

**THE LAB** provides opportunities for youth to realize who they are and what they are capable of achieving, while making friends and memories along their journey.

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.

**YMCA Membership is required.**

**HOURS OF OPERATION**  
 Monday–Friday: 3:00pm–8:00pm  
 Saturday: 12:00pm–6:00pm  
 Sunday: CLOSED

**THE LAB STUDY HOURS**  
 (providing a quiet environment for homework, studying and learning)  
 Monday–Friday: 3:00pm–5:00pm

**COOKING OPEN HOUSE! January 15th (12PM–3PM)**  
**Interviews & Applications Teen Seminar!**  
 January 19th @ 6:30PM

## January ACTIVITIES

- **Jan. 3, 10, 17, 24, 31** Chess Club, 6:00pm–8:00pm
- **Jan. 6, 13, 20, 27** Acting School by You Create, 6:00pm–7:00pm
- **Jan. 6, 13, 20, 27** Leaders Club Meet, 6:45pm–7:45pm
- **Jan. 6, 13, 20, 27** Film Academy by You Create, 7:00pm–8:00pm
- **Jan. 8, 15, 22, 29** E-Sports Club, 3:30pm–5:30pm
- **Jan. 8, 15, 22, 29** 3D Printing Class, 12:30pm–1:30pm
- **Jan. 3 & 17** Art Club, 6:45pm–7:45pm
- **Jan. 10 & 24** Teen Yoga, 6:45pm–7:45pm
- **Jan. 4 & 18** YIG Meeting 6:45pm–7:45pm
- **Jan. 8 & 22** Teen Night Out, 6:00pm–8:00pm
- **Jan. 7** Teen Open Mic, 6:30pm–8:30pm
- **Jan. 14** Teen Game Night, 6:00pm–8:00pm
- **Jan. 21** Middle School Madness, 7:00pm–10:00pm (@BOCA Y)
- **Jan. 22** Chess Tournament, 12:00pm–3:00pm
- **Jan. 29** Middle School Dance 7:00pm–10:00pm (@BOCA Y)

THE LAB is located at Town Center at Boca Raton | 6000 Glades Rd. Suite 1370A, Boca Raton

For more information or to sign up contact:  
 Director of Teen Programming, James Rodriguez  
 Jrodriguez@ymcaspbc.org or 561-300-3204  
 YMCASPBC.ORG/THELAB



## 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.

## TEEN 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.

## ACTING SCHOOL BY YOU CREATE

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

We help you achieve a clear understanding of what it truly means to own both the camera and the room.

## TEEN GAME NIGHT

Come experience a night of fun at the LAB game night. Game night activities will include Board Games, Video Games, E-Gaming, Tournaments, AND MUCH

## FILM ACADEMY BY YOU CREATE

This innovative program allows the next generation of creators to have a hands-on approach to learning the art of making movies. Young filmmakers will learn all the basics required to work on a Hollywood production.

## TEEN NIGHT OUT

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

## FASHION SCHOOL

Join our very own fashion designer, Kevenique Allen. She will dive into the basics of fashion and design, teaching design sketches, sewing, measurements, and dressing.

## MIDDLE SCHOOL MADNESS

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

## TEEN TED TALK

Ted-Teens mission is to spark and celebrate the ideas of every student and educator in the world. Through bi-weekly meetings, students will work to create Ted-Teens Talk to share their perspectives and impact stories.

## YOUTH IN GOVERNMENT (YIG)

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!

## TEEN OPEN MIC

Calling all performers! The LAB will be hosting a Teen Open Mic. All talents are welcome. NO FOUL LANGUAGE will be allowed!

## CHESS & ART CLUB

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

## 3D PRINTING CLASS

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

## E-SPORTS CLUB

Calling all gamers! The LAB will be hosting an E-Gaming Club. Playing NBA 2K, Rocket League, Fortnite, and Super Smash! All talents are welcome.