



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ENGAGING PROGRAMS VOLUNTEER OPPORTUNITIES COLLEGE/CAREER ASSISTANCE, MENTAL HEALTH & NUTRITION Summit YMCA Teen Programs

TEEN PROGRAM	SESSION DATES	AGES	DAY	TIME	FEE
ACADEMIC ENRICHMENT					
Teen Center	Sept. 3 <sup>rd</sup> – Jun. 19 <sup>th</sup>	Middle & High School Students	Mon.–Fri.	3:00 – 6pm	FREE
Looking for something to do afterschool?! The Teen Center is a supervised space for teens grades 6–12 and open Monday–Friday from 3:00–6:00pm. Activities include homework help, open gym, themed events, and weekly activities. The Teen Center is free and open to all teens. Free Teen Center memberships available at the front desk!					
Achievers/Destination College	Oct. 15 <sup>th</sup> – Jun. 26 <sup>th</sup>	High School Students	Tue & Wed	7 – 8pm (Tue.) 6 – 8pm (Wed.)	FREE
Achievers is a career and college preparation program committed to motivating youth by giving them support, direction and opportunities to determine, pursue and achieve their personal, academic, and career goals. Program components: weekly meetings; events; special events; career planning workshops, internship opportunities, guest speakers and an annual college tour. Destination College offers one on one mentorship with hands on coaching on things like college applications, personal essays and scheduling.					
Girls Who Code	Oct. 14 <sup>th</sup> – Jun. 1 <sup>st</sup>	High School Students	Mondays	4 – 5pm	FREE (Must bring own Laptop)
A technology based program designed to close the gender gap in technology and to change the image of what a programmer looks like. Participants build character and coding skills as they learn, plan, build and celebrate together to create a project that they care about.					
HEALTHY LIVING/LIFE SKILLS					
Teen Chef	Oct. 18 <sup>th</sup> – Jun. 5 <sup>th</sup>	Middle School Students	Fridays	4 – 5pm	FREE
Do you love food? Do you love eating? Then Teen Chef is the program for you! Join Teen Chef to learn the basics of cooking and nutrition while preparing and cooking delicious recipes.					
Teen Yoga	Oct. 15 <sup>th</sup> – Jun. 4 <sup>th</sup>	Middle School Students	Tue & Thurs.	4 – 5pm	FREE
Have you ever wondered what the big hype is about yoga? Well come find out! This beginner yoga course, exclusively for middle school teens, focuses on mindfulness, relaxation, as well as basic yoga poses. Mats are provided!					
Mind Body Fitness	Oct. 14 <sup>th</sup> – Dec. 17 <sup>th</sup>	Middle & High School Students	Mondays	3:30 – 4pm	FREE
30-minute circuit-based sessions to target results while giving participants the option to tailor the workout intensity to their own skill level and learning to associate the mind with the body.					



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### CHARACTER DEVELOPMENT/VOLUNTEER OPPORTUNITIES

<b>7<sup>TH</sup> Grade Initiative</b>	Oct. 12 <sup>th</sup> – Jun. 7 <sup>th</sup>	7 <sup>th</sup> Grade Students	Varies	Varies	FREE
We offer free memberships to all local seventh graders in our service area. 7th grade is a pivotal and transitional time for many teens. We are committed to supporting and encouraging youth to make good decisions and form healthy habits that lead to a healthy lifestyle. The 7 <sup>th</sup> Grade Membership program provides opportunities for fitness and sports as well as an opportunity to socialize with peers in a safe, supervised and conveniently located environment.					

<b>8<sup>th</sup> Grade Leaders Club</b>	Oct. 17 <sup>th</sup> – Jul. 1 <sup>st</sup>	8 <sup>th</sup> Grade Students	Varies	Varies	FREE
Free membership to all local eighth graders in our service area. In this program, 8 <sup>th</sup> graders will be required to attend monthly meetings and contribute to (and create) community service projects and opportunities. Participants will learn and develop leadership skills, professionalism and volunteerism all the while socializing with peers in a safe, supervised and conveniently located environment.					

### ADDITIONAL OPPORTUNITIES

<b>Teen Nights</b>	Oct. 25 <sup>th</sup> – June 19 <sup>th</sup>	Middle & High School Students	Fridays	6 – 8pm	FREE
The last Friday of every month, we will host a special event exclusively for teens! Events will range from a dance party to tournaments to a variety of different events!					

For more information, please contact: Christopher Miree, Youth and Teen Director, at  
[chris.miree@theSAY.org](mailto:chris.miree@theSAY.org) OR 908-273-3330 ext. 1140