Some Circles will have activities with just their Circle. Check with your Circle Navigator for your Circle activities and meetings.

16. What happens at a campout?

A campout generally is filled with activities on Saturday, like a black bear claw challenge event, a green bear claw event, perhaps some Circle competitions or hikes and an Expedition campfire. Bear claw challenges allow parents and their children to work together to earn a bear claw for their Adventure necklace. Sunday is usually Footprints, which is our closing ceremony, and then everyone packs up to leave.

17. Who is in charge at the events/campouts?

The Adventure Club Outfitter will attend most Adventure Guides/Princesses events. If an emergency should occur, contact the YMCA staff for help. The Expedition Navigator along with the Hosting Circle's Navigator are usually the contact point for activity information regarding each campout. Circles take turns hosting or planning the weekend Expedition events.

18. What is Adventure Club Day? a.k.a. opening day/recruitment day/info day

This is a YMCA event to welcome returning Club members and give new members an opportunity to check out the program. This event is designed to simulate the Expedition experience and help Circles and Expeditions grow and kick-off the new programming season.

19. If I am already enrolled should I attend Adventure Club Day?

Yes! This is your first official event of the year! It is a fun get together for all Expeditions to kick-off the new season, and it is a great way to recruit and introduce new members to the program.

Policies and Procedures:

20. What is the code of conduct?

The code of conduct is in place to make all YMCA Adventure Clubs participants aware of YMCA policies and hold them accountable to be respectful and behave properly.



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21. What is your cancellation policy?

Look for cancellation deadlines on individual event/campout flyers. Typically, for a *tent camping* event, we do not accept cancellations after the Monday before the event/campout that you are registered for. For a camp where there are cabins, boat trips, or catering, the cancellation date is likely much earlier and you should refer to your flyer for exact dates. No cancellations are accepted after the trip has occurred.

22. Do I need to be a member of the YMCA?

Having a family membership at the YMCA will save you 25% or more on your event costs and allows you to be an Adventure Club member for Free. You will also have all the benefits that the YMCA membership has to offer. However, you do not need to be a member of the YMCA to participate in Adventure Clubs.

23. Do I need to be a member of Adventure Clubs?

Yes, to participate in Adventure Club events you need to be an Adventure Club member, which requires *yearly* registration.

24. What are the ages to participate in the program?

Children should be 5 years old or in Kindergarten to start in the program. The Adventure Clubs programming is designed to be age appropriate for ages 5 years & older. The Trail Clubs programming is designed to be age appropriate for ages 9 years & older.

- 5 to 10 year olds or K-4th graders are members of the Adventure Guides/Princesses or Y-Voyagers/Y-Explorers.
- 9 to 14 year olds or 5th grade & up are appropriate for Trail Blazers or Trail Mates.

25. Can I bring my other kids on the events/campouts?

The computer will not allow event registration of non-Adventure Club members.

26. Can I bring a friend?

Yes, if another parent/child would like to try out the program, they can sign up for one campout without paying the Adventure Club registration fee. Registration must be through the Adventure Club Outfitter.

27. Can Dad be in Princesses & Guides? Can Mom be in Y-Voyagers & Y-Explorers?

Yes, dads who have a son *and* a daughter can register for both a Guide and a Princess Circle. Moms who have a son *and* a daughter can register for both an Explorers Circle and a Voyagers Circle. Expeditions are mixed with sons & daughters. We have brother/sister Circles. Dad/Mom belongs to both Circles; Brings both kids to events/campouts. Brother/Sister Circles camp next to each other.

28. What is the drinking/smoking policy at events/campouts?

It has always been the policy of the YMCA that no alcohol or smoking is allowed at any YMCA events. We have a zero tolerance policy regarding drinking/smoking. Anyone seen drinking or smoking at a YMCA Trail or Adventure Club event will be eliminated from the program permanently.



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29. What is the policy on bringing pets to an event/campout?

Pets are not allowed at events/campouts. Some parents/children may be afraid of dogs or allergic. Likewise, not all venues allow pets. Even the nicest pet may behave unpredictably in an unfamiliar situation.

Financial Information:

30. Why are there Y-member/participant prices?

The YMCA is a membership organization and all programs have pricing based on Y-member and participant standing. As an added benefit to YMCA Family members, the Adventure Clubs program conforms to this same model. It is free to belong to an Adventure Club if you are a YMCA member. Belonging to an Adventure Club is not the same as having a YMCA family membership

31. What is Annual Giving?

As a nonprofit organization, the YMCA must fundraise a certain amount of money each year. The money that your Circle and Expedition raise will allow children and families to participate in YMCA programs that they would otherwise not be able to afford. All of the money that is raised by your Circle and Expedition stays here at the La Jolla YMCA to help children and their families in your community. Participants in the Adventure Club program are also eligible for financial scholarships and the YMCA encourages families to apply.

32. What will this cost me? What do events/campouts cost?

The annual cost to join an Adventure Club is \$35 per person. The joining fee is waived if you currently have a family membership with the Y. The cost for campouts range from \$30 to \$280 per person depending on what type of camp it is and what is included. All events/campouts have benefit pricing for those in the club that also have a Y membership.

33. Is financial assistance available? How do I qualify?

Financial assistance offers you and your family the ability to participate as a Y member(s) and /or program participant(s) at reduced rates.

Submit the completed financial assistance application as well as the requested support documents to the member services staff at your YMCA. To determine the amount of your financial assistance, we use a sliding-fee scale based on your total household income and number of dependents. We will review the documents and notify you of your approval within three business days. Your information will be kept confidential. If you have questions or require additional clarification regarding the application process, please contact our Membership Director. Web link to FA information and forms:

<http://www.lajolla.ymca.org/financial-assistance.html>