



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The YMCA Summer of Olympic Proportions is a Place for Teens to Be, Belong and Become!



Summer Kick Off Event:

“Zombie Olympics”

Tuesday, June 7th Noon-4pm

The Summer Olympics will take place this summer, and we want to make sure you're prepared for the events. Get off the bench and get into the games with specially created activities that lead you to no less than tons of fun while saving the world! Games, challenges, food and new peeps! All those entering 5th-9th grades. Please RSVP by June 3rd so we have enough food and supplies!



For Youth Development:

Girl Power: Olympic Dreams

Mondays 1:00-2:30pm

In this Summer Olympic year, our Girl Power group will focus on those qualities that make Olympic heroes:

dedication, health, hard work and strength. Field trips, fashion, games, fitness and health topics will round out the summer. Entering 6th-8th grades, June 6th- August 8th



Guy Thing: Olympic Proportions

Mondays 1:00-2:30pm

There is more to gold medal winning than just skill and fitness. Join in the fun this summer by exploring the ideas that build an Olympian; dedication and commitment, fitness and mental awareness. All achieved with games, field trips and fun. Entering 6th-8th grades, June 6th- August 8th



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! Entering 5th-8th grades, June 6th- August 8th

Card Club : Strategy Games

Mondays 2:30-4:00pm

This is not your mother's card club, that's for sure! Join other card enthusiasts and staff each week for games of Yu-Gi-Oh, Pokemon, and Magic the Gathering. Learn new games and their rules, plus meet new people who want to play. This is your card club, so you let staff know what you want to play and learn each week. All ages welcome, June 6th - August 8th

Science Olympics

Tuesdays 2:30-4:00pm

Science is for everyone...join the fun this summer with science games, hands on learning and fun challenges. Entering 5th-8th grades, June 14th- August 9th

Zombie Survival Club

Tuesdays 4:00-5:15pm

We can't save the world if we can't save ourselves! Geocaching, spear throwing, fire building and basic exploring skills will be part of this epic summer club! Entering 5th-8th grades, June 7th- August 9th

Cooking Club

Wednesdays 4:00-5:15pm

**Fee: \$15 for members
\$30 for nonmembers**

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. Must pre-register. Entering 5th-8th grades, June 8th- August 10th

Leaders Club

Thursdays 4:00-5:00pm

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.



Create your own club that focuses on fun, service, team building and health. Entering 6th-8th grades, June 9th- August 11th

Upcycling Art Club

**Fee: \$10 for members
\$20 for nonmembers**

Thursdays 2:30-4:00pm

Don't ditch that! This summer we'll turn trash into masterpieces in Art Club. Creating something "new" from something "old" will be our focus. Entering 6th-8th grades, June 9th- August 11th

For Healthy Living:

Sports Camp

Monday- Friday 8:00am-12:30pm

**Fee for each week: \$60 for members
\$90 for nonmembers**

Put a bit of sport in your Summer! Join the Y staff for some fun and games, team building and fitness. We will play host to several sports during the week. Lunch will be served every day. Open to youth entering grades 1st-5th and 6th-8th. Week 1: June 27th- July 1st, Week 2: July 25th- July 29th

Fall Soccer Registration Deadline

Saturday, July 23rd at Noon

**Fee: \$30.00 for members
\$52 for nonmembers**



A developmental, recreational program for boys and girls in K-8th grades. The emphasis is on the development of soccer skills, good sportsmanship and fair play, socialization among teammates and other teams, and enjoyment of the game. Season will start the week of August 29th!

W.O.W (Workout and Weights)

**Fee: \$15.00 for members
\$30.00 for nonmembers**

Middle School students learn how to safely use the weights and other equipment in the exercise area. Those who pass this class will be able to use the area during middle school use times or any time with a parent or guardian. W.O.W is for youth entering 6th-8th grade. Attendance is required during the 4 week session. Please call the Y or check the website for class times.



START STRONG STAY STRONG

For Healthy Living:

Teen Boot Camp

Thursdays 1:00-1:45pm

Teen Only Fitness is just the beginning! Do you want something more? Need something different? Teen Boot Camp is the stop! This is no ordinary BOOT CAMP though. We will add playground games and make them into tough workouts. Entering 6th-8th grades, June 9th - August 11th



Fitness Club

Tuesdays and Fridays 1:00-1:45pm

The Weight Room and fitness classes can be intimidating for middle school youth with all those adults around, so we developed a club just for you! Join us for strength training and cardio. Feel safe and confident working out in a social setting. Entering 5th-8th grades, June 10th- August 12th

Water Olympics

Fridays 2:30-4:00pm

Water balloons, Slip-n-slide challenges, pool games, sponge dodgeball and more. Entering 5th-8th grades, June 10th- August 12th

Drop In Basketball

Mondays 10:30-11:45am



Get into the game this summer. Team play, confidence, decision making and fitness are all part of the action with this drop in basketball program. Teams will be divided each week and will range from full court to single hoop games. Entering 5th-8th grades, June 6th- August 8th

Running Club

Tuesdays and Thursdays 9:15-10:00am

Need a running partner, a team mate to push you, someone to hold you accountable or just want some company while running? That's what we are here for! We don't care if you are a beginner or a competitive runner...everyone is welcome to join. Entering 5th-8th grades, June 7th- August 11th

For Social Responsibility:



Step It Up Club

Tuesdays 10:00am- Noon and Wednesdays 1:00-3:00pm

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! We will spend Wednesday afternoons at Musser Public Library. Entering 5th-8th grades, June 7th - August 10th

Super Sitters

Wednesday and Thursday June 1st and 2nd 10am-4pm (West Liberty Library)

Thursday and Friday June 23rd and 24th 9am-3pm

Fee is \$18 for members \$36 for nonmembers

Super Sitters is a comprehensive babysitting know-how course for boys and girls ages 11-14. It focuses on care and handling of infants, dealing with fire, accidents and other emergencies, basic 1st Aid, age appropriate toys and games. Bring a notebook, pencil, sack lunch and tennis shoes.

DEDICATED TO TODAY'S YOUTH



**A Place for Teens To Be, Belong and Become!
Middle School Programs At the Y!**



MUSCATINE COMMUNITY YMCA
1823 Logan Street,
Muscatine IA 52761
www.MuscatineY.org
Contact: Amy Hessel 263.9996



Muscatine Community Y-Teen Page



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