



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE LAB PROGRAM GUIDE

Middle School and
High School Teens
(Ages 11-17)

SCAN HERE



THE LAB
6000 Glades Road
Suite 1370A
Boca Raton, FL 33431

Hours:
Monday-Friday (3pm-8pm)
Saturday (12pm-6pm)
Sunday (Closed)

At Town Center Mall, two doors to the left
of Joseph's Market, under You-Fit



James Rodriguez
Teen Program Director
561-300-3206
Jrodriguez@ymcaspbc.org

THE LAB: LEADERSHIP ACADEMY OF BOCA RATON

Programs engage middle and high school age students in fostering a culture of service, provide opportunities to set goals and learn how to share their voice, while being supported by caring adult mentors.

While not engaged in programs, the teens can participate in a variety of activities such as:

- 3D Printing
- Cricut Creating
- Arts & Crafts
- VR Gaming *Coming Soon*
- PC & Console Gaming
- Arcade Gaming
- Ping Pong
- Air Hockey & Pool Table
- Foosball

LEADERSHIP DEVELOPMENT

Leaders Club

Leaders Club is a year-long Y-based service and leadership development program. Leaders Club provides teens with experience and training to influence college knowledge, academics, positive relationships and identity.

Open Enrollment: August-October

When: Monthly (Every Thursday)
6:45pm-7:45pm

Member Rate: \$50 Per Calendar Year



Chess

All skill levels welcome, beginners to experts! Learn critical thinking, problem solving and the great game of Chess.

When: Monthly (Every Monday)
6:00pm-8:00pm

Member Rate: Free



Youth In Government

Want to learn how government works? Youth in Government is Looking for teens in 8th –12th grade that are ready to become change makers in their community.

Open Enrollment: August-October

When: Monthly (2nd & 4th Tuesdays)
6:45pm-7:45pm

Member Rate: \$50 Per Calendar Year



TED Teens Talk

Ted Teens Talk is a program that supports students in discovering, developing and sharing their ideas in the form of TED-style talks.

When: Monthly (1st & 3rd Tuesdays)
6:45pm-7:45pm

Member Rate: Free



WELLNESS

TEEN PERFORMANCE TRAINING

Training classes are geared towards teen athletes and those working on strength, agility, and movement to improve sports performance.

When: Monthly (Every Monday or Wednesday)
5:00pm-5:45pm

Member Rate: Free



YOGA

Calling all Yogies! Ever get stressed out from school or work? Need a little bit of a re-start? Join us for Teen Yoga Classes at THE LAB Teen Center and get your zen on.

When: Monthly (2nd & 4th Monday)
6:30pm-7:30pm

Member Rate: Free



****CLASS TAKES PLACE AT THE PETER BLUM YMCA****

SCIENCE**T**ECHNOLOGY**E**NGINEERING**A**RTS**M**ATH

Acting School

In this course on-camera skills are supported and developed through a variety of acting, improv exercises, and practice scenes.

When: Monthly (Every Tuesday) 6:30pm-7:30pm

Rate: \$100 Per Month



Fashion School

Join our very own fashion designer, Kevenique Allen as she dives into the basics of fashion and design, teaching design sketches, sewing, measurements, and dressing.

When: Wednesdays 6:30pm-7:45pm

Rate: \$180 (8 Week Session)

October 6th-December 1st

February 2nd-March 23rd



Art Club

All skill levels welcome, from beginners to experts! Come and learn some new skills or sharpen up the ones you have!

When: Monthly (1st & 3rd Mondays)

6:30pm-7:30pm

Member Rate: Free



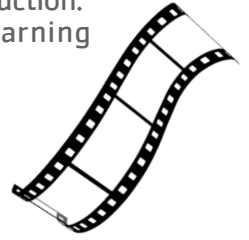
Film Academy

Young filmmakers will learn all the basics required to work on a Hollywood production through a hands-on approach to learning the art of making movies

When: Monthly (Every Thursday)

6:30pm-7:30pm

Rate: \$100 Per Month



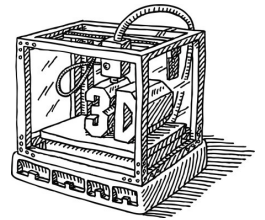
3D Printing Club

Want to learn how to 3D Print? Don't have a printer? Don't worry, come to THE LAB and we will show you the basics to the advanced of 3D printing.

When: Monthly (Every Saturday)

12:30pm-1:30pm

Member Rate: Free



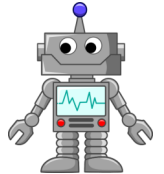
Robotics

Want to learn to code? Fine tune your skills? Gain new skills in the world of robotics? Join our robotics club. We have out robotic cars and drones!

When: Monthly **STARTING OCTOBER**

(Every Saturday) 2:00pm-3:00pm

Member Rate: Free



CAMPS & AFTER SCHOOL

Teen Camp

When schools out, THE LAB at Town Center will be open! Teens are inspired and empowered as they experience field trips, work in teams, play fun games, new challenges and strengthen friendships. Examples of activities are below:

- Field Trips
- Sports
- Team Building
- Arts
- STEM
- Music

Price: \$50 Per Day Member

\$90 Per Day Non-Member

Time: 8:00am-5:30pm

Thanksgiving, Winter Break, Spring Break & Summer Camp information separate

Middle School After school

Want a safe place for your teen to come after school? THE LAB offers Middle School after school programs.

FEATURING

- School Pick-up
- Homework Help
- Fine & Digital Arts
- STEM Programs

School Pick-up From

- Verde
- Addison Mizner
- St. Jude
- AD Henderson
- Omni

Price Per Month: \$150 Per Month Member

\$270 Per Month Non-Member

Time: 3:00pm-6:30pm (Monday-Friday)

WEEKEND FUN @ THE LAB

Teen Night Out

Enjoy a Teens Night Out! Join us at the YMCA as we take teens on different trips around South Florida. We meet 2x a month and take trips to different locations encouraging fun, socialization and safety.

When: Monthly (1st & 3rd Saturday) 6:00pm-8:00pm

Member Rate: \$20 (Members Only)



Teen Movie Night

THE LAB turns into a movie theater! THELAB hosts Movie Night once a month! Teens get popcorn, light refreshments and snacks! Come enjoy a movie with friends!

When: Monthly (3rd Friday) 6:00pm-8:00pm

Member Rate: Free



E-Sports Saturday

Calling all gamers! Did you know THE LAB hosts E-Gaming Club? Players enjoy NBA 2K, Rocket League, Fortnite and Super Smash! All talents welcome!

When: Monthly (Every Saturday) 3:30pm-5:30pm

Member Rate: Free

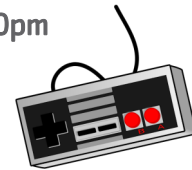


Game Night

Experience a night of fun at THE LAB with Game Night activities including Board Games, Video Games, E-Gaming, Tournaments, AND MUCH MORE!

When: Monthly (2nd Friday) 6:00pm-8:00pm

Member Rate: Free



Open Mic Night

Calling all performers! THE LAB hosts Teen Open Mic Night and ALL talents are welcome! NO FOUL LANGUAGE will be allowed!

When: Monthly (1st Friday) 6:30pm-8:00pm

Member Rate: Free



Middle School Madness

Experience a night of fun at the YMCA with activities such as Karaoke, Video Games, Dodgeball, Tournaments, Food, Music, and much more!

When: Monthly (4th Friday) 7:00pm-10:00pm

Member Rate: Free

Non-Member: \$5 Per person



****EVENT TAKES PLACE AT PETER BLUM YMCA****

FREQUENTLY ASKED QUESTIONS

FROM THE PARENTS

- **How do we get access to THE LAB?**
YMCA Membership required to access to THE LAB.
Teens Ages 11+ qualify for a Youth Membership
- **Can my teen try programs at THE LAB?**
Come try a day at THE LAB or try a program!
Just email: Jrodriguez@ymcaspbc.org to RSVP
- **Are my teens supervised at THE LAB?**
Yes, not only in person but on the electronic systems as well.
- **How do I get more information about THE LAB & Teen programs?**
Please email: Jrodriguez@ymcaspbc.org
- **How do I find THE LAB?**
Please refer to the cover for address and directions.

FROM THE TEENS

- **What can I do at THE LAB if I'm not in programs?**
Please refer to the top of page 1.
- **Can I invite a friend?**
If they're a member: Yes of course!
If they're not a member: Yes, but please email Jrodriguez@ymcaspbc.org to RSVP.
- **What if I try a program and don't like it**
No worries! You can try all programs at THE LAB once before registering. Please email Jrodriguez@ymcaspbc.org to RSVP.
- **Do I need experience to try any of the clubs or programs?**
No, we accept all skill & experience levels in our programs! Try something for the first time today at THE LAB!