

TEEN CENTER

Monday – Friday 4pm–7pm

Teen Center hours are open to teens from local communities and offers activities such as games, dance, computers, arts and discussion groups.



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 projects, celebrate the impact and partner with existing projects from Togetherhood® program.



FAMILY NIGHTS

The entire family has guest access to our facility, services and programs. Visit the Welcome Center for schedules and additional information.

On the last day of the month your family is invited to experience the Y.



MIDDLE SCHOOL FITNESS

Mon, Wed & Fri, 4–6pm

Middles School members will have access to strength training and cardio equipment in the Wellness Coaching room.



ORIENTATION DATES:

Friday September 15 – 7pm
October 6 – 7pm
October 13 – 7pm
Saturday October 21 – 11am
Friday November 3 – 7pm
November 17 – 7pm
December 1 – 7pm
December 15 – 7pm



EMPOWER YOUTH TO REACH THEIR PERSONAL POTENTIAL

Wayne YMCA

MIDDLE SCHOOL MEMBERSHIP



6th



7th



8th

WAYNE YMCA

1 Pike Drive
Wayne, NJ 07470
P 973 595 0100

 wayneymca.org

HAVE QUESTIONS?

Contact the Welcome Desk
at 973-595-0100,

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, report card and a parent or guardian to the Wayne YMCA.
2. Parents complete required membership paperwork and sign form.
3. Both parents and students must attend a Y orientation in order to begin the membership. (See dates & times on back)

- Membership activates September 11, 2017 and runs through June 25. Middle School members for 2017-2018 must join by December 29, 2017.
- Middle School members must attend a fitness orientation prior to using the Wellness Center. Visit the Wellness Center to schedule.
- All returning Middle School participants should register at the Welcome Center for the 2017-2018 School year. Orientation is not needed.



WHAT DOES THE MEMBERSHIP INCLUDE?

Membership includes use of the Youth Wellness Center, pool, gymnasium, and Teen Center.



GYM & POOL HOURS
Hours vary by day. Please check our schedules at waynecma.org for gym and pool hours.



FREE CLASSES INCLUDED WITH MEMBERSHIP
(subject to change based on community needs)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOMework HELP 3-4:00pm	HOMework HELP 3-4:00pm	HOMework HELP 3-4:00pm	HOMework HELP 3-4:00pm	HOMework HELP 3-4:00pm
YOUTH WELLNESS CENTER 4-6pm	INSTRUCTOR'S CHOICE FITNESS (group training) 5-6pm	YOUTH WELLNESS CENTER 4-6pm	INSTRUCTOR'S CHOICE FITNESS (group training) 5-6pm	YOUTH WELLNESS CENTER 4-6pm
OPEN GYM 3-7pm	OPEN GYM 3-7pm	OPEN GYM 3-7pm	OPEN GYM 3-7pm	OPEN GYM 3-7pm
				SWIM 4:30-5:30pm