

YOUTH & TEEN SCHEDULE

Ages 12-18 Summer 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Lounge	OPEN 11a - 7p LUNCH 11:45a - 1:15p SNACK 4 - 4:30p	OPEN 11a - 7p LUNCH 11:45a - 1:15p SNACK 4 - 4:30p	OPEN 11a - 7p LUNCH 11:45a - 1:15p SNACK 4 - 4:30p	OPEN 11a - 7p LUNCH 11:45a - 1:15p SNACK 4 - 4:30p	OPEN 11a - 7p LUNCH 11:45a - 1:15p FUN FOOD FRIDAYS 2-2:30 SNACK 4 - 4:30p	
Wellness Center*	OPEN 11a - 6p ORIENTATION 11-11:30a 4 -4:30p	OPEN 11a - 6p	OPEN 11a - 6p ORIENTATION 11-11:30a 4 -4:30p	OPEN 11a - 6p	OPEN 11a - 6p ORIENTATION 11-11:30a 4 -4:30p	
Aerobic Studio	SOVEREIGN MARTIAL ARTS 11:15a HULA HOOPING (starts 6/11) 1:15-2:15p	SILVER CONNECTIONS 11:15-11:45a YOGA 1:45-2:15p	HULA HOOPING 1:15-2:15p	SILVER CONNECTIONS 11:15-11:45a YOGA 1:45-2:15p	HIP HOP 2-3p	
Gymnasium	FAMILY GYM/ BASKETBALL 4:30 - 6p	FAMILY GYM/ BASKETBALL 1 - 3p AND 4:30 - 6p	FAMILY GYM/ BASKETBALL 1 - 3p TEEN PICK UP 4:30 - 8p	FAMILY GYM/ BASKETBALL 1 - 3p TEEN PICK UP 4:30 - 8p	FAMILY GYM/ BASKETBALL 1 - 3p AND 4:30 - 8p	YOUTH / FAMILY GYM 12 - 2p
Swimming Pool	3:45 - 4:30p		3:45 - 4:30p			1:30 - 2:30p
Community See each activity for location	MAGNIFICENT MONDAYS @ New Castle Beauty Academy (starts 6/11) Check board for weekly times			THEATRE THURSDAYS @ YMCA Community Room 5:30-6p		
Racquetball Court 3	LIFT BOOT CAMP 1:30-2p 6-6:30p		LIFT BOOT CAMP 1:30-2p 6-6:30p	STEAM PROJECTS 1:30-2p 6-6:30p		

* All youth must attend & pass an orientation prior to using the Wellness Center. See reverse for details.

PROGRAM DESCRIPTIONS

HULA HOOPING: Have fun & get a great workout while you Hula Hoop with Ally.

SILVER CONNECTIONS: Youth engage with senior members during this intergenerational program.

HIP HOP: Dance and have fun with guided routines set to fun music and lights!

MAGNIFICENT MONDAYS: Enjoy a fun walk to the New Castle Beauty Academy for tips on nail art, braiding, make up, and more. Students will also get to observe salon services. Two staff members will be with the members at all times.

THEATRE THURSDAYS: Connect with other students while you work together to create one play a month from start to finish. Students get to pick the theme, design the set, create a story line, define characters, plan sound effects and music - the works! Plays will be performed at the River Walk by the Confluence. Theatre Thursdays taught by local actor, Floyd Jackson.

LIFT BOOT CAMP: A circuit-style sports training class similar to CrossFit.

STEAM PROJECTS: Join Y staff for fun, hands-on steam projects.

WELLNESS CENTER ORIENTATIONS

ALL YOUTH using the wellness centers must first attend and pass an orientation. The Wellness Center Orientation introduces fundamentals of fitness with supervised instruction on strength and cardio equipment. Limited to 8 participants per group, successful completion of this class is required before you can use the Wellness Center. Register for orientation at the front desk. For questions, please connect with Michelle Swogger at 724-658-4766, ext. 21 or email mswogger@ncymca.org.

Wellness Center Orientation Schedule (*subject to change*):

Mondays, Wednesdays and Fridays at 11 a.m. and 4 p.m

WELLNESS CENTER RULES

REMEMBER, RULES ARE FOR YOUR SAFETY AND ENJOYMENT. PLEASE OBEY ALL RULES.

1. All youth are expected to practice the four core values of y character development: caring, honesty, respect and responsibility.
2. All youth must attend and pass an orientation prior to using the Wellness Center.
3. All water bottles must have sports caps.
4. Please wipe down equipment with provided disinfectant when finishing your workout.
5. Do not leave valuables on the desk or unattended in the Wellness Center.
6. Limit your workout to 30 minutes on each piece of equipment.
7. TV channels are preset and may not be changed.

NEW CASTLE COMMUNITY YMCA

20 West Washington Street, New Castle, PA 16101

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