



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

7<sup>TH</sup> GRADE  
INITIATIVE

# PARENT INFORMATION

Dear Parents,

Thank you for taking the time to read about the Y's 7th Grade Initiative program! We warmly welcome and offer a **free** YMCA membership to your 7th grade student to the New Castle Community YMCA. This program is designed to support and engage youth and instill healthy living principles that last well into adulthood. Membership begins on June 1, 2018 and runs through September 7, 2018. **This offer is dependent upon you, the parent, filling out the attached forms, returning them to either your school or the New Castle YMCA and signing the parent permission forms in front of a school administrator or YMCA staff member. Proof of identification is required.**

This is a critical time in your child's life. Exposure to risk factors greatly increases; risk factors that have been shown to increase the likelihood for unhealthy behaviors including substance abuse, delinquency and teen pregnancy. The New Castle Community YMCA is excited to offer this program and feels that it will provide your child with the support and opportunities that will help him or her to achieve their personal potential and live life through healthy and responsible choices. This initiative will provide your child with knowledge and skills as well as some fun this summer.

As you look through the material, you will see a variety of activities and services that will be available to your child including:

- supervised **swim and gym** times,
- use of the **wellness and free weight centers** (the completion of a Fitness Orientation is required)
- use of a supervised **teen center** including pool, ping pong and electronics and much more!!

The YMCA, through the support of Greater Pittsburgh Community Food Bank, will be providing **free lunches** and snacks, Monday through Friday, at 11:45 a.m. to anyone under the age of 18.

Would you like to hear more about the 7th Grade Initiative program and what it can do for your child? Please contact your child's school or call the YMCA at (724) 658-4766 or stop by the YMCA: Mon-Fri, 8:30 AM-8:00 PM.

Yours in good health...

**Michelle Swogger**, Director of Member Engagement, [mswogger@ncymca.org](mailto:mswogger@ncymca.org)

**Jon Mathis**, Associate Director of Youth Development

**CeCe McCartt**, Associate Director of Membership Services

**Christine Ullrich**, Youth Programs Coordinator

**NEW CASTLE COMMUNITY YMCA**

20 West Washington Street, New Castle, PA 16101 | 724.658.4766 | [www.ncymca.org](http://www.ncymca.org)



## 7<sup>TH</sup> GRADE INITIATIVE

# WELCOME

## COMMONLY ASKED QUESTIONS & ANSWERS

### **Who can take advantage of this membership initiative? How can I register my child?**

- All 7th grade students within the New Castle and Union School Districts are welcome to participate.
- Registration is simple!
  1. Both the parent/guardian and 7th grade student register together at either your middle school or the YMCA.
  2. 7th grade identification is required at the time of registration. Examples of identification include school schedule, or report card.
  3. Students are encouraged to join by June 15 so they may begin enjoying all the benefits of their free membership.

### **Why did the YMCA choose to offer memberships specifically to the 7th Grade?**

- As 7th grade students begin to face the varied challenges of adolescence; social pressure and curiosity leave youth susceptible to experimenting in unhealthy and/or illegal behaviors. The 7th grade has proven to be a vital time for youth to remain active, connected to peers through a safe and nurturing community, and to gain healthy living habits that last well into adulthood.

### **When does the 7th Grade Initiative Membership begin and end?**

- Friday, June 1 through September 7, 2018.

### **Can I apply the value to another membership?**

- Because a 7th Grade Initiative membership holds no cash value, it cannot be used towards another membership or program at the New Castle Community YMCA.
- If your family is interested in a membership, please contact the YMCA at 724-658-4766.

### **Can my 7th grade student use the Y any time?**

- For the safety and well-being of our 7th Grade students, membership hours are not unlimited. All programming hours have been designed to conclude by 7 p.m.
- For your convenience, a program schedule has been designed. Please refer to this schedule for hours of operation and program times.

### **Can my 7th grade student begin using the Fitness Center immediately?**

- As with all youth members ages 12-14, your child must successfully complete the Wellness Center Orientation prior to using the Wellness Centers.
- For your convenience, an orientation schedule is on the next page. 7th grade students may register for an orientation at the front desk.

### **Who can I speak with to get more information?**

- For further questions, contact the New Castle Community YMCA at 724-658-4766.

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## 7<sup>TH</sup> GRADE INITIATIVE

# 7<sup>TH</sup> GRADE INITIATIVE FACILITY HOURS

For your child's safety and supervision, we welcome 7<sup>th</sup> graders as follows:

### **Downtown YMCA, 20 W Washington Street, New Castle, PA 16101**

Monday – Friday: 11 a.m. - 7 p.m.  
Saturday: 11 a.m. - 3 p.m.  
Sunday: No Sunday hours

Various programs are available throughout the day – check weekly posting.

Typical daily activities (Mon – Fri.) will include:

Youth Lounge	11 a.m. - 7 p.m.
Wellness Center (with passed orientation)	11 a.m. - 6 p.m.
Gymnasium	1 p.m. - 3 p.m. and 4:30 p.m. - 6 p.m.
Swimming	3:15 p.m. - 4:15 p.m.
Free Lunch	11:45 a.m. - 1:15 p.m.
Various sports & activities	Varies – see Summer Initiative Schedule

### **Y-Zone, 428 Eleanor Drive, New Castle, PA 16105**

Monday – Friday: 12noon – 6 p.m.  
Saturday: No Saturday hours  
Sunday: No Sunday hours

Facility use includes access to basketball courts and/or indoor soccer field.

# WELLNESS CENTER ORIENTATIONS

**ALL YOUTH using the wellness center 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 one of these classes at the front desk.

Wellness Center orientations are scheduled Mondays, Wednesdays and Fridays at 11 a.m. and 4 p.m.  
\*Schedule is subject to change.

For questions regarding the Wellness Room Orientation, please connect with Michelle Swogger at 724-658-4766, ext. 21 or email [mswogger@ncymca.org](mailto:mswogger@ncymca.org).

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# SUMMER INITIATIVE SCHEDULE

YOUTH AGE 12-16



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

\* All teens must attend and pass an orientation prior to using the Wellness Center. See reverse for details.

# SUMMER INITIATIVE 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](mailto: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.

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# MEMBERSHIP APPLICATION

7<sup>TH</sup> GRADE INITIATIVE  
NEW CASTLE COMMUNITY YMCA

## MEMBERSHIP TYPE YOU ARE SEEKING

Date of Application \_\_\_\_\_

Type of Membership: 7<sup>th</sup> Grade Initiative

## PRIMARY MEMBER CONTACT INFORMATION

\_\_\_\_\_  
Name of Member \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

**Address:** \_\_\_\_\_  
Number & Street

\_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Phone:** (\_\_\_\_) \_\_\_\_\_ **E-Mail** \_\_\_\_\_

**School & Grade** \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
Cell Phone

I describe my ethnicity/race as (optional) \_\_\_\_\_

## HEALTH INFORMATION

Any medical conditions or issues that the YMCA needs to know about and/or would restrict activities (please list here – i.e. asthma, allergies, etc.).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**In Case of Emergency, please notify:** \_\_\_\_\_  
Name Phone #

**Interests** (check all that apply):  
 Theatre  Art  Music  Sports  Culinary Arts  Volunteering/Community Service



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# **RELEASE & WAIVER OF LIABILITY AND INDEMNITY AGREEMENT**

## **New Castle Community YMCA**

In consideration of being permitted to enter the YMCA or the premises of a YMCA program for any purpose, including, but not limited to observation, use of facilities or equipment or participation in any way, the undersigned hereby acknowledges, agrees and represents that he or she has or immediately upon entering will inspect such premises and facilities. It is further warranted that such entry in the YMCA for observation, participation or use of any facilities or equipment constitutes an acknowledgement that such premises and all facilities and equipment thereon have been inspected and that the undersigned finds and accepts same as being safe and reasonably suited for the purposes of such observation or use.

In further consideration of being permitted to enter the YMCA or premise for any purpose including, but not limited to observation, use of facilities or equipment, or participation in any way, the undersigned hereby agrees to the following:

The undersigned hereby releases, waives, discharges and covenants not to sue the YMCA (hereinafter referred to as releasees) from all liability to the undersigned for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by negligence of the releasees or otherwise, while the undersigned is in, upon, or about the premises or any facilities or equipment therein.

The undersigned hereby agrees to indemnify and save and hold harmless the releasees and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA whether caused by the negligence of the releasees or otherwise.

The undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage due to the negligence of releasees or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment hereon.

The undersigned further expressly agrees that the foregoing Release, Waiver and Indemnity Agreement is intended to be as broad and inclusive as is permitted by the law of the State of Pennsylvania and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

The undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement have been made. I have read this Release.

\_\_\_\_\_  
Name of Applicant (Please Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Date

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**7<sup>TH</sup> GRADE  
INITIATIVE**

# MEMBER

## CODE OF CONDUCT

Student First and Last Name (please print) \_\_\_\_\_

As a member of the 7th Grade Initiative Program, I will model the following guidelines:

- I will consistently exemplify the four core values of Y character development: caring, honesty, respect and responsibility.
- I will speak in respectful tones, excluding, but not limited to, the use of vulgar or derogatory language directed to staff, YMCA members and volunteers.
- I will safeguard my personal items in a locked locker, and will do my part to create a safe environment for all. I understand the Y is not responsible for lost or stolen property.
- I will complete the Teen Strength & Fitness Orientation class prior to accessing the Fitness Center.
- I will access programs and program areas during the specific scheduled days and times based on the posted schedules and rules of each program area.
  - For swimming, appropriate bathing suit is required and towel must be brought to the Y.
- I will use and treat all YMCA equipment in an appropriate manner.
- I understand that my membership is for my use only and I must present my membership card each time I come to the YMCA.
- I understand that I cannot bring non-members or guests with me to the YMCA.
- I will not assist anyone trying to sneak into the YMCA without a membership. I understand use of my membership card by others will not be tolerated and will lead to termination of my membership.
- I understand the Y reserves the right to suspend or terminate my membership privileges for inappropriate behavior at any time.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name (please print)

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

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