

W.O.W. (Workout and Weights)

Watch for updated dates /times/prices

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. Attendance is required during the 5 week session. Please call the Y or check the website for class times. Entering 6th-8th grade

FOR SOCIAL RESPONSIBILITY:

Togetherhood

Tuesdays 10:00am- Noon

Togetherhood is the Y's member-led volunteer service program. We will work together to plan and lead service projects that respond to local community needs. Help us create social change and demonstrate we're a charity dedicated to strengthening community. Entering 5th-12th grades, June 9th -August 11th

Our Teen Groups offer something for everyone, but no matter the group, our goal is the same...We support & develop youth so they can be ethical, caring & successful adults. We do this by creating a space that guides Youth Development in five areas: Emotion Management, Responsibility, Personal Development, Relationship Building and Empathy!

Youth Soccer Registration deadline is Sat. July 25th at Noon

Youth Soccer is open to 4 year old preschoolers- 8th graders

**TEEN
ACTIVITIES**



MUSCATINE COMMUNITY YMCA
1823 Logan Street
Muscatine IA 52761

Non-Profit
Organization
U.S. Postage
PAID
Muscatine, IA
52761
Permit No.
294



A United Way Agency

Or Current Resident



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A PLACE FOR YOUTH TO BE, BELONG AND BECOME!

**Summer 2020 Programing
for 5th-12th graders**



www.facebook.com/MuscatineY-teen page



@Muscateeny

MUSCATINE COMMUNITY YMCA
1823 Logan Street, Muscatine IA 52761
www.MuscatineY.org
Contact: Amy Hessel 263-9996
ahessel@muscatiney.org

We are so excited to have our members and youth return to our facility and programming. Like many social things in our daily lives, things at the Y will be a bit different. Social distancing and gathering guidelines are currently still in effect in our community and it will be at the Y too!

No more than 10 people, including the program staff will be allowed in the Teen Center or Programming space. We will work hard to separate groups, with staff so that all can participate. As we work through these changes, stay with us and be flexible, we as Y staff will be! Watch for more programming to be added as social distancing guidelines change!

FOR YOUTH DEVELOPMENT:

Programming staff will be available Monday-Friday 1-4pm, beyond the groups listed. During that time, if no other programming is scheduled, we will offer group choice activities!

Teens Take The Town

Mondays 10:30am-Noon

You can meet many of tomorrow's leaders at the YMCA Leaders Club, Teens Take the Town. This program gives teens the opportunity to learn to become more effective in their interactions with others. Teens improve their leadership and social skills while experiencing new ways to give back and grow as human beings. Implement projects that provide valuable service to the local community. Entering 6th-8th and entering 9th-12th grades, June 8th-August 10th

Girls Lead Fearlessly

Mondays 1:00-2:30pm

Be part of a Kinder World... our Girls Lead Fearlessly group will focus on staying fit and healthy, getting to know who "you" are through hobbies and talks, life skills, giving back to the community and career development. This summer we will dive into things that really matter to you! Entering 6th-9th grades, June 8th-August 10th

Guys In the House

Mondays 1:00-2:30pm

Guys in the House is all about meeting people that can take you where you want to go and developing skills to keep you on track. Physical and mental health, career opportunities, and giving back to the community are all part of the summer fun. Entering 6th-9th grades, June 8th- August 10th

Mindful Teen: Surviving to Thriving

Mondays 2:45-3:45pm

Mindfulness is about a present-moment awareness of our thoughts, feelings, physical sensations and surrounding environment without judgement. Join our trained Y staff to gain useful skills and "tools" to apply in your daily life to improve your overall well-being now and in the future. There will be discussion, activities, mindfulness tools and self-care tools each week. *Free, but must register and commit to the 6 weeks.* Each participant will receive the book "The Mindful Teen". This program is possible with funds from the Muscatine Police Association. Entering 6th-12th grades, June 8th- July 20th, July 27th-Aug. 10th will be extended lessons.

The Art Factory

Mondays 4:00-5:00pm

Arts and Crafts are just the beginning. Arts are away to de-stress, discover ourselves and express ourselves. Clay, charcoal drawing and so much more will keep us busy this summer. We will offer activities based on age groups. 3rd-9th grades, June 8th- August 10th

Science Battles

Wednesdays 1:00-2:30pm

There is nothing better than seeing your experiment work, getting messy or creating a new working method. Science, Technology, Engineering and Mathematics are for everyone...join the fun this summer with science experiments, games, hands on learning and fun challenges. Entering 5th-9th grades, June 10th- August 12th

Card Club: Strategy Games

Wednesdays 2:30-4:00pm

Join other card enthusiasts and Y 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. All ages welcome, June 10th-August 12th

FOR HEALTHY LIVING:

Youth Indoor Cycling

Mondays/Wednesdays 9:00-9:45am

Join the Y Teen Staff for a morning ride complete with fun music, high energy and a great workout! Entering 6th-12th grades, June 8th-August 12th

Teen Fitness and Wellness

Tuesdays/Thursdays 1:00-2:15pm

Join us for a strength training or cardio workout, then a wellness activity like cooking a healthy snack, the importance of water, or the sugar level of popular drinks. Feel safe and confident working out in a social setting. Entering 5th-9th grades, June 9th-August 13th

Nerf War Games

Tuesdays 2:30-4:00pm

Every week we will play different styles of Nerf War games: Capture the Flag, Gauntlet Style or an Obstacle Course. We have Nerf Guns and Ammo, just come ready for combat! Entering 5th-9th grades, June 9th-August 11th

Basketball Skills Camp

Thursdays 9:00-10:15am

Get into the game this summer! Join Y staff in a weekly skills and game camp. Team play, confidence, decision making and fitness are all part of the action. We will have high school player join the fun each week. Entering 3rd-9th grades, Watch for a start date!