

EMPOWERING YOUTH TO REACH THEIR POTENTIAL

PURPOSE

Central Bucks Family YMCA is pleased to offer seventh grade students free membership to support and encourage youth to live healthy lifestyles and make responsible choices.

WHY 7TH GRADERS?

Research shows that seventh-grade 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 these 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.

TEEN CENTER HOURS

Thursday 4:00-7:00 PM

We would like to thank the following organizations for their generous support of our 7th Grade Initiative.



Todd M. Welsh, DMD, Bucks County Orthodontics



CENTRAL BUCKS FAMILY YMCA

2500 Lower State Road

Doylestown, PA 18901

215.348.8131 | www.cbfymca.org

MISSION: Central Bucks Family YMCA is a charitable non-profit organization whose purpose is to improve the quality of community life. The Y strengthens the spirit, mind and body of its members. We build character by promoting the values of caring, respect, honesty and responsibility.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HANG HERE

FREE 7TH GRADE MEMBERSHIP



HOW TO JOIN

1. You must be present and bring a school ID, roster, report card and a parent or guardian to Central Bucks Family YMCA.
2. Parents complete required membership paperwork and sign form.
3. 7th grader may begin using membership right away.*

*Membership activates August 29, 2016 and runs through August 31, 2017. 7th Grade members for 2016-2017 must join by May 31, 2017.

WHAT DOES MEMBERSHIP INCLUDE?

Membership includes use of the Fitness Center*, two pools, gymnasium, Skatepark, Teen Center, teen sports and exercise classes and reduced program costs.

*Must complete Teen Strength & Fitness Orientation classes to use the Fitness Center.

GYM & POOL HOURS

Hours vary by day. Please check our schedules at www.cbfymca.org for Gym, Traditional Pool, Instructional Pool, slide & recreational element hours.



7th grade members are not directly supervised by staff and may come and go as they wish.

TEEN PROGRAMS

A wide range of weekly sports and activities for teens are available after school in the Teen Center and throughout the Y.

Have an idea? Teen Clubs are organized based on interests of participants.

Connect with Melisa Lollar at 215.348.8131, x1117 or mlollar@cbfymca.org.



FREE TEEN CLASSES INCLUDED WITH MEMBERSHIP

(subject to change based on community needs)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|-----------------------------------|--|------------------------------------|
| TEEN STRENGTH ORIENTATION* 12:00-2:00 PM Fitness Center | TEEN STRENGTH ORIENTATION* 12:00-2:00 PM Fitness Center | TEEN STRENGTH ORIENTATION* 12:00-2:00 PM Fitness Center | TEEN STRENGTH ORIENTATION* 12:00-2:00 PM Fitness Center | SKATEPARK* 3:00-9:00 PM | TEEN STRENGTH ORIENTATION* 10:00 AM-12:00 PM Fitness Center | SKATEPARK* 12:00-6:00 PM |
| SKATEPARK* 3:00-8:00 PM | SKATEPARK* 3:00-8:00 PM | SKATEPARK* 3:00-8:00 PM | SKATEPARK* 3:00-8:00 PM | | SKATEPARK* 12:00-6:00 PM | |
| POUND 4:00-4:55 PM Studio A | HOMEWORK HELP 3:00-4:00 PM | HOMEWORK HELP 3:00-4:00 PM | HOMEWORK HELP 3:00-4:00 PM | | TEEN STRENGTH ORIENTATION* 12:00-2:00 PM Fitness Center | |
| TEEN STRENGTH ORIENTATION* 6:00-8:00 PM Fitness Center | PICKLEBALL 3:00-5:00 PM Outdoor Courts | VOLLEYBALL 3:00-5:00 PM Outdoor Volleyball Court | TEEN LEADERS 5:00-7:00 PM Teen Center | | | |
| | TEEN STRENGTH ORIENTATION* 6:00-8:00 PM Fitness Center | TEEN STRENGTH ORIENTATION* 6:00-8:00 PM Fitness Center | FAMILY NIGHT 5:00-8:00 PM | | | |
| | DODGEBALL 7:00-8:00 PM Gym A | | TEEN STRENGTH ORIENTATION* 6:00-8:00 PM Fitness Center | | | |

*Skatepark open April-November 30
*Schedule Teen Strength Orientations online at www.mindbodyonline.com

TEEN LEADERS

Team building activities, group discussion and exploration of important teen topics and a fun physical activity every week. Held at the Teen Center on Thursdays from 5:00-7:00 PM. Pizza for \$1.

HOMEWORK HELP | TUE-THURS | 3-4 PM

Staff and Teens available to help with homework.

FAMILY NIGHTS

The entire family has guest access to our facility, services, and programs every Thursday night from 5:00-8:00 PM including our Fitness Center, two swimming pools, group fitness classes, and more!