

## TEEN ENRICHMENT



### Fill the Gap Program

Fill the Gap offers at-risk teenagers a variety of challenging activities and learning opportunities designed to build healthy relationships and promote discipline, self-reflection, a willing attitude, and concern for others.

- Learn problem solving skills
- Job and internship opportunities
- Provide positive mentoring relationships
- Develop a positive sense of self
- Tutoring and homework help

Contact **Greg Hoyte @ 276-6606** for more information.

### Girl's Circle

Available to girls ages 10-14. This program promotes the importance of health, prevention, education, and self-esteem enhancement while providing feminine unity and support. Some topics include working as a team, stress management, goal setting, communication skills, body image, peer pressure and resistance skills.

#### West

TH Ages 10-14 6:00-8:00pm  
M FREE P FREE

### Youth In Government

Do you like politics, public speaking, debate and meeting other teens from all over the state? Then Youth In Government is the program for you! Teens will "take over" the State Capital in the spring with a mock government session. You can be a legislator, jurist, elected official or a reporter. So, join us - because wouldn't it be great if YOU made the rules? Program meets weekly and runs September - May.

#### Neighborhood House

Downtown Madison-Mills St. & Regent St.

M Grade 7-12 4:00-6:00pm  
4 installments of M \$55 P \$ 60

### Red Cross Babysitting

For young people, baby-sitting is one of the first opportunities to earn money and learn job responsibilities. The comprehensive training prepares the baby sitters to know what to expect when they approach the job; what questions to ask the parents; what to do in an emergency; how to diaper infants; how to deal with children of different ages; how to respond to phone calls or visitors and more essential child care skills. Bring lunch.

#### East

SA September 18 Ages 11-14 9:00am-4:00pm  
SA November 13 Ages 11-14 9:00am-4:00pm

#### Northeast

SA October 17 Ages 11-14 9:00am-4:30pm  
M November 9 Ages 11-14 9:00am-4:30pm

#### West

SA October 2 Ages 11-14 9:00am-4:30pm  
SA December 4 Ages 11-14 9:00am-4:30pm  
M \$60 P \$90



## TEEN FITNESS

### Teen One-on-One Strength & Conditioning

2-3 appointments with a Lifestyle Center Staff to certify teens for limited access to the Lifestyle Center. Register at the front desk and a Lifestyle Center Staff will call to schedule appointments. Ages 13-15.

#### East/Northeast/West

2-3 sessions by appointment Members Only \$45

**Teen Aquatics Programs**  
See page 20-21

**All fitness classes open to**  
**members 13 and older.**



Online registration starts July 26 @ 9am - visit [ymcadanecounty.org](http://ymcadanecounty.org)!

M = Members P = Participants