

TEEN FITNESS

Fitness activities in a group setting that encourage teamwork, commitment, and healthy lifestyle. Trainers will work with you to achieve your individual goals with careful attention to limitations of the adolescent body.



6th Grade – Tuesdays 4:30pm-5:30pm

6th-8th Grade – Empower Class

Thursday 4:30pm-5:30pm

Empower is a kickboxing fitness class that we offer for our teens. The Empower Program focuses on helping middle schoolers and teens build self-confidence and important life skills.

8th Grade – Friday 4:30pm-5:30pm

LEADER'S CLUB

Leader's Club provides young people with opportunities for leadership training, personal growth, service to others, and social development. Participants and work closely with their peers and staff on skill and character building activities, as well as on planning and organizing club projects. All programs provide a safe haven for young people to become confident and competent adults with a sense of belonging in their community, and promote and enhance the personal growth and social skills of young people in order to develop leaders who will be a positive force in their community.



TEEN NIGHT (Grades 5-9)

Friday night is teen night at the Y! Join us for dodgeball, basketball, teen open swim, dance parties, and more! Pizza and a drink are included in entry fee.



Time: 6:30pm-9:30pm

Dates: September 22, October 13 & 27, November 10, December 08

Member: \$5 per night

Community Member: \$10 per night

HAVE QUESTIONS?

Contact Lisa Sheaffer at 973 992 7500 or
Lsheaffer@metroymas.org.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPOWER YOUTH TO REACH THEIR PERSONAL POTENTIAL

West Essex YMCA

MIDDLE SCHOOL MEMBERSHIP



6th



7th



8th

WEST ESSEX YMCA

321 S. Livingston Ave.
Livingston, NJ 07039
P 973 992 7500

westessexymca.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, report card and a parent or guardian to the West Essex YMCA.
2. Parents complete required membership paperwork and sign form.
3. Middle School member may begin using membership right away.

Membership activates September 1, 2017 and runs through June 30, 2018.

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



WHAT DOES THE MEMBERSHIP INCLUDE?

Membership includes use of the Fitness Center, pool, gymnasium, and one free class per session (see list of optional classes).



GYM & POOL HOURS

Hours vary by day. Please check our schedules at westessexymca.org for gym and pool hours.



FREE CLASSES INCLUDED WITH MEMBERSHIP

(subject to change based on community needs)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TEEN FITNESS 6th Grade 4:30-5:30pm		TEEN FITNESS Empower 6th - 8th Grade 4:30-5:30pm	TEEN FITNESS 7th - 8th Grade 4:30-5:30pm
	OPEN SWIM 5:15-6:15pm		OPEN SWIM 5:15-6:15pm	OPEN SWIM 5:15-6:15pm
OPEN SWIM 5:30-6:30pm				