



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PLAY, GROW, AND BE **BOLD & GOLD**



**Boys and Girls Outdoor Leadership Development**  
**YMCA BLUE RIDGE ASSEMBLY**  
**Black Mountain, North Carolina**





**"I see the world differently. I see the beauty it has and the adventures that await... I'm very thankful for this trip and the people who came, I've made some great friends and have had endless laughs along the way." — BOLD & GOLD Participant**

## EPIC ADVENTURES

BOLD & GOLD adventures give youth the opportunity to explore the beauty of nature, find the confidence to tackle any challenge, and inspire each other to be the best version of themselves. We explore some of the most beautiful and pristine wilderness areas in the Appalachian Mountains, through overnight backpacking, rock climbing, or river rafting.

## LEADERSHIP

While navigating the challenges of wilderness backpacking, our participants get to see what they are truly capable of. We help our youth become multicultural leaders by combining their own unique self and skills with our core areas of focus:

**CONFIDENCE**

**COURAGE**

**COMMUNITY AWARENESS**

**EMOTIONAL INTELLIGENCE**

**WONDER**

## DEEP FRIENDSHIPS IN DIVERSE GROUPS

Each BOLD & GOLD group reflects our greater community by combining youth from different viewpoints, backgrounds, and life experiences. To help form diverse groups, we offer scholarship assistance to remove the financial barriers that prevent many from experiencing the outdoors.

We actively work to include underserved groups that aren't well represented in the outdoors because we believe that this intentional mix of youth enhances learning and inspires participants to be bridge-builders in today's multicultural world. Participants on each trip become a team that supports and accepts one another, and create memories and lifelong friendships.

For more information, please contact **Carol Yard**, Program Director at YMCA Blue Ridge Assembly, at [cyard@yblueridge.org](mailto:cyard@yblueridge.org).

To learn more about YMCA Blue Ridge, visit our website: [www.blueridgeassembly.org](http://www.blueridgeassembly.org).