



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEVELOPING OUR FUTURE

Summer 2026 at the YMCA
is Awesome!



MUSCATINE COMMUNITY YMCA
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www.facebook.com/MuscatineY-teen page



@Muscateeny

Summer Kickoff Event
Summer Games Pizza Party!
Thursday, June 4th, Noon-2:30pm

All youth entering 5th-9th grades are invited to our Summer Games Pizza Party. Activities will highlight some of the groups and programs we will be hosting this summer, like art, science, leadership and fitness. Come hungry, pizza will be served for all participants. Please **RSVP to Amy, ahessel@muscatiney.org or 563.263.9996 by June 3rd**



**Programming staff will be available
Monday-Thursday, 1-4pm, beyond the groups
listed. During that time, if no other programming is
scheduled, we will offer group choice activities! All
programs are free, unless noted in the write up and
are open to members and non-members.**

For Youth Development

YMCA TANK-Innovation Challenge

Mondays 1:00-2:15pm



Do you have a big idea? Ever thought of something that could make life easier, more fun, or solve a real problem? YMCA Tank gives you the

opportunity to become young entrepreneurs, inventors, and leaders. Working in teams, students will identify everyday problems, create innovative solutions, build prototypes using simple materials, design logos and marketing plans, and learn how to pitch their ideas with confidence. Participants will gain life skills: teamwork, creativity, communication, problem-solving, leadership, and public speaking—all in a fun, supportive environment. This hands-on experience is perfect for youth who enjoy creating, building, collaborating, or thinking outside the box.

For youth entering 5th–9th grades

Starts June 8th–August 10th

The Art Factory **Mondays 2:30–3:30pm**

Creativity has the power to heal, inspire, and help us understand ourselves. Each week, participants will explore a new hands-on art project or creative activity using a variety of materials and techniques: painting, drawing, collage, mixed media and crafts. No artistic experience needed—this program is about creativity, growth, and enjoying the process.



For youth entering 3rd–9th grades
Starts June 8th–August 10th

Video Gaming Club **Tuesdays 3:30–5:00pm**



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

For youth entering 3rd and older
Starts June 9th–August 11th

Crochet Club

Wednesdays 1:00–2:30pm

It is time to get hooked on a new hobby or hone your skills. We will have all the supplies and equipment needed to help you learn some stitches and complete a small and medium project this summer. Our instructor will guide you through every stitch!



For youth entering 5th–9th grades
Starts June 10th–August 12th

Card Club: Strategy Games

Wednesdays 3:30–5:00pm

Join other card enthusiasts and Y staff each week for games of Yu-Gi-Oh, Pokemon, and Magic the Gathering. Learn new games and their rules, plus meet new people who want to play.



For youth entering 3rd and older
Starts June 10th–August 12th

Science Battles

Wednesdays 2:30-3:30pm

There is nothing better than seeing your experiment work, getting messy or creating a new working method. Science, Technology, Engineering and Mathematics are for everyone...join the fun this summer with science experiments, games, hands on learning and fun challenges.



For youth entering 5th-9th grades.
Starts June 10th-August 12th

Challenge Quest

Thursdays 2:15-3:30pm

Weekly group challenges like scavenger hunts, obstacle courses, whodunnit mysteries or escape room-style games. Some weeks will be personal challenges, other weeks will be small groups and some large group challenges. Join us for the fun, just bring your thinking cap!



For youth entering 5th-9th grades
Starts June 11th-August 13th

YMCA Survivor-Adventure Thursdays 10:00-11:30am



Are you ready to outplay, outlast, and outwork the competition? Join the action this summer in YMCA Survivor Challenge. Inspired by the popular competition format, this high-energy program combines teamwork, strategy, creativity, and fun through weekly challenges that test problem-solving, communication, leadership, and determination. Participants will be placed into tribes and compete in a variety of safe, age-appropriate activities using everyday materials and outdoor spaces. Each week, teams will face exciting challenges such as obstacle courses, relay races, scavenger hunts, puzzle games, team-building missions, water challenges, and creative competitions. Some challenges will require tribes to work together, while others will give individuals the chance to shine.

The program will end with a thrilling Survivor Finale, where tribes compete for the title of Ultimate Champions through one last series of epic challenges.

**For youth entering 5th-9th grades
Starts June 11th-August 13th**

For Healthy Living

Born to Move: Les Mills

Mondays and Wednesdays 9:00–9:50am

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



**For youth entering 5th–9th grades.
Starts June 8th–August 12th**

Disc Golf

Mondays 10:00am –Noon

Join the Y Teen Staff for a morning at Fuller Park every week. The Y has all the equipment. Learn the game, freshen skills and have some fun! Meet at the Y, staff will transport group to Fuller Park.



**For youth entering 5th–9th grades
Starts June 8th–August 10th**

Running Club

Tuesdays and Thursdays, 9:00–9:45am

Let's start the summer off with an easy jog and push ourselves to a 5K, like the Watermelon Stampede. We will use "Couch to 5K" for guidance. This challenge is for all of us, not just current runners.



For youth entering 5th–12th grades
Starts June 9th–August 13th

Teen Fitness and Wellness

Tuesdays/Thursdays, 1:00–2:00pm

Join us for a strength training or cardio workout, then a wellness activity like cooking a healthy snack, the importance of water, or the sugar level of popular drinks. Feel safe and confident working out in a social setting.



For youth entering 5th–9th grades
Starts June 9th–August 13th

Nerf War Games **Tuesdays 2:15–3:15pm**

Every week we will play different styles of Nerf War games: Capture the Flag, Gauntlet Style or an Obstacle Course. We have Nerf Guns and ammo, just come ready for combat!



For youth entering 3rd–9th grades
Starts June 9th–August 11th

Group Choice Recreation **Fridays, 1:00–2:30pm**

Join us each Friday afternoon for some recreational fun, games, fitness, and movement—which is most important. Each week the group will choose what recreational games or activities will happen that day. Dodgeball, giant Slip 'n Slide, basketball, bocce ball or even gaga ball.



For youth entering 5th–9th grades
Starts June 12th–August 14th
(No Program July 3rd)

Cooking Club

Thursdays 3:45–5:00pm

Fee: \$20 for members

\$40 for nonmembers



Cooking is fun and a life-long skill. Learn to cut and prepare fruits and veggies and use the stovetop and oven.

[Must pre-register.](#)

**For youth entering 5th–9th grades
June 16th–August 13th**

For Social Responsibility

Spark Kindness

Mondays 3:30–4:30pm

Small acts of kindness make a big difference. Spark Kindness is focused on spreading kindness, serving others and discovering how you can impact the community. Using your Spark, you will complete random acts of kindness, team service projects and community-focused activities that help others and build stronger connections.



**For youth entering 5th–9th grades
Starts June 8th–August 10th**

Super Sitters

**Dates: June 2nd and 3rd, or
August 3rd and 4th**

Time: 9:00am–3:00pm

**Fee: \$20 for members
\$40 for nonmembers**



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 fire, accidents and other emergencies, basic First Aid, and age appropriate toys and games. Bring a notebook, pencil, sack lunch and tennis shoes. Must attend both days. [Click](#) to sign up.

For youth ages 11-14 years old

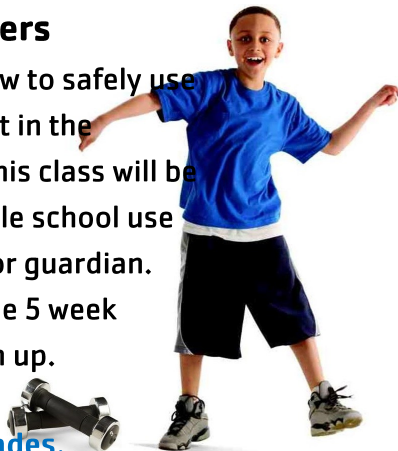
W.O.W. (Workout and Weights)

**Days: Monday June 8th—Friday June 12th, or
Monday July 13th—Friday, July 17th**

Time: 2:00–3:30pm

**Fee: \$30.00 for members
\$60.00 for nonmembers**

Middle School 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 area during middle school use times or any time with a parent or guardian. Attendance is required during the 5 week session. Please [click here](#) to sign up.



For youth entering 6th–8th grades.

Other Dates to Know:

Youth Fall Soccer

Registration deadline is Saturday, July 25th

Fee: \$45.00 for members

\$65.00 for nonmembers

Season will start the
week of August 31st!



Lip Sync Battle at the Brew:

Tuesday, June 16th

Battles for both Youth and Adults

Any program activity that is not at the YMCA will require a completed transportation form, before a youth can travel or participate. They are available at Member Services and will be handed out by Teen Center Staff.

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!



**A Place Where All Youth Can Get the
Tools to Fulfill Their Destiny!
5th-9th Grade Programs At the Y!**