



IT'S A
GREAT
PLACE
TO BE
myself.



YMCA MIDDLE SCHOOL PROGRAMS

YMCA MIDDLE SCHOOL

At the YMCA, we view youth as assets to our community – with strengths, leadership and skills. All young people, regardless of ethnicity, gender, economic, geographic or religious background, face choices that can positively or negatively influence their futures. Through programs that give youth opportunities to gain leadership skills, core values and an ethic of service, the YMCA helps young people make wise and healthy choices. Under the guidance of caring adults, youth learn fair play and positive communication and develop a spirit of cooperation - all skills that are needed to succeed. Middle School programs are for students in grades between elementary and high school. YMCA programs can be school based or held at a YMCA Center.

YMCA MIDDLE SCHOOL ENRICHMENT CLUBS

At a YMCA Middle School Club, young people meet on a weekly basis primarily during after school hours, working closely with their peers and a counselor on skill and character-building activities, as well as on planning and organizing club projects. The club's goals are to enhance the personal growth and social skills of young people in order to develop leaders who will be a positive force in their communities. Middle School Clubs may include: Sports Clubs, G.I.R.L.S., Leadership, Smooth Talkers, Youth and Government and more.

MIDDLE SCHOOL YOUTH AND GOVERNMENT

The students learn the democratic process by actually participating in many aspects of state government. They research and write bills, debate issues, vote on proposals, participate in committees and run for office.

YMCA LEADERSHIP CLUBS

A year-long program intended to build assets and leadership capacity in youth. The program includes workshops on personal development, cultural diversity, higher education, government and business.

YMCA TEEN COURT: Making Things Right

An alternative judicial and mediation system which involves teens as judges, prosecuting and defense attorneys, jurors, clerks, and bailiffs in the handling of the punishment phase of proceedings involving their peers. School administrators involve the court at their discretion in determining alternative punishment for students who violate school rules.

YMCA EARTH SERVICE CORPS

YMCA Earth Corps combines environmental education and service learning. Students will have the opportunity to learn about the different cultures around our globe. The YMCA sponsors a wide range of educational forums and outdoor adventure trips to teach students about the environment.

YMCA G.I.R.L.S. (GIRLS IN REAL LIFE SITUATIONS)

YMCA G.I.R.L.S programs are currently operated for girls in grades 5-7. Programs provide structured fun, educational and self-exploration sessions led by strong positive role models to adolescent girls which promote character development, self-determination and positive life choices.

YMCA SMOOTH TALKERS

Middle school teens are given opportunities to develop communication skills by making presentations in poetry interpretation, dramatic monologue, persuasive oratory, impromptu speaking, stand-up comedy and parliamentary debate.

TO LEARN MORE ABOUT YMCA MIDDLE SCHOOL PROGRAMS,
visit a Y near you or on-line at ymcahouston.org



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. The YMCA strives to turn no one away due to inability to pay.

YMCA HEALTH AND WELLNESS

Older Youth Strength Training orientations at the YMCA Center provide an introduction to the Wellness Center. Youth are taught the proper and safe way to use the equipment. Older Youth group exercise classes that are offered focus on age and developmentally appropriate fitness activity. Some of the group exercise classes offered are specifically for older youth, such as kickboxing, hip hop dance, yoga and spinning.

YMCA SPORTS LEAGUES

The YMCA believes that sports programs encourage and promote healthy and strong kids, families and communities by placing a priority on family involvement, healthy competition rather than rivalry, the value of participation over winning, team building as well as individual development, a positive self-image and a sense of fair play and mutual respect for others. Sports leagues may compete between other YMCA teams and may include baseball, flag football, roller hockey, basketball, cheer clinics, volleyball, soccer and more.

OLDER YOUTH SUMMER DAY CAMP

YMCA Older Youth Summer Day Camp provides youth with supervised activities that teach core values, conflict resolution and leadership skills. Kids have fun while making new friends, developing new skills, learning core values, building self-confidence, appreciating teamwork and growing in self-reliance. Older Youth Camp activities include service projects, swimming, art projects, field trips, teambuilding and leadership.



SLEEPOVER CAMPS

YMCA Camp Cullen:

Progressive programming for campers ages 8-16 gives us the opportunity to maximize a camper's experience. Campers take part in a wide range of water sports, horseback riding, climbing, nature, drama and more. In addition to the many fun activities available, the campers also gather as a cabin group each day where they play, learn and bond while participating in fun activities like campfires and scavenger hunts

YMCA Camp Hamman Ranch:

The goal at Camp Hamman Ranch is to create an environment that challenges older youth and teens to take risks and build relationships. The wholesome environment is supported by the YMCA's five core values of caring, honesty, respect, responsibility and faith. We strive to give older youth and teens the adventure they seek within the safety limits parents love. Campers ages 10-16 will have an excellent experience participating in challenging and thrilling activities such as the high ropes course, cave explorations, swimming and canoeing, trail horseback riding, rappelling and rock climbing.

SPECIAL EVENTS

City-wide one day events on the weekend provide the opportunity to interact with other older youth in different communities from their own. Activities such as HYPE, a full day event that includes team building, games and leadership skills; weekend camping; service projects to help their community; trips to YMCAs, sports tournaments and many more. Out-of-state and week-long activities include Summer Leadership Conferences or Leaders School, in which youth learn about how to work in YMCA programs.

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