

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

New Teen Activities!

Teen SPIN! (Every Monday 5:00pm–5:30pm)
Teen Flag Football (Every Wednesday 5:30pm–6:15pm)

March Teen Activities

- **March 6, 13, 20, 27** E-Sports Fortnite, 5:45pm–6:45pm
- **March 2, 9, 16, 23, 30** Leaders Club Meet, 6:45pm–7:45pm
- **March 28** Teen Podcast (Real Talk Tuesday), 6:45pm–7:45pm
- **March 26, 13, 20, 27** Teen Spin, 5:00pm–5:30pm
- **March 1, 8, 15, 22, 29** Teen Flag Football, 5:15pm–6:30pm
- **March 25** Y Achievers Meeting, 12:00pm–2:00pm
- **March 25** Middle School Mad., 7:00pm–10:00pm
- **March 8 & 22** Youth In Gov. 6:45pm–7:45pm

Teen Spring Break Camp
March 20th– March 24th

THE LAB is located at Peter Blum Family YMCA | 6631 Palmetto Circle S Boca Raton FL 33433

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 BEACH YOGA

Join us for Teen Yoga Classes at THE LAB Teen Center and get your zen on. We will take a bus to Boca Beach for Ms. Jenna to lead us in beach side full moon yoga! Bring a Mat!

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 PODCAST

Teen Podcast (Real Talk Tuesdays), will bridge the gap between what parents think and teens truly understand. We cover real, relevant topics with the teens.

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 KARAOKE

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.