

AVA Values

Our mission. Our commitment.

Health and Safety

AVA's self-paced, fun, physical fitness activities contribute to participants' health and well-being. Participant safety is a high priority in activity design.

Adventure and Camaraderie

Every AVA and IVV event is an adventure—scenery, terrain, history—whether in the United States or around the world. Our events and activities provide opportunities to stay connected with friends and make new friendships.

Noncompetitive and Inclusive

We welcome the public to join in events that lead to lifelong fun, fitness and friendship. Everyone is welcome and performs at their own ability level.

Environmental Stewardship

We take only memories and leave only footprints. AVA events increase awareness of the importance of preserving our environment for future generations.

Volunteering and Public Service

Volunteers are the heart of programs and activities to improve your health. In the spirit of national service, we provide opportunities for community engagement.

Transparency and Accountability

From the Club level through the National level, we are open to all. Our tax-exempt nonprofit organization conducts its business openly and complies with all nonprofit legal requirement.

