



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN TIMES & GOOD VIBES

A Week for a YMCA Teen:

Monday - Teen Basketball Tournament

- **2:45-4:00** Come show off your skills, and we'll keep score

Tuesday - Adventure Day

- **3:00-5:00** Off-site, fun field trips like hiking, fishing, ultimate frisbee, ice skating, or disc golf

Wednesday - Leaders & Volleyball

- **2:45-4:00** Volleyball
- **3:30-4:15** Leaders Club

Thursday - Dodgeball

- **3:00-4:00** Do you know the 5 Ds of dodgeball?

Friday - Movies

- **3:30** Bring your hammock to the Teen Center

PICK-UP BASKETBALL EVERY DAY



ANNUAL EVENTS

Back to School Bash
Scarowinds Trip

Christmas Parade
Trunk or Treat

YMCA Teen Rallies
Teens Night Out