



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TOGETHER WE CAN DO ANYTHING

BOYS OUTDOOR LEADERSHIP DEVELOPMENT
GIRLS OUTDOOR LEADERSHIP DEVELOPMENT



**“COMING TOGETHER IS A BEGINNING.
KEEPING TOGETHER IS PROGRESS.
WORKING TOGETHER IS SUCCESS.”**

— HENRY FORD

BE YOURSELF, BE PART OF AN AMAZING TEAM

Are you ready to become part of something truly extraordinary? We'll inspire and motivate one another to be our best selves. This national program has opportunities near you! Discover what's in your backyard.

On a BOLD or GOLD adventure, you will:

- Develop trust in one another and believe in yourself. You'll laugh deeply, make lifelong friends and discover your true potential.

- Discover amazing sunsets, stunning views, and starry skies.
- Connect with others from different backgrounds. We embrace diversity and the uniqueness of every participant. You'll learn how to be a bridge-builder in today's multicultural world.
- Have fun. We play and take time to enjoy the journey.



DISCOVER THE OUTDOORS IN UNIQUE AND AMAZING WAYS

We believe in being a part of nature and appreciating the world around us.

During your trip you'll live outdoors, sleep outside, and work with your group to share responsibilities like cooking your own meals and setting up tents. You may also catch a fish, make art, do yoga, cook cinnamon rolls, or write a story. It's an opportunity to challenge yourself but even more a chance to be yourself.

BOLD & GOLD Leaders develop:

- **CONFIDENCE** Believe in yourself and discover just how amazing you are!
- **COMMUNITY AWARENESS** Be a part of a team that supports and accepts one another.
- **COURAGE** Be strong and persevere through challenges.
- **EMOTIONAL INTELLIGENCE** Communicate clearly and think of others.
- **WONDER** Be enchanted by the wilderness.

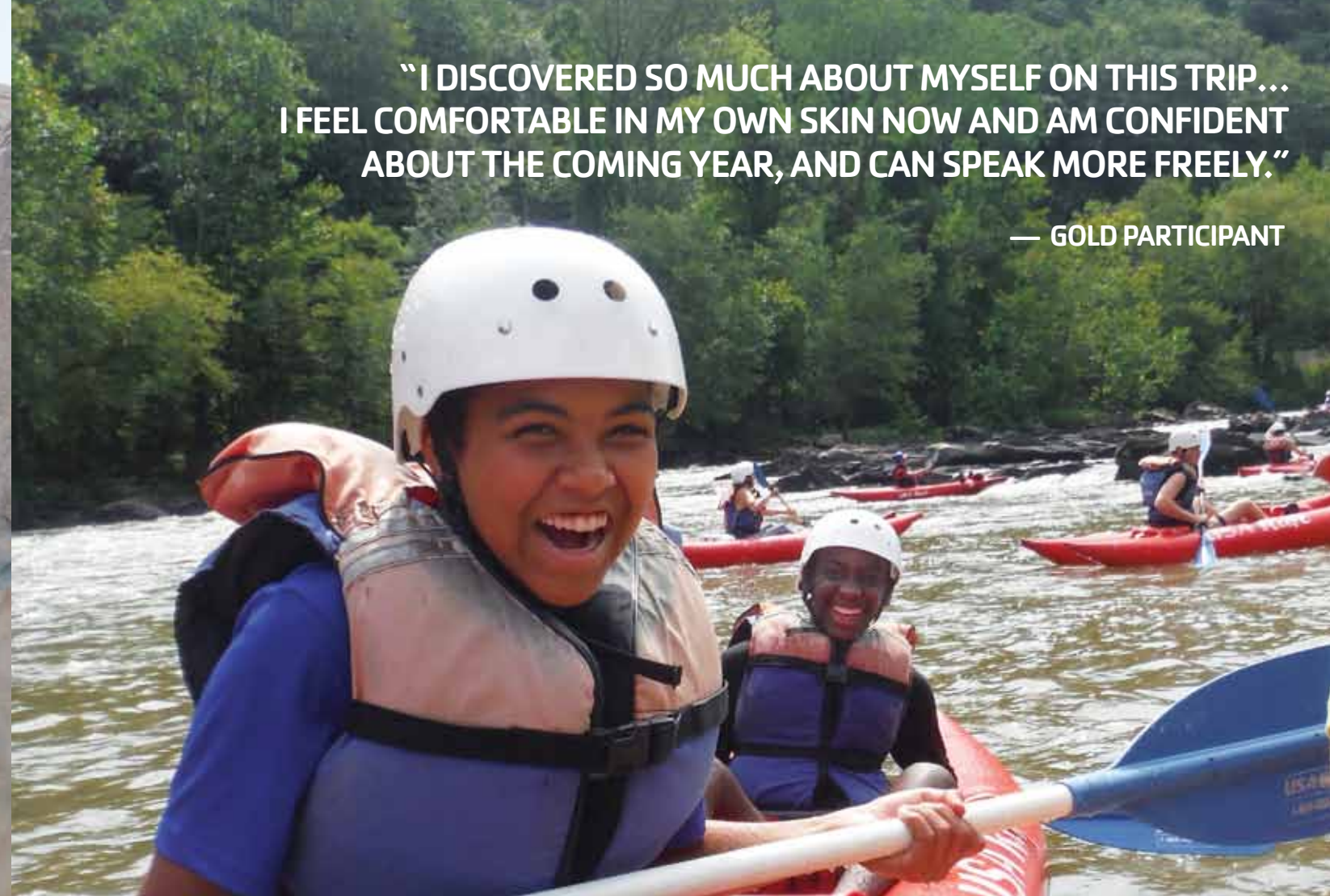
“THE STRENGTH OF THE TEAM IS EACH INDIVIDUAL MEMBER. THE STRENGTH OF EACH MEMBER IS THE TEAM.”

— PHIL JACKSON



"I DISCOVERED SO MUCH ABOUT MYSELF ON THIS TRIP... I FEEL COMFORTABLE IN MY OWN SKIN NOW AND AM CONFIDENT ABOUT THE COMING YEAR, AND CAN SPEAK MORE FREELY."

— GOLD PARTICIPANT



BOYS' TRIPS

By signing up for a wilderness expedition you are joining others that are just as excited as you to get out and explore! Being out in the woods with a group of all boys allows our participants to be themselves while stepping out of their comfort zone. We have fun exploring the wonder of the wilderness while

focusing on community awareness and emotional intelligence. Our participants come back from their trip with new friends, higher self-esteem, and a feeling that they can take on the world! Join us for an epic expedition that you will never forget. Fortune favors the BOLD!

GIRLS' TRIPS

If you want to be a part of an amazing community and do something unique this summer, join us for an adventure! You will make new friends, sleep outside, trust yourself and put your trust in a new group of people. Our participants develop and act with courage throughout their GOLD trip which

empowers them on the trail and in life back home. The feeling of joy you will experience with your new friends as you accomplish your goals is unparalleled. You will make friends of a lifetime and create amazing memories. Go for GOLD!



“ I REALIZED THAT A TRIP ISN'T ALWAYS ABOUT THE TRAIL OR THE SCENERY, IT'S ABOUT THE PEOPLE YOU GO THROUGH THE STRUGGLE WITH TO GET TO THE TOP... AND THIS WAS A TRIP WELL SPENT....”

— BOLD / GOLD PARTICIPANT



CO-ED TRIPS

Co-ed expeditions let you work together with your team in a way that empowers and allows equal space for everyone.

Discover the wonder of the outdoors as you paddle clear lakes, watch shooting stars, walk on sandy

beaches, smell pine woods, or scale a snow capped peak. Often longer and more challenging, these trips offer the opportunity to practice leadership skills with a group of their peers, male and female, and seize the moment as they embark on a wilderness adventure!

LIFELONG BENEFITS

YMCA BOLD and GOLD expeditions are life-changing experiences with both short- and long-term effects. Our groups accomplish their goals together, whether that's setting up camp or playing capture the flag or reaching a summit. Our participants find the confidence to tackle any challenge, and the enthusiasm to bring others along for the ride!

We hear it every day from participants and their families. Here is just some of what you can expect:

- Develop confidence in yourself
- Build lifelong friendships
- Become part of a community
- Take charge of your life
- Become a leader

LEADERS YOU CAN TRUST

It matters who guides you on your journey. Our staff are exceptionally skilled and come to us from an array of backgrounds.

We pride ourselves on hiring great staff. Our leaders are skilled at building strong groups, have extensive experience working with youth, and are passionate

about inspiring young people to discover the best in themselves.

All staff have strong technical outdoor skills, possess an advanced level of Wilderness Medical Training, and have undergone background checks and abuse prevention training.

WE WELCOME EVERYONE

Want to feel courageous, confident and accepted in the wonder of the outdoors?

We work to remove barriers by making programs accessible to all who are interested. Scholarships are available and enable us to create groups that reflect the diversity of our communities.

Groups are sized for success — meaning you will always be part of a tight knit group that can travel comfortably together and reach your goals. Your group will be intentionally designed to draw on everyone's strengths.





YMCA OF GREATER SEATTLE
BOLD & GOLD
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**“ON THIS TRIP I MADE NEW FRIENDS,
CHALLENGED MYSELF BOTH PHYSICALLY
AND MENTALLY, AND HAD A REALLY
GOOD TIME.”**

— BOLD / GOLD PARTICIPANT