



TEEN PROGRAM GUIDE

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



SCAN HERE



THE YMCA Teen Center
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Boca Raton FL 33433

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YMCA TEEN PROGRAMS

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
- PC & Console Gaming
- Arts & Crafts
- Ping Pong
- Foosball

LEADERSHIP DEVELOPMENT

Chess

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

When: Monthly (Every Monday)
6:30pm-8:00pm

Member Rate: Free



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: \$60 Per Calendar Year



Youth In Government

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 Wed.) 6:45pm-7:45pm

Member Rate: \$60 Per Calendar Year



Y Achievers

Y Achievers will help high school Freshman, Sophomores, Juniors, or Seniors develop plans for the future! Working with a team of volunteer mentors, teens boost their academic achievement, learn positive values, develop a strong work ethic, and embark on the path to

Open Enrollment: August-October

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

Member Rate: \$60 Per Calendar Year

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 Tuesday or Thursday)
5:00pm-5:45pm

Member Rate: Free



Teen Spin!

Want a fun, energetic, teen specific spin class? Come join our Monday night spin! No experience needed.

When: Monthly (Starting Sept 12)
5:00pm-5:30pm

Member Rate: Free

Pick-up Teen Flag Football

Enjoy pick-up flag football in a fun and safe environment.

When: Wednesdays 5:15pm-6:30pm

Member Rate: Free

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: \$150 Per Month



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

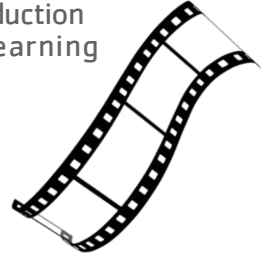


Film Academy

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: \$150 Per Month



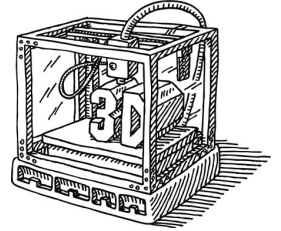
3D Printing Club

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



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: \$55 Per Day Member
\$95 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 program-

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)

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: \$40



Teen Movie Night

THE YMCA 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

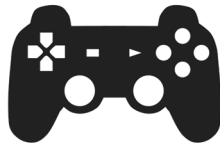


E-Sports Monday

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 Monday) 5:00pm-6:00pm

Member Rate: Free



Game Night

Come experience a night of fun at THE YMCA 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 YMCA 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 Saturday) 7:00pm-10:00pm

Member Rate: Free

Non-Member: \$5 Per person



FREQUENTLY ASKED QUESTIONS

FROM THE PARENTS

- How do we get access to The Teen Programs?
YMCA Membership required for access to teen programs .
Teens Ages 11+ Qualify for a Youth Membership
- Can my teen try programs at The YMCA
Come try a day at the YMCA or try a program.
Just email Jrodriguez@ymcaspbc.org to RSVP
- Are My Teens Supervised at The YMCA?
Yes, not only in person but on the electronic systems as well
- How do I get more information on Teen programs?
Email: Jrodriguez@ymcaspbc.org

FROM THE TEEN

- What can I do at The YMCA 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 YMCA 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 YMCA.

