



WATERTOWN FAMILY YMCA YOUTH EMPOWERMENT PROGRAM (YEP) INTERNSHIPS*

Overview:

Internships through the WATERTOWN FAMILY YMCA YOUTH EMPOWERMENT PROGRAM are designed for youth ages 14–21, with a targeted emphasis on reaching and engaging young people who have been historically underserved. The primary goal of this initiative is to expand access to skill development, workforce training, and job placement opportunities, empowering participants to build their futures.

YEP Internship Requirements and Guidelines:

- ☐ Participants in the program are between ages 14–21 years.
- ☐ Applicants must complete selection process including application, interview, and screening to be considered for internship.
- ☐ If selected YEP interns will need to provide School ID, Social Security Card, and Working Papers (Available from your high school guidance office)
- ☐ YEP interns are required to attend YEP Launch , Mid-Point, and Wrap Up Meetings. Dates to be announced prior to each session.
- ☐ YEP interns are required to review and sign the Code of Conduct.
- ☐ Interns must sign in upon arrival and out at the end of each shift.
- ☐ YEP interns will have dedicated time to observe staff, develop leadership skills, and gain hands-on experience in areas such as facilitating group games, leading activities, providing clear instructions, and adhering to structured routines.
- ☐ Staff Leads will mentor, guide, and help support all YEP interns. YEP interns do not count in program ratio. YEP interns will be supervised by YMCA staff member who will support them through their assigned internship schedule.

Please complete all questions and submit to WATERTOWN FAMILY YMCA no later than November 3, 2025. Submission options include:

- Return printed version to Downtown YMCA Welcome Center
- Email PDF to Samantha Hamilton: shamilton@nnyymca.org

Name: _____
(Last) (First) (Middle)

Home Phone: _____ Cell Phone: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Birthday: _____ **Grade:** _____ **Age:** _____
(Month/Day/Year)

School: _____

Gender Identity (Optional): _____

Why would you like to be considered for the YEP Internship DOL Youth Workforce Program.

What would be two things you would like to learn while job shadowing.

1. _____

2. _____

How would you benefit from being a part of YEP Internship?

If you could pick one superpower to have at work every day, what would it be and why?

Tell us about yourself: Hobbies, sports, talents, anything you would like us to know.



* Watertown Family YMCA Youth Empowerment Program (YEP) internships are funded by the Department of Labor Workforce Pathways for Youth Grant.