



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BUILDING LEADERS

Tween & Teen Guide: January - March 2012

COAL CREEK FAMILY YMCA

SPORTS & RECREATION

YOUTH DEVELOPMENT CENTER (YDC)

The YDC provides a safe, supervised place for youth to drop-in and hang out. The center is equipped with computers, big screen TV, XBOX 360 with Kinect, PS3, foosball and ping pong tables, and other creative activities.

Monday - Friday 5:30 - 8:30 pm
Saturday and Sunday 1:00 - 3:00 pm

Ages 10 to 15 years

ACTION ZONE

The Action Zone is filled with fun and exciting activities for youth. Drop-in and construct something amazing.

Saturday and Sunday 10:00 am - 1:00 pm

Ages 8 to 13 years

SATURDAY SWAG NIGHT

Saturday is here and it's time to bring out your swag! Check out our newest line up of activities to include: monthly break dancing battles, epic dances, video game tournaments and lots more!

Teen Dance

Saturday January 28 7:30 - 10:00 pm

Reality Check: Break Dancing Battle

Saturday February 25 7:30 - 10:30 pm

Video Game Tournament Night

Saturday March 17 7:30 - 11:00 pm

Grades 6 to 8

Facility Member fee: \$7
Program Member fee: \$9

360 FUN NIGHT

360 Fun Night is full of thrills and fun for youth in grades 4 to 5. Our events will include activities like pool parties, laser tag, challenges and more. Come experience 360 fun nights now!

Pool Party

Saturday January 21 7:00 - 9:00 pm

Facility Member fee: \$10
Program Member fee: \$15

Gladiator Night, Boys Sleepover

Saturday February 4 8:00 pm - 8:00 am

Facility Member fee: \$30
Program Member fee: \$40

COAL CREEK CLASSIC: 3-ON-3 BASKETBALL TOURNAMENT

Shoot the lights out in our first 3-on-3 hoops tourney. Show off your team's baller skills and play hard to win the championship. Our tournament is open to all, experienced or not. Register today and have some fun!

February 11 5:30 - 9:30 pm

Grades 6 to 9

Registration fee: \$80/team

MID WINTER BREAK EXPERIENCE

No couch surfing during this break from school! Get ready for some fun as we go to the areas hottest venues. Register now and dive right into activities like Snow tubing, paintballing, ice skating and more. Space is limited so make your reservation early.

February 20 - 24 8:00 am - 6:00 pm

Ages 10 to 15

Facility Member fee: \$40 per child/per day
Program Member fee: \$50 per child/per day

Drop-off at the Lake Heights Center YMCA and pick-up at the Coal Creek Family YMCA.

CITY ADVENTURES

City Adventures is a new program that provides fun and interactive field trips for youth in grades 4-5. Travel throughout the Seattle area and participate in activities like laser tag, go kart racing, rock climbing and more!

Laser Quest Field Trip

Saturday March 10 12:00 - 4:00 pm

Grades 4 to 5

Facility Member fee: \$25
Program Member fee: \$30

URBAN ADVENTURES

Urban Adventures focuses on providing fun and safe adventures within the greater Seattle area.

Teen Paintball

Saturday March 31 12:00 - 5:00 pm

Grades 6 to 10

Facility Member fee: \$40
Program Member fee: \$50
Community Participant fee: \$50



SILVERWOOD ADVENTURE

Save the date for this amazing spring break trip. Teens will spend time camping out, participating in a service project and making big splashes at one of the coolest theme parks... Silverwood!

April 9 - 13

Grades 7 to 10

Facility Member fee: \$280
Program Member fee: \$340

DUDE'S NIGHT

Don't miss an evening of conquering the fields of Lake Boren Park, as you take on the opposition in Laser Tag at night! This event will also include swimming, snacks, wild challenges and breakfast in the morning.

Laser Tag and Swimming

April 27 - 28 8:30 pm - 8:30 am

Grades 6 to 8

Facility Member fee: \$35/child
Program Member fee: \$40/child

DODGEBALL

It's dodgeball season. Bring your skills, speed and aim. Always remember to DUCK, DIP and DIVE!

Tuesday, Gym 1 (10-18) 7:00 - 8:00 pm

Free

BASKETBALL

Enjoy friendly competition and sharpen your basketball skills with others.

Monday, Gym 2 (11-18) 3:45 - 5:00 pm
Thursday, Gym 2 (16+) 8:00 - 10:00 pm
Friday, Gym 1 (12-18) 4:00 - 6:00 pm

Free

VOLLEYBALL

Come join in the fun-both beginning and intermediate times available.

Thursday, Gym 1 (Basic) 6:00 - 7:30 pm
Thursday, Gym 1 (Intermediate 14+) 7:30 - 9:00 pm
Sunday, Gym 1 (11-17) 4:00 - 5:30 pm

Free

TEEN BOOTCAMP

Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength-building activities, which may include plyometrics, calisthenics, cycling, circuit training, jump rope, speed work, lunging and more.

Thursday, Wellness Studio (8-13) 3:45 - 4:30 pm

Free

COAL CREEK FAMILY YMCA

13750 Newcastle Gold Club Road, Newcastle, WA 98059
P 425 282 1500 F 425 282 1501 coalcreekyymca.org

LEADERSHIP PROGRAMS

AFTER THE BELL

After the Bell is an after school program where middle-schoolers can hangout, study, learn to cook, exercise, meet new friends and relax in a safe and supervised environment. Transportation is provided from Maywood, McKnight, Tyee and St. Madeleine.

Monday - Friday 3:00 - 6:00 pm

Grades 6 to 8

Facility Member fee: \$235/month
Program Member fee: \$260/month

CLUB TYEE

Come hang out with your friends at the new after school experience, Club Tyee! This is your place to lounge, play games, create art and hang out with Y staff.

Monday, Tuesday, Thursday 3:52 - 4:40 pm

Grades 6 to 8

Tyee Middle School

SERVICE ACTIVITIES

TEEN SERVICE DAYS

Teen Service Days are a great way to get involved in your community. Projects include family events and community involvement. Visit Member Services to a volunteer application packet.

Club Tyee Volunteers

Monday, Tuesday, Thursday 3:30 - 4:45 pm
Wednesday 3:30 - 5:00 pm

Grades 10 to 12

Tyee Middle School

Family Nights

January 6, January 13, January 27, February 3, February 10, February 24, March 2, March 9, March 23 Times vary

Coal Creek Family YMCA

YMCA EARTH SERVICE CORPS (YESC)

YESC clubs are student-run, with support from teacher advisors and YMCA staff. Students are empowered to take a hands-on role in creating a healthier environment in their schools and community. Clubs meet weekly during the school year, activities include service projects and retreats.

Wednesday, Hazen High School 3:05 pm
Thursday, Tyee Middle School 3:40 pm

Grades 6 to 12

SPRING BREAK SERVICE IN THE SUN

Save the date for April 9-12 and an amazing spring break trip to California. Teens will have the opportunity to earn 20 hours of school community service while having fun with their peers and developing their leadership skills. Space is limited to 12 participants in grades 9 to 12.

For more information about our teen programs, contact Jerry Washington at jwashington@seattleyymca.org.

Everyone is welcome. Financial assistance is available. The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.