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**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

**North Suburban YMCA Re-Launches Adventure Guides Program for
Enhanced Father-Child Connection**

Northbrook, IL – August 2013: The North Suburban YMCA is proud to announce that it is re-introducing the Adventure Guides for fathers and their children, beginning in August 2013. Known to older generations as Indian Guides and Indian Princesses, Adventure Guides is a national YMCA initiative that draws dads and their young children into social circles for campouts, projects, and other activities. The program will be launched at a free community cookout, “Party at the Y!” on August 8 from 6:00 to 8:00pm.

When NSYMCA Development Director Barb Flanagin learned that the Adventure Guides program at the McGaw Y in Evanston was looking for a new home, she immediately knew that the North Suburban Y would be a perfect fit. “We are so excited to bring Adventure Guides back to our Y,” she enthused. “Our membership has grown very rapidly in the past year, including many young families who will really love this program. I was in Indian Princesses with my father years ago, and it was always very special for us to have that time together.”

The modern Adventure Guides format provides three levels of involvement with flexible time commitments and a variety of activities. At the most local level, Adventure Guides Circles meet once or twice a month for small group outings and social time. Larger groups of 50-75 fathers, grouped by their children’s age, gender, and school district, come together for overnight Expeditions approximately three times a year at nearby campgrounds. The largest activities take place at the Federation level, with hundreds of participants attending events like the annual Balsawood Derby, Sweetheart Dance, and Lakefront Campout.

At the North Suburban Y, existing Adventure Guides Circles based along the North Shore will be joined by new Circles in other north and northwest suburbs. The existing groups include approximately 650

families. The programs will be coordinated by Dan Bulf, who previously managed Adventure Guides at the McGaw Y.

Fond memories of Guides programs of the past have enthusiasm running high among the Y's leadership. Board member Mike Sperling recalls his Indian Guide participation as a high point of his childhood. "I grew up in Northbrook, and Indian Guides was a great experience for me and my dad," he notes. "I still have our vests with all the badges we earned together, and it brings back lots of happy memories. I hope that the families that join now will enjoy it as much we did."

Adventure Guides information and sign-ups will be available at the "Party at the Y!" event on August 8, which is free and open to the public. The party will also include live entertainment, family games, inflatable bouncehouses, and many more activities. The event will take place from 6:00 to 8:00pm on the Y's lawn at 2705 Techny Road in Northbrook. For further information about Adventure Guides through the North Suburban YMCA, contact Dan Bulf at 847 528 1538.



Photo 1 Caption: Dads and kids enjoy seasonal campouts as part of Adventure Guides Expeditions.



Photo 2 Caption: NSYMCA Board Member Mike Sperling cherishes the vests that he and his father wore as Indian Guides in the 1970s.

About the North Suburban YMCA

The North Suburban YMCA is a not-for-profit entity and relies on donations to fund capital improvements and transform the facility. All board members are community volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served area families in its twelve-city region for over 40 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that meet the needs of our community and are accessible to all. For more information or to make a donation, call Barb Flanagin at 847-272-7250, bflanagin@nsymca.org, or visit www.nsymca.org.