

Teen Programs

Program	Description	Day	Time	Member Fee	Program Member Fee
Drop-in Program					
<i>Ages 11-17</i>	Teen Center-Drop In Membership Make new friends, or bring your own crew to the teen center. Activities include internet and computer access, sports, arts & crafts, board games, specialty programs, & clubs. Financial Assistance available.	Mon-Fri	2:00-6:00PM	Summer A Free Summer A Free	Summer B \$60.00/yearly Summer B \$60.00/yearly
Power Zone & Quiet Zone					
<i>Computers Ages 11-17</i>	Internet access is offered to teens. Quiet Zone: Teens have a quiet area in which they can get help with homework, play board games, or read their favorite book.	Mon-Fri	2:00-6:00PM	Summer A Free Summer A Free	Summer B \$60.00/yearly Summer B \$60.00/yearly
Media Zone: (Games & Movies)					
<i>Movie Time</i>	On selected days teens are able to view movies, and play video games for specified amounts of time	Fri	3:00-5:00PM 4:00-6:00PM	Summer A Free Summer A Free	Summer B \$60.00/yearly Summer B \$60.00/yearly
Sport Zone					
<i>Gym</i>	Mixed variety of sports and team building activities	Mon-Fri	2:00-6:00	Summer A Free Summer A Free	Summer B \$60.00/yearly Summer B \$60.00/yearly
<i>Swim Zone</i>	Free swim for teens	Fri	3:30-4:45PM	Summer A Free Summer A Free	Summer B \$60.00/yearly Summer B \$60.00/yearly
Teen Fitness Programs					
<i>Cardio Training</i>	Come burn calories while working out on our new cardio machines, strength and endurance training. Supervised by a Health and Wellness Fitness staff person.	Tues-Thur & Fri	4:15-5:00PM	Free	\$40 (1x/wk.)
<i>Cycle Fit</i>	Ride to the music at your own pace. Come try a fun way to burn calories while challenging your endurance and cardiovascular fitness on these new Keiser Spin Bikes.	Wed	4:15-5:00PM	Free	\$40 (1x/wk.)
<i>Teens of Steel Ages 11-16</i>	A personalized training program designed specifically for your teen! A program of cardio and weights individually set to meet the needs of a growing body. Fitness development on the track, a get pumped work out. Instruction on fitness development included. This program is geared for youth who want to get fit!	Tuesdays	5:30-6:30PM	\$25	\$50
<i>Teen Bootcamp</i>	A high energy workout consisting of athletic conditioning drills and calisthenics, this class will challenge your strength, cardiovascular fitness and endurance.	Tuesdays	5:30-6:30PM	Free	\$40 (1x/wk.)
<i>P.E.P.</i>	Performance Enhancement Program is designed for the recreational sports person, team players, endurance athletes and those who want to achieve or maintain a high level of fitness. It is designed to train the three energy systems using sprints, agility work and muscle conditioning. Additionally, it will help prevent sport-related injuries and may provide you with a source of inspiration and motivation, keeping you focused on your training goals.	Monday	5:00-6:00PM	\$35	\$70
Specialty Programs					
<i>YMCA Leaders Club Ages 11-17</i>	For teens who are interested in positively impacting their world. Participation in this program includes opportunities for community service. Teens who sign up will be involved with many YMCA events and programs such as Healthy Kids Days, Teen Center, Student Government, dances, and their own planned events. Strategies for leadership development will be discussed, workshops enforcing leadership and team work styles	Fri	4:00-5:00PM	Fees TBA	Fees TBA
<i>Special Events</i>	Selected Fri nights: dances, field trips, performances, contests	FRI Dates TBA		Fees TBA	Fees TBA

