7th Grade Initiative Program Schedule

Fall 2011

General Guidelines

1. The Initiative Programs are separate from the regular After-School Programming.
2. Most Initiative Programs are free. Any fees will be minimal and so noted.
3. Registration will be done on a first-come, first-served basis at the YMCA front desk. A waiting list will be used, if necessary.
4. 7th graders will have first opportunity to register for the programs listed below. However if the maximum number of participants is not met by 5 pm the day before program begins, then it will open up to other interested students.
5. Programs vary with respect to age, attendance, # of participants, and any paperwork involved. See Requirements under each program.
6. If a student decides not to participate, they must cancel their registration at front desk. Failure to cancel and/or attend a program registered for may affect student's registration for other programs.
7. A student participating is expected to attend for the entire time of the program each day unless prior permission given by instructor.

DISCOVER SCUBA Instructor: Rita Thompson, D&R Divers

Have you every wondered what it is like to breathe underwater? If you want to find out but are not quite ready to take the plunge into a certification course, then Discover Scuba will let you try it to see if you like it. You will learn how to use scuba equipment in shallow water and get a quick and easy introduction to what it takes to explore the underwater world. Start an adventure of a lifetime.

Requirements

Age: 12 years old & up
Attendance: Both days of the 2-day sessions in the same week (Tue & Thu)
Participants: 8 maximum
Paperwork: Completed and signed parental permission form (pick up at front desk)
Other: Swimsuit and towel. Scuba equipment provided.

Schedule

Days: Tuesday & Thursday; Sept 20 & 22, Sept 27 & 29
Time: 3:00-3:30 pm (Tu); 3:00-5:00 pm (Th)
Where: Pool or Conference Room

SELF DEFENSE Instructor: Matthew White, 3rd degree black belt; Mountain Lair Martial Arts

This will cover basic self defense and involve teaching from the instructor, student opinions and situational role-play, hands-on self defense techniques, and martial arts/fighting rules and laws.

Requirements

Age: Any age
Attendance: Any or all sessions
Participants: No minimum or maximum
Paperwork: Completed and signed parental permission form (pick up at front desk)
Other: Details on topics to be covered available upon request

Schedule

Days: Tuesdays; Oct 4, 11, 18, 25; Nov 1, 8
Time: 3:30-4:30 pm
Where: Upstairs Multi-Purpose Room or Auxiliary Gym

HEALTHY LIVING – FIT & FUN PROGRAM **Instructor: Girls Scouts Staff TBA**

Fit and Fun is an eight session program that encourages a healthy lifestyle through the exploration and practice of healthy living activities. During the program sessions, the girls learn about the importance of a healthy lifestyle and learn activities that can be incorporated into their daily routines, including journaling. They will practice group cooperation, conflict resolution skills, and stress-reducing exercise during each session. The program's effectiveness is measured by a pre and post test. **You do NOT have to join or be a Girl Scout to participate**.

Requirements

Age: GIRLS, grades 4-8
Attendance: One or all 8 sessions
Participants: 16 maximum
Paperwork: None required for attendance
Other: Bring clothing suitable for exercise/activity

Schedule

Time: 3:30-4:30 pm
Days: **POSTPONED UNTIL JAN AT REQUEST OF GIRL SCOUTS**

FOOD PANTRY MINISTRY **Coordinators: Zac Wilcox, Paula DuBois**

Would you like to serve your community and help those is need? In conjunction with the Feeding America and 2nd Harvest Programs, the Y staff volunteers at the Salvation Army's Community Cares Food Ministry each Friday. Join a staff member some Friday. May be used for DASD Community Service requirements.

Requirements

Age: Age 12 & up
Attendance: Weekly signup
Participants: 2 maximum
Paperwork: Completed and signed parental permission form (pick up at front desk)
Other: Transportation arrangements can be made through Zac or Paula

Schedule

Time: 3:00-4:00 pm
Days: Friday
Where: Salvation Army, Jared St.

UPCOMING PROGRAMS **Dates, Times, and Instructors to be announced**

DISCOVER STRENGTH TRAINING & FITNESS
Want to be stronger? Want to be more fit? This program teaches the basics of strength training and conditioning for young teens.

MONEY, MONEY, MONEY
Geared for young teens, the subject of handling finances is covered using lecture, discussion and activity,

REGULAR WEEKDAY AFTER-SCHOOL PROGRAMS

Each Day	Youth Activity Center and Gym open	3:00-7:00 pm	
Monday	Open Dodgeball	3:30-4:15 pm	6th grade & up
		4:15-4:45 pm	5th grade & down
Tuesday	Sports Tourneys* or 7th Grade Initiative+	3:30-4:30 pm	All ages+
Wednesday	Sports Tourneys* or 7th Grade Initiative+	3:30-4:30 pm	All ages+
Thursday	Dodgeball League*	3:30-4:30 pm	All ages+
Friday	Open Volley/Wallyball, Basketball or Sportwall	3:30-4:15 pm	6th grade & up
		4:15-4:45 pm	5th grade & down

*Requires pre-activity sign at the YAC Desk or Front Desk

+ Age restrictions apply with some 7th grade Initiative programs
Some programs begin at 3:00 pm