

TEENS



NORTHSHORE YMCA
FALL PROGRAM GUIDE 2009

ymcanorthshore.org
425.485.9797



TWEEN AND TEEN RECREATION

PHILIPS ULTRASOUND YOUTH CENTER Grades 4-12 ▼
Dance, Dance Revolution, Nintendo Wii, pool and ping pong are just some of the fun you'll have hanging out in the Youth Center! It's the perfect place to meet new friends and play games. Supervised by trained staff.

LATE NIGHT Grades 5-7 ▼
Join us on the most popular place to be on Saturday nights and get a taste of freedom in a safe environment! Take over the YMCA and choose from a variety of activities such as swimming, gym games, adventure zone and youth center. Snacks and beverages provided. Open to the community.

Sat 7:30-10:00 pm
Sept 12; Oct 3; Nov 7; Dec 5;
Fee: \$3 per person

Y CLIMBERS Ages 12-15 ▼
Challenge yourself! Four exciting weeks of climbing and belaying. Learn knot tying, proper use of equipment, commands, safety and teamwork.

Mon 5:00-6:30 pm
Oct 5-26
Facility Members: \$50
Program Members: \$65

Y RIDERS Grades 6-10 ▼
Love to ski and snowboard or do you want to learn how? Come shred some snow with Y-Riders! Awesome trips to Stevens Pass just for you! Registration begins in November.

Day trips: Jan 4, 18, 29; March 22
Sat evening trips: Jan 9, 23; Feb 23, 20, 27

Please see the Member Services Desk for more information.

WINTER BREAK TRIPS Grades 6-10 ▼
Six fun filled trips to keep you entertained during out of school time! Popular trips include Game Works, snow sports, and indoor climbing. Registration opens in November.

Dec 21-23; 28-30
Open to the community: \$40 per day

For more information contact Trevor Salayi at
tsalayi@seattleyymca.org

TEEN LEADERSHIP AND SERVICE

YMAD Grades 7-12 ▼
Youth Making A Difference in their community! Teens will design their own service projects, volunteer in the YMCA and outside with other organizations, advise the YMCA on teen programs and meet new friends, all while having a great time! A new project will begin the first of each month. Free to join, register at the Member Services Desk. Begins Oct 6.

Tues 5:30-6:30 pm

LIFEGUARD CERTIFICATION Ages 15+
If you can swim 300 yards and retrieve a 10 pound brick from a 7 foot depth then become part of a team to help people safely enjoy the water! What you will learn in American Red Cross training: surveillance skills to recognize and prevent injuries, rescue skills in the water and on land, First Aid/CPR/AED for the professional rescuer, professional lifeguard responsibilities such as interacting with the public and addressing uncooperative patrons. Training is a total of 30 hours and includes written and practical skill tests. Cost includes participant manual

Facility Members: \$150
Program Members: \$170

For more information contact Jamie Owens at
jowens@seattleyymca.org.

YOUTH & GOVERNMENT Grades 8-12
Experience the democratic process firsthand! Learn how to research public policy issues, write real legislation, practice public speaking and debating skills and work together to achieve a goal. Teens will also participate in a statewide conference and take over the capital grounds including the Senate and House of Chambers. Conference held on May 5-8, 2010. Visit youthandgovernment.org for more information. Registration ends Dec 1.

Thurs 7:00-8:30 pm
Oct-April;
Cost: \$450

PACIFIC REGION CONFERENCE Grades 9-12
"This is my second year going to PRC and when I signed up last year to go, I had only heard wonderful things about it and want to experience it for myself. Now that I have, you too need to go to PRC" Becca, grade 11

Teens participate in self-discovery workshops and intensive leadership training. Conference held at YMCA Camp Seymour in Gig Harbor, WA, Nov 27-30. Reserve your space, \$50 deposit is due Oct 22. Participants attend four meetings prior to conference.

Mon 6:00-7:00 pm
Oct 5,19; Nov 2,16
Cost: \$250

THE ZEM PROJECT Grades 7-12 ▼
We are the teen specialists offering you a fun and rewarding volunteer experience, fulfill community service hours here! At least one project or event will be available per month. Opportunities e-mailed monthly. Register at the Member Services Desk.