

TEEN PROGRAMS

FALL 2009

TREK ADVENTURES

Grades 5-12

Do you enjoy hanging out with your friends and checking out awesome places in the NW? If so, Trek is the perfect opportunity for you! Our Fall Trek program is a 4 week session jammed packed with fun NW activities. Get ready to partake in fun activities like rock climbing, hiking, biking, snowshoeing, kayaking, and much much more!

4 Week Session Begins in October!

SERVICE SATURDAYS

Grades 5-12

Great Volunteer Opportunity!

Join other teens as we volunteer with different non profit organizations in the greater Seattle Area. Projects include trail construction, habitat restoration, community involvement, animal aid, and other exciting and beneficial service projects. Whether you are looking to fill community service hours, meet other teens, or just make a difference in your community, this is the perfect opportunity for you.

Meets Monthly!

Y-RIDERS

Grades 5-12

Thinking of snow already? Tell your friends and join the fun as the YMCA buses it up to Snoqualmie Pass for fun filled nights of skiing and snowboarding . Meet new teens, have fun, be outside as well as get in shape.

Program begins January 2010

YOUTH AND GOVERNMENT

Grades 8-12

Interested in politics? Like to debate? Are there laws that you would like to see changed or implemented? The YMCA Youth and Government program will provide you with the opportunity to sharpen your leadership and debate skills as you network with other young adults and debate the topics that are important to you. You will have a chance to make new friends while learning about the legislative branch of the government. In May, this program travels to Olympia to take their written bills to the Senate.

Meets Weekly at the Sammamish Family YMCA

EARTH SERVICE CORPS

Grades 6-12

Teens Caring for their Environment

The YMCA Earth Service Corps program is a teen leadership and environmental service-learning program which combines four key elements: leadership development, environmental education, service learning and international/cross-cultural awareness. In this program you will a chance to take action on the issues in your community and environment that you care about. You can also earn community service hours, meet other teens with similar interests, and most of all have fun while making a difference!

Meets Weekly!

Contact: Youth Development Director– Heidi Bohall | email : hbohall@seattleyymca.org | sammamishymca.org

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle is a charitable, nonprofit organization serving King and south Snohomish Counties since 1876

**SAMMAMISH FAMILY YMCA
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