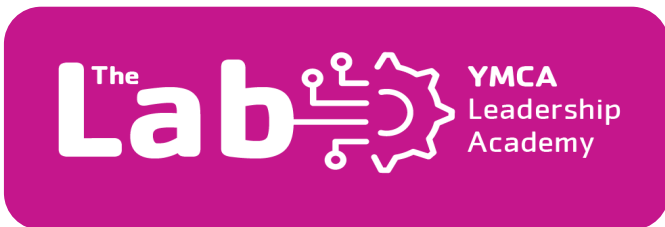




# TEEN & TWEEN PROGRAM GUIDE

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

SCAN HERE



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# YMCA TEEN & TWEEN 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
- Homework Help
- 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 (2nd & 4th Monday)  
5:30pm-6:30pm

Member Rate: Free



### Donuts & Debate

Teen approved topics & tasty treats! Learn how to debate, have fun, and improve your public speaking skills. No debate skill needed.

When: Monthly  
(Last Friday of the Month) 6:00pm-7:00pm

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-September

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

Member Rate: \$60 Per Calendar Year



### Y Achievers

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

Open Enrollment: August-September

When: Monthly (3rd Saturday)  
12:00pm-2:00pm

Member Rate: \$60 Per Calendar Year

## S<sub>CIENCE</sub> T<sub>ECHNOLOGY</sub> E<sub>NGINEERING</sub> A<sub>RTS</sub> M<sub>ATH</sub>

### Art Club

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

When: Monthly (3rd Monday)  
6:30pm-7:30pm

Member Rate: Free



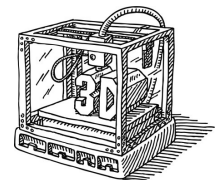
### 3D Printing Club

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: Saturdays  
12:30pm-1:30pm

Member Rate: Free

5 hours of printing per week



**\*\*Please Scan QR code on the front page for specific teen program dates\*\***

# 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 (Tuesdays & Thursday) 4:30pm-5:30pm

Member Rate: Free



## Middle School Pick-Up Football League

YMCA sports emphasizes teamwork, fundamentals, and skill-building. Participants will receive weekly games & practices, team jerseys, playoff & championship games for top team.

Price:

Member Rate: Free

Games:

Saturday Mornings 9:00am

Wednesday Afternoon: 5:00pm-6:00pm

Pickup flag football for middle school teens

When:

Saturdays 2/1-3/15

# CAMPS & AFTERSCHOOL

## Teen Camp

When School is out the YMCA LAB at Teen 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: \$75 Per Day Member  
\$115 Per Day Non-Member  
Time: 8:00am-6:00pm

## 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, AD Henderson

- Member Rate: \$210 Per Month
- Non-Member Rate: \$310 per Month

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

### Omni

- Member Rate: \$140 Per Month
- Non-Member Rate: \$220 per Month

Thanksgiving, Winter, Spring Break Camp registration camps available

\*\*Please Scan QR code on the front page for specific teen program dates\*\*

# FUN @ THE LAB

## Middle School Madness

(Middle School teens only)

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 (Last Saturday a month) 7:00pm-10:00pm

Member Rate: \$10 Per Person

Non-Member: \$15 Per person



## 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 Friday) 6:30pm-8:30pm

Member Rate: Free



## Teen Night Out

(Middle School & High School Students)

Come experience a night of fun at the YMCA for all 8th grade & high school teens. Activities such as Karaoke, Video Games, Dodgeball, and Food.

When: Monthly (2nd Friday)

6:00pm-10:00pm

Member Rate: \$40 Per Person

Non-Member: \$60 Per Person



**\*\*Please Scan QR code on the front page for specific teen program dates\*\***

## 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](mailto: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](mailto: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](mailto: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](mailto: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.

