

For Social Responsibility

Step It Up Club

Mondays 5:15-6:30pm

Connect with the community and the Y. Feel what it's like to be part of something and contribute to the community you live in by giving back to Muscatine. Join us as we do service learning projects all over the community! **Sept. 14th- Dec. 14th**



Teen Leaders Club

Thursdays 4:15-5:15pm

The Y is counting on you to lead the way! Use your ideas, passions, strengths, and interests to develop service projects and club activities that will make a difference. Teen Leaders is a teen-driven, teen-led club that focuses on fun, service team building and health! **Sept. 10th-Dec. 17th**

Youth Basketball Registration deadline is Sept. 19th for boys and Dec. 5th for girls!

Ways to support what we do...

Chaperone at a Middle School Fun Night

Donate to the Capital Campaign

Volunteer to coach or ref our youth basketball or soccer programs

Attend the Mother Daughter Tea Party on Sat. Oct. 10th, 2-4:30pm

Attend the Mother Son Dance on Sat. Nov. 7th, 6:30-9:00pm

Put together a Trivia Night Team for Friday, Nov. 13th, 6:00pm, held at Rendezvous

Non-Profit
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52761
Permit No.
294


the
MUSCATINE COMMUNITY YMCA
1823 Logan Street
Muscatine IA 52761



A United Way Agency



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A PLACE FOR TEENS TO BE, BELONG AND BECOME!

**Middle School
Programs at the Y!**



www.facebook.com/MuscatineY-teen page



[@Muscateeny](https://twitter.com/Muscateeny)

MUSCATINE COMMUNITY YMCA

1823 Logan Street, Muscatine IA 52761

www.MuscatineY.org

Contact: Amy Hessel 263-9996

Or Current Resident

Fall Kick Off Event: "Off The Wall Fun"

Thursday, Sept. 3rd 4:00-6:00pm

Off the Wall Fun includes RC Races, Hot Wheels, Human Hungry Hungry Hippo, Card Tourney, Human Foosball, an Art Challenge and Snacks. Please RSVP by Wed. Sept. 2nd. Free for members and nonmembers!

For Youth Development



Girl Power

Tuesdays 4:15-5:15pm

As Meghan Trainor says, "It's All About That Bass". You are beautiful the way you are. Join us each week for fitness, health, games, and fashion. Sept. 8th-Dec. 15th

Variety Arts

Mondays 4:00-5:00pm

The Arts are a way to express who you are and show the world what you are about. Learn and share with a different art form each week. Crafts, painting, clay and just plain fun! Sept. 14th- Dec. 14th



Art Club

Wednesdays 4:30-5:45pm

Want more than just a craft project? This club will focus on the art forms and will produce 2 to 3 large projects over the six weeks. Art Club is just \$10 for members and \$20 for nonmembers for a six week class. Sept. 23rd-Oct. 28th

Video Game Challenge

Mondays 5:30-7:00pm

Chill out and socialize while enjoying a Wii or Xbox 360 Challenge with friends. Sept. 14th- Dec. 14th



Guy Thing

Tuesdays 4:15-5:15pm

The reality is...health, gaming and team sports. The balance can be as easy as finding a few new hobbies, learning some easy healthy choices, and working for a common goal. Join a group that combines the whole reality each week... just for guys! Sept. 8th-Dec. 15th



Cooking Club

Wednesdays 4:00-5:15pm

Kids In the Kitchen: Healthy eating can be as easy as 1,2,3! Cooking is fun and a life long skill. Learn to cut and prepare fruits and veggies, and use the stovetop and oven in a safe, fun atmosphere. **Cooking Club will run Nov. 11th- Dec. 16th.** Must pre-register, \$10.00 for members and \$20.00 for nonmembers.



Middle School Friday Nights

1st Friday of the month 6:00-9:00pm (starting in October) These activities are free for members and nonmembers!

Friday, Oct. 2nd: Flag Football
Friday, Nov. 6th: 5 on 5 Dodgeball Tourney
Friday, Dec. 4th: Movie Night, complete with snacks



A Super Sitters Class will be offered Mon. and Tues., Dec. 28th and 29th 9:00am-3:00pm. \$18 for members/\$36 for nonmembers. Must pre-register!

For Healthy Living

Teen Only Fitness

Tuesdays & Thursdays 3:45-4:10pm

The Weight Room and fitness classes can be intimidating for Middle School youth with all those adults around, so we developed a class just for you! Join us for two classes a week, one day of strength training and one day of cardio. Feel safe and confident working out in a social setting. Sept. 8th-Dec. 17th



Drop-in Flag Football/Basketball

Tuesdays 5:30-6:15pm

Get into the game this fall. Team play, confidence, decision making and fitness are all part of the action with this drop in sports program. Teams will be divided each week. Flag Football will run Sept. 8th-Oct. 27th. Basketball will run Nov. 3rd-Dec. 15th.



Drop -in Gaga Ball

Wednesdays 5:30-6:15pm

Our octagon pit will be ready for play each week. Haven't played Gaga Ball before? This form of dodgeball aims for below the knees while hitting a ball with an open hand. It's great fun and a great workout! Sept. 9th-Dec. 16th

Drop -in Floor Hockey

Thursdays 5:30-6:15pm

Enough said! Join us for some friendly matches, from small sided teams to large groups...we won't know till you get here. Sept. 10th-Dec. 17th

FYI:

On scheduled no school days there will be Middle School Programming from 1-4pm.

Middle School Teen Nights, or otherwise known as Middle School Dances, are scheduled from 7:30-10:30pm for the following dates: Sept. 26th, Oct. 24th, and Nov. 21st! Please purchase your \$4.00 tickets early, there is a limit!
Chaperones are always NEEDED!

**TEEN
ACTIVITIES**

