



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE BOLD BE STRONG BELONG

Fall 2024 Programing YMCA Teen Center for 3rd-8th Graders



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MUSCATINE COMMUNITY YMCA
1823 Logan Street, Muscatine IA 52761
www.MuscatineY.org
Contact: Amy Hessel 263-9996
ahessel@muscatiney.org

Fall Kick Off Event: Fall Bash

Thursday, August 28th

4:00–5:30pm

All 5th-8th graders are invited to our Teen Center Fall Bash. Fall Bash activities will highlight our fall program offerings:

recreation activities, art projects, science challenges, and snacks.

RSVP to the Y at 563.263.9996 or ahessel@muscatainey.org by

Wednesday, Aug. 27th. Free for members and nonmembers!



For Youth Development

No School Day Activities

1:00–4:00pm

Free and Open to all 5th–8th Graders

Friday, October 10th: Bocce Ball Tourney

Friday, October 17th: Kickball Games

Friday, November 14th: Live “Among Us”

Wednesday, November 26th: Floor Hockey

Monday, December 22nd: Gaga Ball

Tuesday, December 23rd: Movie Day

Monday, December 29th: Nerf Wars

Tuesday, December 30th: Live “Among Us”

Friday, January 2nd: Dodgeball

Monday, January 19th: Floor Hockey

Friday, January 30th: Nerf Wars

Listed Activities run 1-2:30pm, then group choice activities until 4pm.



The Art Factory

Mondays 4:00–5:00pm

Want to add color, maybe some hot glue or gem stones to your life? The Art Factory is the place for crafters, creative thinkers and those who love to mix up some paint. Crafts, painting, clay and just plain fun!



For youth in 3rd–8th grades
Starts September 8th

Empowerment Zone

Tuesdays 4:00–5:00pm

Fuel your Mind, Flex your Body, Find your Voice.
Empowerment Zone is the place to develop your self-esteem, gain confidence, and support your mental and physical health. Activities will encourage movement and socialization each week. We can't forget a healthy snack each week.

For youth in 6th–8th grades.
Starts Sept. 2nd



Video Gaming Challenge

Tuesdays 5:00–6:15pm

Join your friends and make new friends while enjoying video games on the Xbox or tablets. You are welcome to bring your own device to play with others in the room.



For youth in 3rd–8th grades.
September 2nd

Cooking Club

Wednesdays 4:00–5:15pm

Fee: \$20 for members

\$40 for nonmembers

Healthy eating can be as easy as 1,2,3! Cooking is fun and a life long skill. Learn to cut and prepare fruits and veggies and use the



stovetop and oven in a safe and fun atmosphere. Must [pre-register](#). Registration opens Monday, August 25th.

For youth in 5th–8th grades.
October 22nd–November 19th

Science Battles

Wednesdays 4:00–5:00pm

Science, Technology, Engineering and Mathematics are for everyone! Join the fun with experiments, games, hands on activities and fun challenges.



For youth in 5th–8th grades.

Starts September 3rd

Card Club

Wednesdays 5:00–6:15pm

Join other card enthusiasts and staff each week for games of Yu-Gi-Oh, Pokemon and Magic of the Gathering. Learn new games and the rules of the games.



For youth in 3rd grade and older

Starts September 3rd

For Healthy Living

Teen Fitness and Wellness

Thursdays 4:00–4:40pm

The weight room and fitness classes can be intimidating for Middle School youth with all those adults around, so we developed a class just for you! Join us for a strength training and cardio class each week. Feel safe and confident working out in a social setting.



For youth in 5th–8th grades

Starts September 4th

Sports Shuffle

Thursdays 5:00–6:00pm

Join us every Thursday for a team sport. The games will shuffle each week depending on interest of attendees and the number of attendees each week. Gaga Ball, Basketball, Hockey, and Dodgeball are just a few options. Fun, Fitness, and Socializing!



For youth in 5th–8th graders

Starts September 4th

Born to Move, by Les Mills

Mondays 5:00–5:45pm

Join us each week for a workout that targets youth. Cardio, strength, balance, Martial Arts, Yoga, fun music, led by an instructor virtually.



**For youth in 4th–8th grades.
Starts Sept. 8th**

W.O.W. (Workout and Weights)

Tuesdays & Thursdays, 6:00–7:00pm

6th–8th grade students learn how to safely use the weights and other equipment in the exercise area. Those who pass this class will be able to use the exercise area during designated youth times and any time under the supervision of a parent or guardian. [Registration and attendance](#) is required during the 4-week session.



Fee: Members: \$25, Nonmembers: \$50.00

Contact the Y for session dates. [Registration](#) opens August 25th.

**For youth in 6th–8th grades
Starts September 14th**

For Social Responsibility Super Sitters

**Monday and Tuesday
December 22nd and 23rd
9:00am–3:00pm**



Super Sitters is a comprehensive babysitting know-how course for boys and girls ages 11–14. It focuses on care and handling of infants, dealing with emergencies, First Aid procedures and age appropriate toys and games. Bring a pencil, notebook, tennis shoes and a lunch. \$20 for members and \$40 for nonmembers. Must pre-register! [Registration](#) opens August 25th.

Youth Basketball Registration deadline is:

Sept. 20th for boys &

Dec. 6th for girls!

**Youth Basketball is open to
Kindergarten – 8th graders**

The Program's objectives are development of basketball skills, learning sportsmanship and fair play, socialization among teammates and other teams and enjoying the sport of basketball.

[Registration](#) opens August 25th.



Our Teen Groups offer something for everyone, but no matter the group, our goal is the same...We support & develop youth so they can be ethical, caring & successful adults. We do this by creating a space that guides Youth Development in five areas: Emotion Management, Responsibility, Personal Development, Relationship Building and Empathy!

