

YOUTH & TEEN SCHEDULE

Ages 12-16 Summer 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Lounge	OPEN 11a - 7p LUNCH 11:45a - 1:15p	OPEN 11a - 7p LUNCH 11:45a - 1:15p	OPEN 11a - 7p LUNCH 11:45a - 1:15p	OPEN 11a - 7p LUNCH 11:45a - 1:15p	OPEN 11a - 7p LUNCH 11:45a - 1:15p STEAM Projects 1:30 - 2 6-6:30	
Community & Community Room	11:00-11:45 Self-Identity	Crisis Shelter 11 am - 11:45 am	11:00-11:45 Life Skills	Talk Saves Lives 11Am Crisis Shelter 11 am -11:45 am	11:00-11:45 Academic/ Career	
Wellness Center	Open 11-6 Orientations 11-11:30 4:00- 4:30	Open 11-6	Open 11-6 Orientations 11-11:30 4:00- 4:30	Open 11-6	Open 11-6 Orientations 11-11:30 4:00- 4:30	
Aerobic Studio	11:15-11:45 Silver Connections	11:15-11:45 Silver Connections Yoga 1:45-2:30	Hula Hooping 1:15-2:15	11:15-11:45 Silver Connections Pet Therapy 1:45 - 2:15	Yoga 1:45-2:30	
Gymnasium	FAMILY GYM/ BASKETBALL 1 - 3p AND 4:30 - 6p	FAMILY GYM/ BASKETBALL 1 - 3p AND 4:30 - 6p	FAMILY GYM/ BASKETBALL 1 - 3p TEEN PICK UP 4:30 - 8p	FAMILY GYM/ BASKETBALL 1 - 3p TEEN PICK UP 4:30 - 8p	FAMILY GYM/ BASKETBALL 1 - 3p AND 4:30 to 8p	FAMILY BASKETBALL 8a - 12p YOUTH / FAMILY GYM 12 - 2p
Swimming Pool	3:45 - 4:30pm		3:45 - 4:30pm			11:15AM - 12:00 pm
Racquetball Ct 3	Hula Hooping 1:30-2:30pm		Hula Hooping 1:30-2:30p			

* All youth must attend & pass an orientation prior to using the Wellness Center. See reverse for details.

PROGRAM DESCRIPTIONS

HULA HOOPING: Have fun & get a great workout while you Hula Hoop with Ally.

Yoga/Mindfulness: Easy Yoga moves and motivational affirmations

Pet Therapy: Therapy Dogs will be visiting providing comfort and happiness

Talk Saves Lives by Human Services: Small group talk by professionals from Human Services Center on the importance of expressing your feelings

Age appropriate topics from The Crisis Shelter: Technology safety; Trafficking Prevention; Healthy Relationships

SILVER CONNECTIONS: Youth engage with senior members during this intergenerational program.

HIP HOP: Dance and have fun with guided routines set to fun music and lights!

STEAM PROJECTS: Join Y staff for fun, hands-on steam projects.

WELLNESS CENTER ORIENTATIONS

ALL YOUTH using the wellness centers must first attend and pass an orientation. The Wellness Center Orientation introduces fundamentals of fitness with supervised instruction on strength and cardio equipment. Limited to 8 participants per group, successful completion of this class is required before you can use the Wellness Center. Register for orientation at the front desk. For questions, please connect with Emmitt Lehman at 724-658-4766, ext. 24 or email elehman@ncymca.org.

Wellness Center Orientation Schedule (*subject to change*):

Mondays, Wednesdays and Fridays at 11 a.m. and 4 p.m

WELLNESS CENTER RULES

REMEMBER, RULES ARE FOR YOUR SAFETY AND ENJOYMENT. PLEASE OBEY ALL RULES.

1. All youth are expected to practice the four core values of y character development: caring, honesty, respect and responsibility.
2. All youth must attend and pass an orientation prior to using the Wellness Center.
3. All water bottles must have sports caps.
4. Please wipe down equipment with provided disinfectant when finishing your workout.
5. Do not leave valuables on the desk or unattended in the Wellness Center.
6. Limit your workout to 30 minutes on each piece of equipment.
7. TV channels are preset and may not be changed.

NEW CASTLE COMMUNITY YMCA

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