



TIER 1

- For ages 12-13
- All participants must have completed 6th grade.
- This is our introductory session designed for all teens regardless of skill level or camping experience. Our Instructors will teach camping and technical skills as well as focus on leadership and teamwork as each of our groups will work together to accomplish its goals. These sessions include a 3-day canoeing or rock climbing trip and are ideal for first-time campers.

TIER 2

- For ages 12-15
- Our Tier 2 trips are a perfect introduction for teenagers who are new to canoeing and camping and are excited to also learn our leadership curriculum. Our Instructors will teach wilderness canoeing and camping skills, and each participant will have the opportunity to take on a leadership role during the trip. Our Leader of the Day program will provide the framework for each camper to be responsible for daily aspects of the trip, such as navigation, cooking, and group-based decision-making, all within the YMCA framework of caring, honesty, respect, and responsibility. We focus on creating a positive and supportive group environment, and you will be amazed by how much you learn – about yourself and about working as a team.

TIER 3

- For ages 14-17
- This is the ultimate BOLD & GOLD experience – an opportunity to spend two weeks or more building great friendships, challenging yourself, and developing your wilderness travel skills. This is an ideal trip for returning participants or for older teenagers who are just discovering BOLD & GOLD. Our skilled Instructors will facilitate a trip that is designed to maximize your learning experience. After a morning spent baking cinnamon rolls over a fire, you'll lead your group as you paddle and portage efficiently, find a great campsite, and settle in for an evening of games, camaraderie, and star-filled skies (and probably some pizza too!). The skills, confidence, and friendships you develop here will help you meet any challenge – on the trail, in the classroom, or in your community.

For more information about our summer wilderness trips and our school-year outdoors activities, visit our website at ymcamn.org/boldgold or contact: Kurt Simer at Kurt.simer@ymcamn.org or 612-465-0552



BE YOURSELF AND BE PART OF AN AMAZING TEAM

YMCA OF THE GREATER TWIN CITIES

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BOLD: Boys Outdoor Leadership Development
GOLD: Girls Outdoor Leadership Development

Are you ready to become part of something truly extraordinary? We'll inspire and motivate one another to be our best selves.

On a BOLD or GOLD Adventure, you will:

- Develop trust in your group members 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 multi-cultural world.
- Have fun! We take lots of time to enjoy the journey.

"I've learned that no matter what size you are, once you set your mind to something, you can accomplish anything."

– GOLD Camper

Discover the Outdoors in Unique and Amazing Ways

We believe in appreciating the world around us through wilderness exploration. During your trip, you'll live outdoors, sleep outside, and work with your group to share responsibilities like cooking your own meals and learning to navigate with a map and compass. You may also create art, do yoga, write a story, bake cinnamon rolls, learn to canoe and rock climb, and develop new friendships. 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 accepts and supports one another.
- COURAGE
Be strong and persevere through challenges.
- EMOTIONAL INTELLIGENCE
Communicate clearly and treat others with respect.
- WONDER
Become enchanted by the wilderness.

