

FRIENDS FOREVER

The Lake Prairie Federation is a YMCA Adventure Guides parent-child program designed to help foster a lifetime of understanding and companionship and to strengthen the relationship between children and parents.

Parents and kids explore adventures of fun, learning and mutual understanding.

The immediate gain is evident—spending time together—but the long-term gains are even more significant. Not only will you build a solid foundation for a friendship that will last a lifetime, but you'll also be helping to build and develop a set of skills and patterns that your children will carry with them into adolescence and adulthood.



YADVENTURE GUIDES™

Lake Prairie Federation
YMCA Adventure Guides
P.O. Box 5304
Vernon Hills, IL 60061



HOW YOUR CHILDREN END UP HAS A LOT TO DO WITH WHERE THEY **START**



YADVENTURE GUIDES



What does the YMCA Adventure Guides program do?

As a member of Adventure Guides you will have the opportunity to develop a stronger relationship with your child and forge lasting friendships with other families. You and your child will become part of an "Expedition", which is a group of friends and neighbors from your geographical area that join together to participate in activities like games, camping trips, ceremonies and adventures. You and your child will embark on a journey of discovery and learning. Throughout this journey the Adventure Guide compass points— family, nature, community, fun and the YMCA character development values—will provide a sense of direction and inspiration for activities. Group activities foster leadership, problem-solving, group work skills and a sense of commitment to larger community—all of which reinforce the YMCA's pledge to build strong kids, strong families and strong communities.

YMCA Adventure Guides:

Fosters companionship and understanding and sets a foundation for positive, lifelong relationships between parent and child.

Builds a sense of self-esteem and personal worth.

Expands awareness of spirit, mind and body.

Provides the framework to meet a mutual need of spending enjoyable, constructive and high-quality time together.

Enhances the quality of family time.

Emphasizes the role that parents play in the growth and development of their children.

Offers an important and unique opportunity to develop and enjoy volunteer leadership skills.

Who participates?

YMCA Adventure Guides is for parents and their children, ages 5 through 12. The program has groups for girls (Princesses) and boys (Guides). Parent and child attend the program activities together with other parents and their children.

How to get involved

If you would like to learn more about the Lake Prairie Federation programs or to register please visit our web site at www.lakeprairie.org.

You can also reach us at 847-604-4107 or send us email at info@lakeprairie.org.

