



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE BOLD BE STRONG BELONG

Fall 2026 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
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Fall Kick Off Event: Fall Bash

Thursday, September 3rd

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@muscatiney.org by Wednesday, Sept. 2nd. 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 9th: Bocce Ball Tourney

Friday, October 16th: Kickball Games

Wednesday, November 25th: Floor Hockey

Monday, December 21st: Gaga Ball

Tuesday, December 22nd: Movie Day

Wednesday, December 23rd: Holiday Treats

Monday, December 28th: Nerf Wars

Tuesday, December 29th: Live "Among Us"

Wednesday, December 30th: Dodgeball

Monday, January 18th: Gaga Ball

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 14th**

Thinking Straight

Mondays 5:10–5:40pm

Ready to put your brain to the test? Thinking Straight is a fun, hands-on challenge program where you'll solve mysteries, build awesome creations, crack puzzles and work with your team to conquer exciting missions. Every week brings a new challenge that will test your creativity, teamwork, and problem-solving skills in fun and unexpected ways. There are no boring lectures—just games, friendly competition and opportunities to think outside the box.



**For youth in 5th–8th grades.
Starts Sept. 14th**

Lead The Way

Tuesdays 4:00–5:00pm

Ready to discover the leader inside you? Join Lead the Way, a fun hands-on program where you'll tackle exciting team challenges, play interactive games, solve real-world problems, and build the confidence to lead. Each week you'll learn new leadership skills like communication, teamwork, decision-making and problem solving. You'll take on fun challenges, work together to complete a service project, and discover that leadership isn't about being the loudest, its about encouraging others, stepping up when it matters and making a positive difference. Whether you're already a natural leader or just want to grow your confidence, this program will help you develop the skills to lead with courage, kindness and purpose.

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

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 8th**

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 9th

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 9th

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 10th

Gaga Ball Challenge

Thursdays 4:45–5:30

Need we say more? Really, join us each week for some Gaga Ball. We will use our outdoor and our indoor portable court, depending on the weather. Weekly prizes will be awarded to the top player of the day.



For youth in 4th–8th graders

Starts September 10th

Cooking Club

Thursdays 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**



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: \$30, Nonmembers: \$60.00 [Registration](#) opens August 24th.



For youth in 6th–8th grades

For Social Responsibility

Super Sitters

Monday and Tuesday
December 28th and 29th
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 24th.

Youth Basketball Registration deadline is:

Sept. 19th for boys &

Dec. 5th 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!

