



**YMCA CAMP
HIGH HARBOUR**

Bold & Gold

Boys & Girls Outdoor Leadership Development

Building Courage, Confidence & Community



At Bold & Gold we are optimistic about the future. We see smart young people full of courage and ready to work together on our programs!

OUR GOAL

To increase confidence, courage, emotional intelligence, wonder, and community awareness in our participants. Bold & Gold creates positive change in the lives of youth by providing guided real-life challenges to help them see their own capabilities. Individually and as a team they work to develop communication skills, confidence, and emotional intelligence through our proven curriculum.

ADDRESSING CRITICAL NEEDS

- Youth have fewer opportunities to learn what they are capable of in a hands-on way. Getting outside is one of the best ways for youth to learn leadership and other life skills. They come home and know they have what it takes to address any challenges they may face.
- Low-income and minority groups often lack access to these life-changing outdoor experiences. We ensure that groups are diverse in many aspects so that no one feels they don't belong. Participants are given the opportunity to build empathy, foster cultural awareness, and learn from one another through different perspectives shared on their Bold & Gold adventure. **We offer scholarship opportunities, so no child will be turned away for financial reasons.**

LEADERSHIP DEVELOPMENT

On a Bold & Gold trip, youth identify their personal leadership style through identifying their own strengths, valuing the strengths of others, and contributing their unique leadership abilities to the overall success of the group. As a part of the Bold & Gold trip, each participant will help make decisions for the group, learn the art of delegating to the other youth, and help peers resolve conflict as a "Leader of the Day."

THE ADVENTURE OF A LIFETIME!

During every Bold & Gold trip, youth connect with the outdoors in a way that is completely unique to our model. Participants live fully outdoors! They sleep outside, cook their own meals, set up camp, and navigate with their group. Youth may wake up to sunrise yoga, learn to catch a fish, or create a new backcountry recipe, all while exploring the natural world.

ALL YOU NEED IS A DESIRE TO GO:

Our trips are designed for beginners with no outdoor experience required, just bring your sense of wonder! But we do offer an introductory program called Level 1, that showcases a little of both expeditions. We have a trip for everyone!

GEAR: We provide all major gear and will send a packing list prior to the trip. Missing something on the list? Let us know, we can probably loan it to you at no additional cost.

STAFF: Our instructors are skilled at building strong groups, have extensive experience working with youth as well as adults, and are passionate about inspiring people of all ages to discover the best in themselves.

2026 Bold & Gold TRIPS & DATES:

Padding Introductory Trips, 6th to 7th graders

Mixed Gender Outdoor Day Excursions: July 5-11

Mixed Gender Outdoor Day Excursions: July 12-18

Level 1 Trips, 7th to 10th graders

Mixed Gender Fishing: June 17-13

Mixed Gender Hiking: June 28-July 4

Mixed Gender Hiking: July 19-25

Level 2 Trips, 8th-1th graders:

Mixed Gender Paddling: May 31-June 6

Mixed Gender Paddling: June 14-20



WHY Bold & Gold?

There is no other program like Bold & Gold. Nowhere else can participants from all different backgrounds learn leadership skills and how to work with others, and develop confidence in themselves as they find a deep love of the wilderness.

Questions or More Information? Email Maya Joglekar at MayaJ@ymcaatlanta.org.

Register at ymcaatlanta.org/camp/bold-gold