



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

INDIAN GUIDES PROGRAM

Are you a Father looking for a program to spend quality time with you son or daughter?

The Y-Indian guides programs have a long history of providing elementary school age boys/girls and their dads with opportunities for fun times, learning, and mutual understanding.

Y-Indian Guide and Princess Program (Father/Son = Indian Guides & Father/Daughter = Indian Princess) are for dads who want quality, planned, one-on-one time with their sons/daughters. Membership in the program is open to every father with a son/daughter K to fourth grade.

Participation in activities by both father and son/daughter is a vital part of Y-Indian Guides. Father and son/daughter share in games, crafts, outings and campouts. The parent observes his child's relationship in the group, and sees the child's strengths and needs, affording a basis for helping the child to grow. Likewise, the child observes the parent in action with other parents and kids. This provides the child with an important role model.

Through Y-Indian Guides/Princess, the YMCA provides the following benefits to both parents and children:

- Foster companionship and understanding and set a foundation for positive, lifelong relationships between parent and child.
- Build a sense of self-esteem and personal worth.
- Expand awareness of body, mind, and spirit.
- Provide a framework to meet a mutual need of spending enjoyable, constructive, and quality time together.
- Enhance the quality of family time.
- Emphasize the vital role that parents play in the growth and development of their children.
- Offer an important and unique opportunity to develop and enjoy volunteer leadership skills.
- Offer opportunities to meet other families with children the same age.

How to join

That's what we are all about. The Y-Guides/Y-Princesses, Trailmates/Trailblazers Programs... Building Relationships... Making Memories... For Fathers and their Children. *Call the YMCA 724-934-9622 or email Michelle Gephardt at mgephardt@ymcapgh.org for more information or fill out the information below and we will assign you a tribe in your area. You can Fax to 724-934-9623 or mail to Baierl Family YMCA at 2565 Nicholson Road Sewickley, PA 15143.*

Name _____ Phone number _____

Daughter/son name _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

Grade _____

Email _____

School _____