



**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BE BOLD  
BE STRONG  
BELONG**

**Winter/Spring 2026  
Programing for 5th-8th  
Graders at the Y!**



[www.facebook.com/MuscatineY-teen page](https://www.facebook.com/MuscatineY-teen page)

**MUSCATINE COMMUNITY YMCA**  
1823 Logan Street, Muscatine IA 52761  
[www.MuscatineY.org](http://www.MuscatineY.org)  
Contact: Amy Hessel 263-9996  
[ahessel@muscatiney.org](mailto:ahessel@muscatiney.org)

**Winter Kick Off Event:  
Monday, Jan. 5th 4:00-5:30pm**

Join us for an exciting kickoff event celebrating our awesome Teen Center Programs: Come enjoy games, challenges and hands-on-activities that highlight what each program is all about. Pizza, giveaways, and fun. **Please RSVP by Jan. 3rd to 263-9996 or [ahessel@muscatiney.org](mailto:ahessel@muscatiney.org). Free for members and nonmembers!**

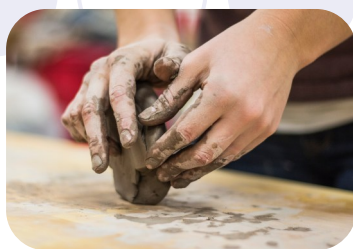


## For Youth Development

### Art Factory

**Mondays 4:00–5:00pm**

Arts and Crafts are just the beginning. Arts are a way to de-stress, discover ourselves and express ourselves. Clay, charcoal drawing and so much more will keep us busy.



For youth in 3rd–8th grades  
Starts January 12th

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### Chill and Thrive

**Mondays 5:15–6:00pm**

This is a weekly hangout where you get to relax, try fun activities and learn simple ways to deal with stress, worry, or just everyday school stuff. Each week is different — one day you might make cool art, another you might play games, try calming breathing tricks or do challenges that help you feel more confident and in control. It's a place to chill, laugh, make friends and pick up skills that actually make life easier. No pressure, no judgement—just a fun space to reset.



For youth in 5th–12th grades.  
Starts Jan. 12th

## **Fearless and Gritty: Girls Group**

### **Tuesdays 4:00–5:00pm**

Step into Fearless and Gritty—a powerful sisterhood where girls lift each other up, try new things and discover just how strong they really are. Each week, you'll take on challenges, dive into creative activities, learn confidence-boosting skills, and explore what it means to be courageous, determined, and resilient, all while staying true to kindness and compassion. There is a space to grow, have fun, make real friends and learn how to face life with both bravery and a big heart. If you're ready to build grit, find your voice and shine brighter than ever, this is your crew.



**For youth in 5th–8th Grades**  
**Starts January 6th**

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## **Video Game Challenge**

### **Tuesdays 5:00–6:15pm**

Chill out and socialize while enjoying the Wii, Xbox One, tablets or personal devices. Weekly game challenges and

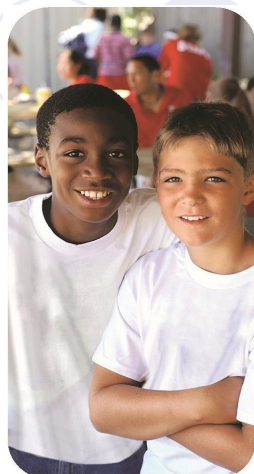


**For youth in 3rd grade and older are welcome!**  
**Starts January 6th**

## **Level Up: Boys Group**

### **Tuesdays 4:00–5:00pm**

Join Level Up— where guys come together to get stronger, sharper and ready for what ever comes next. Each week you'll jump into high-energy activities, challenges, and hands-on projects that build confidence, leadership, and real-life skills. Want to explore cool careers, train like an athlete, learn how to handle stress, or just hang out with a solid crew? This is your space. No pressure, no boring lectures—just a team of guys pushing each other to grow, have fun and level up in every part of life.



[For youth in 5th–8th grades.](#)  
[Starts January 6th](#)

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## **Card Club**

### **Wednesdays 5:00–6:15pm**

This is not your mother's card club, that's for sure. Join other card enthusiasts and staff each week for games of Yu-Gi-Oh, Pokemon and Magic the Gathering. Learn new games and the rules of the games.



[All ages welcome! Starts January 7th](#)

## 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 January 7th

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## For Healthy Living

### Teen Fitness and Wellness

#### Thursdays 4:00–4:45pm



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 or cardio class each week. Feel safe and confident working out in a social setting.

For youth in 5th–8th grades  
Starts January 8th

## W.O.W. (Workout and Weights)

### Tuesdays & Thursdays, 6:00–7:00pm

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. Attendance is required during the 4-week session.

Fee:      Member:      \$25  
             Nonmember: \$50

[Click here](#) for session dates

For youth in 6th–8th grades.  
Starts January 7th





## 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](#).



**For youth in 5th–8th grades.**

**February 25th–April 1st. (no class March 18th)**

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## For Social Responsibility

**No School Day Activities 1:00–4:00pm** (first 1.5 hour listed activity, second 1.5 hour is group choice)

**Free and Open to 5th–8th Graders**

**Monday, Jan. 19th:** Floor Hockey

**Friday, Jan. 30th:** Nerf Wars

**Friday, Feb. 13th:** Live “Among Us”

**Monday, Feb. 16th:** Gaga Ball Challenge

**Friday, March 13th:** Science Olympics

**Monday, March 16th:** Dodgeball

**Tuesday, March 17th:** Nerf Wars

**Wednesday, March 18th:** Basketball Skills Challenge  
with Prizes

**Thursday, March 19th:** Ping Pong Tourney

**Friday, March 20th:** Floor Hockey

**Friday, April 3rd:** No Program

**Friday, April 17:** Nerf Wars

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## **Lip Sync Battle—Save The Date!**

**Tuesday, June 16th**

The Missipi Brew, Downtown Muscatine

5:30–7:00pm Youth and Family Battle

7:00pm is Adult and Corporate Battle

[Join us](#) for a Lip Sync Battle of epic proportions! You can be part of the fun on the stage or in the crowd. All proceeds from the event, including 20% of food and drink sales benefit the Y’s Youth and Teen Programs. Prizes Awarded.

**Youth Spring Soccer**  
**Registration deadline is Feb. 21st, 2026!**

**Youth Soccer is open to**  
**4 year old Pre-K– 8th graders**

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

[Sign Up Now!](#)



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Programs listed in this newsletter are  
free for members and non-members,  
unless otherwise noted!  
There will be no regular programming on  
early outs or no school days for  
Muscatine.

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!

