

# WHY JOIN THE Y?



## BUILD LEADERSHIP SKILLS

- Teen Clubs
- Leadership Positions
- Community Service Events

## REALIZE OPPORTUNITIES

- Paid Summer Internships
- Career Readiness training
- College Access/SAT Prep

## LIVE HEALTHIER

- Free access to Swimming Pool
- Fitness Center
- Open Court Basketball



Ask about our free Strong Kids Membership!

For more info please contact Johann Dubouzet, Teen Director 212-912-2665

**WEST SIDE YMCA** 5 WEST 63RD ST. NEW YORK, NY 10023

**GET ENGAGED:**  
[jdubouzet@ymcanyc.org](mailto:jdubouzet@ymcanyc.org)

# TEEN CENTER

2013 SESSIONS : 10/1/13– 5/31/14  
Ages 13–18



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## TEEN LOUNGE

Want to meet new friends? The Y provides safe haven where teens engage with their peers and build social and recreational skills. Our Lounge has Wifi, Xbox 360, Ping pong/Pool tables, and Computers for homework and projects!

Meets: **TUES-FRI**  
From: **3:00-4-5:30-6:45**  
(**WED. 5:00-6:45 PM**)

## TEEN CERAMIC ARTS

Express your inner artist by designing and creating your own ceramics! Teens are led by a ceramics professional who will teach teens the techniques to create their own

Meets: **THURSDAYS**  
From: **5:30-6:30 PM**

## TEEN WORKOUTS

Kickboxing (Tues)	Handball (Thurs)
Teen Spin (Wed)	Basketball (Hours vary)
Total Body Conditioning (Thurs)	Swimming (5:30 Tue-Fri)

Meets: **TUES-FRI**  
From: **4:00-5:00PM**

## LEADERS CLUB

A program that gives teens the opportunity to increase leadership skills and confidence. Through fun activities, weekend trips, and group activities, Leaders Club build core assets essential for successful teenagers.

Meets: **TUESDAYS**  
From: **4:00-5:30 PM**

## TEENS TAKE THE CITY

Focuses on the democratic process in NYC communities, and how teens can be effective agents of change. Teens will go on a trip to Washington D.C., City Hall, and prominent Community organizations and draft proposals to make real change in their neighborhood.

Meets: **THURSDAYS**  
From: **4:00-5:30 PM**

## SAT PREP

A 6-week course that will help improve Math, Reading, and Writing Scores on your SAT's. Learn key techniques and helpful guidelines to get the most points possible! Additionally, access to general college admission advice and scholarship applications

Meets: **SATURDAYS** (START DATE TBA)  
From: **2:00-4:00PM**

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