EMPOWERING YOUTH
TO REACH THEIR POTENTIAL

PURPOSE
Upper Bucks YMCA is pleased to offer seventh grade students free membership to support and encourage youth to live healthy lifestyles and make responsible choices, while in a safe environment.

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.

UPPER BUCKS YMCA
401 Fairview Ave
Quakertown, PA 18951
215-536-YMCA (9622) www.ubymca.org

MISSION: To put Christian principles, including honesty, caring, vrespect, and responsibility, into practice through programs that build healthy spirit, mind and body for all.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXCEL AFTER THE BELL!

JUST FOR 7TH GRADERS!

HOW TO JOIN

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

*Membership activates July 1 and runs through June 30, 2019.

WHAT DOES MEMBERSHIP INCLUDE?

Membership includes use of the Wellness Center*, Pool, Gymnasium, Recreation Center, Teen Sports and Exercise Classes & reduced program costs.

WELLNESS CENTER HOURS

Hours operate same as building. M-Th 5:00 am - 10:00 pm
F 5:00 am - 8:30 pm, Sa-Su 6:00 am - 8:00 pm
Participants are encouraged to complete a Wellness Center orientation prior to using the Wellness Center.

GYM & POOL HOURS

Hours vary by day. Please check our schedules at www.ubymca.org for Gym, Pool and Slide hours.

Although 7th grade members are supervised by staff, they 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.

FREE TEEN ACTIVITIES INCLUDED WITH MEMBERSHIP

(subject to change based on community needs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HANG TIME 3:00 - 6:00 PM Recreation Center	**HANG TIME** 3:00 - 6:00 PM Recreation Center	**HANG TIME** 3:00 - 6:00 PM Recreation Center	**HANG TIME** 3:00 - 6:00 PM Recreation Center	**HANG TIME** 3:00 - 6:00 PM Recreation Center
OPEN SPORTS 3:00 - 5:00 PM Gymnasium/Aux Gym	**OPEN SPORTS** 3:00 - 5:00 PM Gymnasium/Aux Gym	**OPEN SPORTS** 3:00 - 5:00 PM Gymnasium/Aux Gym	**OPEN SPORTS** 3:00 - 5:00 PM Gymnasium/Aux Gym	**OPEN SPORTS** 3:00 - 5:00 PM Gymnasium/Aux Gym
HOMEWORK HELP 3:00 - 4:00 PM Recreation Center	**HOMEWORK HELP** 3:00 - 4:00 PM Recreation Center	**HOMEWORK HELP** 3:00 - 4:00 PM Recreation Center	**HOMEWORK HELP** 3:00 - 4:00 PM Recreation Center	**HOMEWORK HELP** 3:00 - 4:00 PM Recreation Center
OPEN SWIM 2:00 - 4:00 PM Pool	**OPEN SWIM** 2:00 - 4:00 PM Pool		**OPEN SWIM** 2:00 - 4:00 PM Pool	**DODGEBALL** 6:00 - 7:15 PM * Free for Full Members (MUST REGISTER)

MIDDLE SCHOOL TEEN CLUBS

Teambuilding activities, group discussion and exploration of important teen topics and activities.

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

Contact Dave Evans at 215-536-YMCA(9622) x 114

Y ACHIEVERS

The Y ACHIEVERS program is designed to expose 6th-8th graders to a wide range of career options and the tools to achieve their higher educational goals. Y Achievers will focus on these five areas:
College Readiness, Career Exploration, Leadership Development, Character Development and Community Service.

Time: Day/Time TBD
Location: Upstairs Program Space
Dates: Fall 1 through Spring 2 sessions

OTHER PROGRAMS

Check out our current program guide for information on programs, available for a fee, like Tae Kwon Do, Gymnastics Classes/Team, Swim Classes/Team, Baseball/Basketball Clinics, NHL Street Hockey League, Nerf Club, Track Club, Running Club, Dodgeball, Arts Classes.

HOMEWORK HELP | 3-4 PM | M-F

Staff available to help with homework.

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

7th GRADE INITIATIVE

(Free Membership for 7th Graders)

PARENT HANDBOOK:

JULY 2018 – JUNE 2019

Upper Bucks YMCA
401 Fairview Avenue, Quakertown PA 18951 (P) 215-536-YMCA(9622) (W) ubymca.org

Mission:
To put Christian principles, including honesty, caring, respect and responsibility, into practice through programs that build healthy spirit, mind and body for all.

DISCOVER YOUR POTENTIAL

MISSION OF PROGRAM

7th grade is a pivotal and transitional time for many teens. It is a time when sports become more competitive and provide less opportunity for the average child to be involved in physical activity. It is also the time when teens are given more freedom to choose how they spend their free time. Habits that begin in 7th grade are likely to continue into adulthood.

The Upper Bucks YMCA wants to support and encourage kids to make good decisions and form healthy habits that lead to a healthy lifestyle.

The 7th Grade Initiative program provides opportunities for fitness and sports, as well as an opportunity to socialize with peers in a safe, supervised and conveniently located environment.

This special free membership available only to 7th graders demonstrates our commitment and philosophy for a well-rounded approach to the healthy development of the whole person.

OUR GOALS

- Promote YMCA Character Values: Caring, Honesty, Respect and Responsibility.
- Increase physical and mental wellness.
- Encourage parent involvement and input.
- Provide a safe and secure atmosphere.
- Establish a sense of belonging in each child.
- Have Fun!

OTHER TEEN PROGRAMS

TEEN FUSION

Teen Fusion is an afterschool program that provides access to the Y without the direct supervision of a parent or guardian. The Y will provide adult supervision of designated areas during this time and ensure a positive and safe environment for your child. Supervisors will encourage interaction between participants and occasionally lead structured games and activities. Participants will have the opportunity to be active, socialize with others their age, and work on homework each day.

Ages: 11 - 14 years
Time: M-F 3:00 - 6:00 pm (during school year only, runs 1:00 - 6:00 pm on School's Out Days)
Fee: Free (Full Privilege Members only)
How to join...
1. Parents must sign a Teen Fusion Waiver Form (provided in this handbook) prior to starting the program
2. Parents are encouraged to schedule and attend an orientation of the Wellness Center with their child.

Y ACHIEVERS*

The Y ACHIEVERS program exposes participants to a wide range of career options and the tools to achieve their higher educational goals. Y Achievers will focus on these five areas:
College Readiness, Career Exploration, Leadership Development, Character Development, Community Service.

Ages: 6th-8th Graders
Time: Day/Time TBD
Location: Upstairs Program Space
Dates: September - June (school year)

*Applications available at the Welcome Center

7TH GRADE INITIATIVE

7TH GRADE MEMBER INFORMATION SHEET

Welcome to the Upper Bucks YMCA! Starting on a path to wellness at this age is a smart thing to do. We are glad to have you as a member and want this to be a great experience for you.
Your membership is effective through June 30, 2019.

OVERVIEW OF PROGRAM

- Membership application must be completed for a student to take part.
- All 7th graders will be able to visit the facility just like any other member.

FACILITY USAGE

- Full use of Wellness Center (must be 12 or older and encouraged to complete an orientation)
- Use of Pool and Gymnasium (check schedules at ubymca.org as times vary)
- Group Exercise Classes
- Teen Sports
- Reduced Program Costs

MEMBER CODE OF CONDUCT

- 7th Grade Members will treat staff and peers with Y values of caring, honesty, respect, and responsibility at all times. They can expect to be treated this way in return.
- Profanity or inappropriate language, as well as physical or verbal abuse directed at anyone will not be tolerated.
- Drugs, alcohol, smoking/tobacco products are not permitted in Y or on grounds.
- The locker room is available for use by the 7th Grade Members and are expected to be used in an appropriate, safe manner. Participants must remove their lock at the end of each visit or complete a locker rental agreement at the Welcome Center.
- The Y is not responsible for lost or stolen property. It is recommended that valuables remain home. However, if it is necessary to bring items to the Y, it is the member's responsibility to bring a lock to protect valuables.
- Failure to follow these policies and guidelines could result in loss of 7th Grade Initiative Membership privileges.

Y STAFF

- Y Staff are here to help you. For questions or concerns, please call the Welcome Center at 215-536-YMCA(9622).

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7TH GRADE INITIATIVE APPLICATION
Upper Bucks YMCA

7th Grader Information

First Name_____ Last Name_____

Street Address_____ Apt.# _____ City_____ State_____ Zip_____

Email Address_____

Home Phone_____ Birth Date ___/___/___ Gender ( ) Male ( ) Female

School_____

Emergency Contact Name and Number_____

Parent/Guardian Information

PARENT #1

First Name_____ Last Name_____

Email Address_____

Home Address (if different)_____

Employer_____ Work Phone_____

PARENT #2 (IF APPLICABLE)

First Name_____ Last Name_____

Email Address_____

Home Address (if different)_____

Employer_____ Work Phone_____

I have read the Code of Conduct on the back of this form. I understand that failure to follow these guidelines or other misuse of the facility could result in the cancellation of my 7th Grade Membership.

7th Grader Signature_____ Date ___/___/___

I have read the Code of Conduct and Release of Liability Waiver on the back of this form. I understand that my child's failure to follow these guidelines or other misuse of the facility could result in the cancellation of the 7th Grade Membership. This membership expires on June 30, 2019.

Parent Signature_____ Date ___/___/___