

## CHOICES

Choices is a program designed to provide a variety of activities while teaching middle schoolers to plan and participate. Program options may include and are not limited to: Archery, Pickle Ball, Open Basketball, Zumba, Yoga, Boot Camp, Obstacle Course, GaGa, Kickball, Swimming, Soccer Skills, Queenax-Teen X, Group Ex-Cardio/ Interval Training, and Circuit Training.



Dates and times:

Tuesdays From 3:00-5:00pm  
10/3, 10/10, 10/17, 10/24, 11/7 and 11/14

## TOGETHERHOOD

Togetherhood is the Y's volunteer service program to strengthen community. The program aims to deliver lasting social change by addressing local, national and global issues. Participants will work together to plan a year of service, run community service projects and celebrate the impact. Contact Corey Brown for more information at [cbrown@metroymcas.org](mailto:cbrown@metroymcas.org).



## FAMILY NIGHTS

The Y is committed to supporting the entire family. Family Nights will offer themed events, activities and recreation. Visit the Welcome Center for schedule and additional information.



# EMPOWER YOUTH TO REACH THEIR PERSONAL POTENTIAL

Sussex County YMCA

## MIDDLE SCHOOL MEMBERSHIP



6th



7th



8th

### SUSSEX COUNTY YMCA

15 Wits End Road  
Hardyston, NJ 07419

P 973 209 9622

f [sussexcountyyymca.org](http://sussexcountyyymca.org)

## HAVE QUESTIONS?

Contact Corey Brown at 973 209 9622,  
or [cbrown@metroymcas.org](mailto:cbrown@metroymcas.org).

# PURPOSE

Metropolitan YMCA of the Oranges is pleased to offer 6th, 7th and 8th grade students a free membership to support and encourage youth to live healthy lifestyles and make responsible choices.

## WHY MIDDLE SCHOOLERS?



Research shows that middle school is a critical time in a young person's life when exposure to risk factors greatly increases. Risk factors are conditions or influences that have been shown to increase the likelihood for unhealthy behaviors including substance abuse, delinquency, teen pregnancy, school drop-out and violence. It is also during the early teen years that youth begin to distance themselves from family and positive support systems.

The Y makes accessible the support and opportunities that **empower youth to reach their personal potential**. We also provide youth with the knowledge, skills, character and passion to be more active in the community as adults.

# HOW TO JOIN

1. You must be present and bring a school ID, roster or report card, and a parent or guardian to the Sussex County YMCA.
2. Parents complete required membership paperwork and sign form.
3. Middle School member may begin using membership right away. (Must complete Teen Training prior to using Wellness Center.)

Membership activates September 1, and runs through June 30.

Middle School members for current school year must join by October 31.

Middle School members must attend a wellness orientation prior to using the Wellness Center. Visit the Welcome Center to schedule.



## WHAT DOES THE MEMBERSHIP INCLUDE?

Membership includes use of the Wellness Center, pool, gymnasium and Teen Center (Must complete Teen Training prior to using Wellness Center.)



### TEEN TRAINING

A FREE 2-hour training, required for teens to use our Wellness Center. Teens will learn proper Wellness Center etiquette and safe exercise techniques led by our certified staff.



### FRIDAY FRENZY

Join us for a fun night out with your friends at the Y. Kids will have fun swimming, playing games or just hang out. 1st & 3rd Friday of each month - \$5



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPEN SWIM 2-4pm	HOMEWORK HELP 4-4:30pm	HOMEWORK HELP 4-4:30pm	HOMEWORK HELP 4-4:30pm	HOMEWORK HELP 4-4:30pm
HOMEWORK HELP 4-4:30pm		OPEN SWIM 5-6pm	WELLNESS CENTER WORKOUT 4:30-5:30pm	TEEN SPIN 5-5:45pm
	OPEN SWIM 6:30-8pm		OPEN SWIM 7-8pm	OPEN SWIM 7-9:15pm

Open Swim also offered **Saturday** 1-4:30pm and **Sunday** 12:30-5:45pm. Schedule subject to change.