

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!

Y Achievers (New meeting September 16th)
Leaders Club (Ice Cream Social September 7th,)

September Teen Activities

- **Sept 7, 14, 21, 28** Leaders Club • **Sept 29** E-Sports FIFA Tourn. Night, Meet, 6:45pm–7:45pm 6:30pm–8:00pm
- **Sept 4, 11, 18, 25** Teen Spin, 5:30pm–6:00pm
- **Sept 4, 11, 18, 25** Chess Club, 6:30pm–8:00pm
- **Sept 6, 11, 20, 27** Teen Flag Football, 6:00pm–6:45pm
- **Sept 25** Art Club (Canvas Art), 6:30pm–7:30pm
- **Sept 22** Teen Movie Night 6:00pm–8:00pm
- **Sept 26** Teen Podcast (Real Talk Tuesday), 6:45pm–7:45pm
- **Sept 16th** Middle School Madness, 7:00pm–10:00pm
- **Sept 16 & Sept 25** Y Achievers Meeting, 12:00pm–2:00pm

Teen Camp Fun Day!

September 25th fun-day (Movies: Haunted Mansion)

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.

Y ACHEIVERS

Y Achievers will help high school teens develop plans for the future! Working with a team of volunteer mentors, teens boost their academic achievement, develop a strong work ethic, and embark on the path to success

TEEN SPIN

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

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

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!

CHESS & ART CLUB

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

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!