



IT'S A GREAT PLACE TO BE myself.



YMCA TEEN PROGRAMS

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At the YMCA, we view teens 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 teens 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, teens learn fair play and positive communication and develop a spirit of cooperation – all skills that are needed to succeed. YMCA programs can be school based or held at a YMCA Center.

YMCA TEEN ENRICHMENT CLUBS

At a YMCA Teen 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. **Teen Clubs may include:** Sports Clubs, Leadership, Youth and Government and more.

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, run for office, and hear judicial cases. There are additional aspects of the program that involve the judicial arm of the government and offer an opportunity for young people to participate in print and video media.

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

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 LEADERSHIP HIGH SCHOOL

An intense year-long series of modules and experiences designed to build assets and leadership capacity in youth. Students apply, interview and are admitted to the leadership class for their schools or school districts. Modules include workshops on personal development, cultural diversity, higher education, government and business. Highlight activities include a three-day retreat and a graduation ceremony.



TO LEARN MORE ABOUT YMCA TEEN 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 YOUTH ACHIEVERS

The central purpose of the program is to help teens develop a positive sense of self and to set high educational and career goals. The program strives to:

- Assist students and their parents in identifying and qualifying for financial resources to continue their post secondary education
- Raise the academic standards of youth
- Expose students to diverse career options
- Provide youth with role models whose success and knowledge will inspire them to reach their personal goals
- Create channels for continuing community involvement by business and industry
- Recognize and promote excellence in our youth

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.



SLEEPOVER CAMPS

YMCA Camp Cullen: Progressive programming for campers ages 8-16 gives us the opportunity to maximize a camper's experience. Campers at Camp Cullen 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 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 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.

CAMP LEADERSHIP PROGRAMS (FOR BOTH DAY AND SLEEPOVER CAMPS)

LIT (Leader in Training) is designed for those that are interested in becoming better leaders, or who want to take the first step toward becoming a camp counselor. The individual enters the program as a regular camper, then while working together, the LIT group becomes a well-functioning team, learning cooperation, problem solving, leadership and teamwork. They will work hands on with campers, and work closely with counselors within a supervised program. Age requirements may apply.

CIT (Counselor in Training) is designed to prepare the camper for their role as a camp counselor. They will work closely with the CIT Director to learn all aspects of camp while shadowing various counselors and learning what it takes to become a wonderful and memorable camp counselor. (Age requirements may apply.) Once successfully completing the CIT Program, they are eligible for the CIT II Program, in which they will spend time under the supervision of the staff as a counselor.

SPECIAL EVENTS

City-wide one day events on the weekend provide the opportunity to interact with other teens in different communities from their own. Activities such as HYPE, a full day event that includes teambuilding, 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 teens learn about how to work in YMCA programs.

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