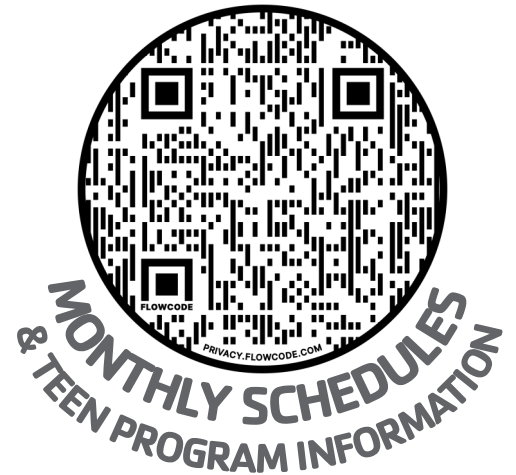




SCAN HERE

THE LAB PROGRAM GUIDE



**Middle School and
High School Teens
AGES (11-17)**



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

At Town Center Mall, two doors left of
Joseph's Market under YouFit

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
- 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

TED Teens talks 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 will be 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



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

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)
6:00pm-7:00pm

Rate: \$100 Per Month



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.

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

Rate: \$180 (8 Week Session)

March 2nd-April 20th



Art Club

All skill levels welcome, 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

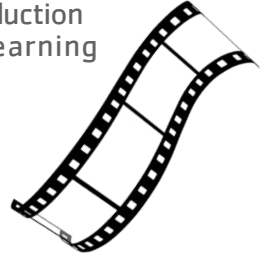


Film Academy

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 Tuesday)
7:00pm-8:00pm

Rate: \$100 Per Month



3D Printing Club

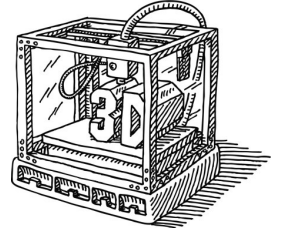
Want to learn how to 3D Print? Don't have a printer? Don't worry, come to THE LAB and we will teach the basics to advanced of 3D Printing.

When: Weekly

Wednesday: 5:45pm-6:45pm

Saturdays: 12:30pm-1:30pm

Member Rate: Free



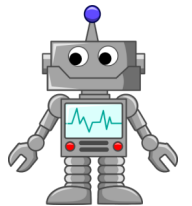
Robotics

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: Weekly **Starting March**

Tuesdays: 5:45pm-6:45pm

Member Rate: Free



CAMPS & AFTERSCHOOL

Teen Camp

When School is out the YMCA 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 Afterschool

Want a safe place for your teen to come after school? THE LAB offers middle school after school programming.

FEATURING

- School Pickup
- Homework Help
- Fine & Digital Arts
- STEM Programs

School Pick-up From
Verde, Addison Mizner, St. Jude

- Member Rate: \$150 Per Month
- Non-Member Rate: \$250 per Month
- **Omni, Don Estridge, AD Henderson**
- Member Rate: \$110 Per Month
- Non-Member Rate: \$210 per Month

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

WEEKEND FUN @ THE LAB

Teen 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.

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

Member Rate: \$20



Teen Movie Night

THE LAB turns into a movie theater! We have movie nights once a month at The Lab. Teens will get popcorn, light refreshments and snacks! Come enjoy a movie!

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

Member Rate: Free



E-Sports Saturday

Calling all gamers! THE LAB hosts an E-Gaming Club for participants to play NBA 2K, Rocket League, Fortnite, and Super Smash! All talents are welcome.

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

Member Rate: Free

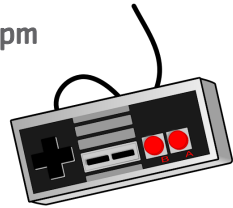


Game Night

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 MORE!

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

Member Rate: Free



Open Mic

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

When: Monthly (2nd Friday) 6:30pm-8:00pm

Member Rate: Free



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!

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 for 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 on The Lab & Teen programs?
Email: Jrodriguez@ymcaspbc.org
- How Do I Find The Lab?
Please refer to the cover for address & Directions.

FROM THE TEEN

- 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 are a member: Yes of course!
If they're not a member: Yes 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. Come try something for the first time today at The Lab.

