

# TEEN PROGRAMS

## ENRICHMENT

### **On** Red Cross Babysitting

The comprehensive training prepares the babysitters 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.

<b>East</b>		
May 8	9:00am-4:30pm	
<b>West</b>		
April 24	9:00am-4:30pm	
May 15	9:00am-4:30pm	
June 5	9:00am-4:30pm	
	Bring sack lunch	M \$60 P \$90

## SCHOOL'S OUT

### Lock-Ins

A Lock-In is an overnight at the YMCA for all clubs, schools, churches, Girl Scouts, Boy Scouts, 4-H, and other non-profit groups. You can plan your own agenda! Saturdays only.

Pool • Gym • Racquetball Court • Multipurpose Area

<b>East</b>			
SA	Half Lock-In	7:30pm-11:00pm	\$300
<b>West</b>			
SA	Half Lock-In	7:30pm-12:30pm	\$350
SA	Full Lock-In	10:00pm-6:00am	\$500

### Youth Zone / The Zone

Ages 7-14 years. Free for Members.

**Not available on holidays.**

Come hang in the Zone! A place for youth and teens at the YMCA with video games, homework help, Ping Pong, foosball, arts and crafts and more! Supervised drop-in area. **Youth are permitted to sign in and out without parent consent.**

<b>East</b>		
Monday-Thursday	4:30-8:00pm	
Friday	4:30-6:30pm	
Saturday	9:00am-12:00pm	
<b>Northeast</b>		
Monday-Friday	4:00-8:00pm	
Saturday (through June 12)	8:00am-1:00pm	
<b>West</b>		
Monday-Thursday	4:00-8:00pm	
Friday	4:00-6:00pm	
Saturday (through May 22)	9:00am-12:00pm	

**Supervision of Children:** The YMCA requires that all children under the age of 7 have adult supervision at all times.

### **On** Youth and Teen Movie Night

Parents, if you're looking for a quiet evening, drop your kids off at the Youth Zone. Youth can come enjoy a movie and snack in a supervised program on the second Friday of each month. Ages 7-14

<b>East/West/Northeast</b>	
April 9	6:30-9:00pm
May 14	M \$5 P \$10

## SPORTS

### Bowling League

Light instruction/team play. Improve skills, scores, and sportsmanship. Parents needed to help instruct/coach. Starts April 30. 7 weeks. An additional \$2.25 weekly for lane fee. Please come 5 minutes before game. Deadline April 28. Bowl 1 Game.

<b>Northeast - Prairie Lanes - 430 Clarmar, Sun Prairie, WI</b>	
F	Ages 7-14 4:00pm
	M \$19 P \$32

### Friday Night Hoops

Get together for pick-up games every 1st, 2nd and 3rd Friday of the month! Must be in before 10:00pm. Cannot come and go. Must be playing basketball to be involved. Participants must have a photo ID.

<b>West</b>	
F	Grades 5-12 9:30pm-12:00am
	M FREE P \$3

### **On** Golf Lessons

Golfers will learn grip, putting, driving, chipping, iron shot and golf etiquette. We will meet a couple of days at a local golf course. Must bring your own clubs.

<b>East - Field</b>	
TH	Ages 8-16 5:30-6:15pm
TH	Ages 16+ 6:15-7:00pm
<b>Northeast</b>	
T	Ages 8-16 5:00-5:50pm
T	Ages 16+ 5:55-6:45pm
	M \$52 P \$72

### **On** Inayan Eskrima Self Defense

This co-ed program emphasizes self-defense through traditional Filipino martial arts. The Inayan System Eskrima teaches students practical and effective self-defense skills through the use of equipment and empty-hand techniques. Additional equipment may be required.

<b>East</b>	
TU/TH	Ages 13+ 7:00-9:00pm
	M \$45 P \$90

### **On** Junior Golf

Junior Golfers will learn golf in a fun environment from PGA golf professionals and YMCA staff members at Vitense Golf and. Program runs April 27-June 9.

Week 1: Grip, stance, posture, intro full swing

Week 2: Full swing with irons, intro to woods

Week 3: Woods, intro to short game

Week 4: Short game & etiquette

Week 5: Miniature golf tournament

Week 6: Par 3 golf course

Week 7: Fun day, prizes, treats & miniature golf

<b>West- Vitense Golf and</b>	
T	Ages 6-10 4:00-5:00pm
W	Ages 11-14 4:00-5:00pm
	M \$88 P \$110

### **On** Karate - Shorin Ryu

Traditional Okinawan techniques which include emphasis on formal exercise (Kata).

<b>West</b>	
SA	Ages 8-Adult 10:00am-12:00pm
	M \$36 P \$72