

# Kids & Family: Teens & Community

## Youth & Teen Fitness

**On My Way members only ages 6-9:** This program is designed to engage the ready to be fit/inactive youth in fun, energizing activities. There will be cardiovascular, strength-building, flexibility exercises along with positive self image and basic nutrition in the program.

**Mondays & Wednesdays, 3:30 – 4:15 pm**

**January 5 – February 2 • February 9 – March 4**

**March 9 – April 1**

**MEM: \$40**

**Teen Fit members only ages 10-15:** Learn to master the proper use of strength and cardio equipment. A classroom setting will be held several times a session in which participants will learn anatomy, exercise science and fitness terminology. Participants may also perform exercise drills and conditioning in the pool. Participants will earn FitPoints for working out. At the end of the session, awards will be given based on amount of FitPoints earned.

**Mondays, Wednesdays & Fridays, 4:30 – 6:00 pm**

**January 5 – 30 • February 2 – 27 • March 2 – 27**

**MEM: \$60/4-week session**



*The teens and staff at the Decatur-DeKalb YMCA are very excited about new creative activities and leadership opportunities for teens just around the corner. On this page, you will find a few of the activities we have planned as well as potential events and programs.*

## Teen Clubs

**Teen Leaders Clubs for 9th-12th grade students:** These clubs are designed to introduce teens to service to others, volunteerism, social interaction and appreciation for diversity through the philosophy of the YMCA. Leaders will use their unique gifts to serve their community while at the same time developing relationships with other leaders in the club. Contact Kim Castro, 404-371-3311.

**Teen Board:** If you are looking for a way to take a leadership roll with the Decatur-DeKalb YMCA, come and be a part of the teen board. This group will help make decisions as to what teen programs take place at your YMCA. Contact Kim Castro at 404-371-3311 for more information.

## Special Programs

**Happy Club ages 16+:** A Metro Atlanta YMCA program, developed and maintained by volunteers, that provides young adults with developmental disabilities the opportunity to further develop their social and community skills. Contact Janice Mathews at 404-371-3309 for more information.

## Community Enrichment

### Community CPR & First Aid Classes

**ages 12+:** This course provides training in adult, child and infant CPR and first aid. Upon scoring 80% or better on the written exam and correctly performing all of the skills, participants will receive CPR and first aid certifications.

**Sundays, 10:00 - 3:00 pm**

**Fee: \$55**

**American Red Cross Blood Drive:** Help save lives - one donation of blood saves as many as three lives.

**Wednesdays, 3:00 – 8:00 pm**

**Service Opportunities:** Look for flyers in the lobby on which projects will be available for outreach, leadership and more!