

YMCA Teen Programs

Teens, being the next generation of leaders, have a special place in the YMCA. It is our goal, as a part of the Teen Department, to strive to assist every teen who is looking for leadership and career development information, academic information, physical wellness information, and skills for life by following the YMCA motto: To instill Christian principles into practice through programs that will build a healthy spirit, mind, and body.

The YTEENS Department has four programs to assist the teens in the community to strive for a balanced life from teens to adults:

- **ACT Prep**
- **Brighter Days**
- **Knocking It Off**
- **Life Skills**

COME LEARN, GROW, AND EXPERIENCE THE GREAT LIFE OF A TEEN

JOIN THE YMCA YTEEN DEPARTMENT

FOR MORE INFORMATION

For class schedules, questions or enrollment into **TEEN** classes

call 662.328.7696

for

YTEEN Director: Yolonda Troupe-Williams

ACT PREP

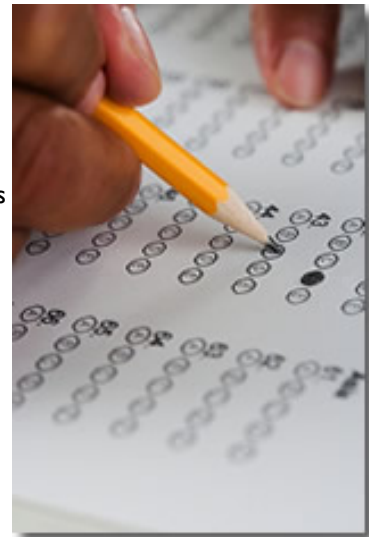
TEENS GETTING TEST READY



ACT PREP is a class that helps to develop skills and techniques that can be used to prepare the student to do their best on the ACT test. Students will be informed about the content of the ACT test and how colleges use the contents, the procedures you'll follow when you're actually taking the test, types of questions you can expect to find on the test, suggestions on how you might approach the questions, general test-taking strategies and discuss what to expect on test day.

Class Involves

- A 4 day or 2 day course that meets for 4 hours for each subject area
- Ages 14 and up
- Receive test taking tips in English, Reading, Math, and Science from subject area teachers
- Experience the ACT test and receive personal feedback on your scores
- Receive information for test registration
- And more...



BRIGHTER DAYS

Brighter Days is an encouragement card service project that recognizes members of the community that have been overlooked, such as custodians, principals, coaches, community leaders, etc. This special person will receive a card with words from teenage students to brighten their day and encourage them to continue their work. The teens will receive service hours for volunteer work and experience the joy of giving to others.



Program Involves

- Meeting once a month
 - Ages 14-18
 - 1 hour of group time
 - Collecting info. sheets
- Preparing information for cards
 - Writing cards
- Receiving service hours for volunteer work

*MAKE THIS WORLD A BETTER PLACE
BRIGHTEN SOMEONES DAY*



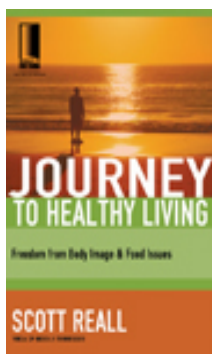
KNOCKING IT OFF

Teens Getting Healthy Together

Knocking It Off is a course that allows teens in the Lowndes County area to shed the unwanted habits that prevent healthy living. The students learn strategies to address body image, food issues, and ways to develop healthy physical activities. We explore what it means to discover that our bodies are a wonderful gift from God, a Masterpiece.

Class Involves

- An 8-week course that meets for 2 hours once a week
 - Ages 14-18
 - 1 hour of small group class time
 - 1 hour with a personal trainer
- Receive a personal workout prescription



CLASS BOOK



WATER AEROBICS & MORE...



EATING HEALTHY

LIFE SKILLS

Seniors getting ready for life after graduation

Life Skills is a program offered to high school seniors, in the Lowndes County School District and the Columbus Municipal School District that will teach them skills for life after they graduate. The class is one school semester, one day a week, during the fall and spring semesters. The instructor comes to you (Columbus High School, Caledonia High School, New Hope High School, and West Lowndes High School), and seniors get prepared for the journey of life after graduation.

Class Involves

The following will be provided:

- A semester course that meets once a week
- 1 hour of small group class time
- Priceless experiences
- Opportunities that will develop the spirit, mind, and body
- Community service projects that will develop a commitment to volunteerism and service
- Opportunities that will develop leadership skills
- Introduce career opportunities through action projects, community partnerships and networks
- Participate in survival training
- Opportunities that develop character (faith, honesty, caring, respect, & responsibility)
- Be Whole (*how to have a healthy spirit, mind, and body*)
- Experience speakers share on topics that can equip students for life challenges in many areas

