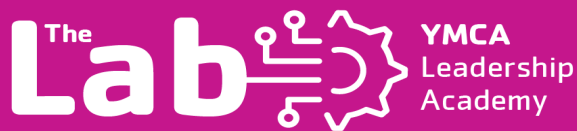




TEEN & TWEEN PROGRAM GUIDE

**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
- PC & Console Gaming
- Ping Pong
- Homework Help
- Arts & Crafts
- Foosball

LEADERSHIP DEVELOPMENT

Chess

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

When: Monthly (3rd Monday)

5:30pm-6:30pm

Member Rate: Free



Youth in Government

Teens will get the opportunity to understand the complexity of law making. Become Changemakers in their community, and make a real impact. Teens will create, present, and argue a bill at YMCA State Assembly, at the Florida Capital!

When: Monthly (Every Other Wednesday)

See schedule on QR Code 6:30pm-7:30pm



Members Only: \$60 per year

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



Teen Achievers Summit

Teen Summits will help middle and high school teens learn vital life skills! Working with a team of volunteer teachers, teens boost their academic achievement, develop a strong work ethic, and earn community service hours.

When are Teen Summits held?

Twice a year, once in the spring, once in the fall

Member & Non-Member Rate: \$35 Per Teen Summit

SCIENCE **T**ECHNOLOGY **E**NGINEERING **A**RTS **M**ATH

Art Club & Bracelet Making Club

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

When: Monthly (Mondays)

See Calander for exact dates

5:30pm-6:15pm

Member Only: Free



Cooking Club

Want to learn how to cook? Don't have any experience? Don't worry, come to THE LAB and we will teach the basics of cooking.

When: Fridays

See month, See Calander for exact dates

Member Only: Free



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

WELLNESS

TEEN Strength & Conditioning

Training classes will be geared towards teen athletes and those working on strength, agility, and movement to improve overall health and performance.

When: Monthly (Monday & Wednesday) 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:

Days:

When:

Member Rate: Free

Every Wednesday Afternoon: 5:00pm-5:45pm

October 13th –November 1st

CAMPS & ENRICHMENTS

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: \$80 Per Day Member

\$120 Per Day Non-Member

Time: 8:00am-6:00pm

Middle School Afterschool Enrichment

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

Omni, St. Jude, Don Estridge

- Member Rate: \$140 Per Month

Time: Pick up-6:00pm (Monday-Friday)

****Middle school afterschool enrichment programs are for members only****

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, see QR Code for Dates) 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 (3rd Friday),
See QR Code for Dates

6:30pm-8:30pm

Member Rate: Free



Teen Game Tournaments

(Middle School & High School Students)

Come experience a night of fun at the YMCA for all teens. Game Tournaments such as Super Smash Bros, Fifa, 2k, Madden, Ect.

When: Monthly (Fridays)
See QR Code for Dates

6:00pm-7:00pm

Member Rate: Free

Non-Member: \$5 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 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.

