

# teens & tweens

## Y.E.S. (YOUNG EMPOWERED SISTERS)

(Ages 9-12) Young women are provided with diverse cultural experiences in order for them to grow more positively into their maximum potential. Programs on self-esteem, self-empowerment and personal growth are all included in this 4-hour per month program.

Members: Free

Day	Time
Thursdays	6:00-7:30

## HOMEWORK CAFE

A place to do homework with friends and get help with any questions you may have about your homework.

Professional tutoring services available.

Day	Time
Monday - Thursday	3:30pm-5:00pm.

## LEADERS CLUB

(Ages 11-15) Select teens will have the opportunity to participate in various community volunteer and fundraising activities. Leaders group meetings will be held every Tuesday.

Members: Free

Day	Time
Tuesday	6:00-7:00pm

## YOUTH & GOVERNMENT

(Grades 9-12) You will learn how to research your issues of concern, propose legislation to improve it or eliminate it, and then have an opportunity to put it before an assembly. Advisor Demond Meeks.

Members free.

Day	Time
Wednesdays	6:00-8:00pm

## TEEN CITY

(Ages 9-18) Teen City's mission is to foster growth in our teens by offering structured programming, providing a safe place to socialize and building character development through leadership. Our newest state-of-the-art Teen City features computers, meeting area, pool table, air hockey, board games and a café area for snacks. Hours may change depending on teen program schedules. Program contact 263-3932.

Youth Membership: \$35/six months or \$68/year

Day	Time
Mon-Fri	3:30-7:30pm
Mon & Fri	3:00-7:30pm
Tue, Wed, Thurs	3:00-6:00pm



## TEEN STRENGTH TRAINING CLINIC CITY

(Ages 12-18) A step by step exercise program for new & returning exercisers. Teens will participate in the ReadyFit program. Instruction includes cardio-vascular, strength training, equipment orientation & much more.

Members free.

Day	Time
Mon., Wed., Fri.	5:30-6:30pm.

## TEEN EVENTS

Check branch or [www.southwestymca.org](http://www.southwestymca.org) for a complete schedule.

For more information about Teen Programs at the Southwest Family YMCA, contact Rick Lofton, Teen Coordinator, at 463-3000.

## FINANCIAL ASSISTANCE/SCHOLARSHIPS

The YMCA of Greater Rochester believes no one should be denied membership or program participation solely because of an inability to pay fees. Financial assistance applications are available at any YMCA branch; contact the branch front desk for more information. Financial assistance is granted based on available resources. All applications are kept confidential. Please call 328-9330 for more information.