



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JR. High Program

Parent Handbook 2020-2021



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YMCA OF INDIANA COUNTY

60 N. Ben Franklin Rd., Indiana, PA 15701 (P) 724.463.9622 www.icymca.org
Contact bryantpinder@icymca.org

The YMCA of Indian County is one of the area's leading charitable 501(c)3 organizations. Our programs and services are open to all through our financial assistance programs made possible through the generosity of our members, donors and partners. To help us help others, make your tax-deductible donation today at www.icymca.org



JR. HIGH INITIATIVE



CARING



HONESTY



RESPECT



RESPONSIBILITY



TEAMWORK

WHY JR. HIGH SCHOOL

Jr. High School is a pivotal and transitional time for many teens. It is a time when sports become more competitive and provide less opportunity for the average child to be involved in physical activity. It is also the time when teens are given more freedom to choose how they spend their free time. Both productive and destructive habits that begin in the 7th grade are likely to continue into adulthood.

The YMCA of Indiana County wants to support and encourage kids to make smart decisions and form healthy habits that lead to a healthy lifestyle.

The Jr. High School Initiative program provides opportunities for four (4) Domains (Creative Arts, Leadership, Education and Fitness). Along with the opportunity to socialize with peers in a safe and conveniently located environment.

This special free membership is available to all 7th graders in Indiana County and to 6th, 7th and 8th graders in the Indiana Area School District (IASD).

This membership demonstrates our commitment and philosophy for a well-rounded approach to the healthy development of the whole person.

OUR GOALS

- Provide a safe and secure atmosphere
- Promote YMCA Character Values: **Caring, Honesty, Respect, Responsibility and Teamwork**
- Expand Possibilities

TESTIMONIAL

“It is fun and I want to be at the Y. I know that it’s a safe place for me to go for my friends and I to hang out”

-Diler , Age 13

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JR. HIGH INITIATIVE

JR. HIGH SCHOOL MEMBER INFORMATION SHEET

Welcome to the YMCA! We are glad to have you as a member and want this to be a great experience for you.

OVERVIEW OF PROGRAM

- Membership application must be completed by a parent or guardian for a student to participate.
- Student card, transcript, report card or other form of proof of grade and school must be shown at time of sign up.
- **Members must participate in at least 3 classes per month in order to keep membership.**
- All members must do a fitness center orientation within the first week of signing up, once that is complete they will have access to the cardio equipment in the fitness center. To use the Matrix lifting equipment a middle schooler will need to take a Fitness Center Strength Certification for \$30. Please schedule either the orientation or the certification at the Welcome Center. Free weights are not available without adult supervision.
- All members will have access throughout the building for teen activities and open recreation times.
- Membership is valid until your teen enters the 9th grade, unable to complete requirements or no longer interested in membership. Every year members will receive a new copy of handbook and teen orientation video.
- Members will receive the member rate on classes, programs, summer camp and Mack Park Pool.
- A copy of the YMCA Member Handbook and sign acknowledgment receipt and understanding of YMCA rules and code of conduct must also be on file with the front desk.

TESTIMONIAL

"I love to swim at the Y but most importantly swimming a Mack Pool."

-Ivy, Age 12

2



JR. HIGH INITIATIVE

CODE OF CONDUCT

- Middle School Members will treat staff, peers and other YMCA members with YMCA values of caring, honesty, respect, responsibility, and teamwork at all times. They can expect to be treated this way in return.
- When exercising or participating in sport activities all participants will wear appropriate workout attire, namely sneakers and preferably no jeans.
- Middle School Members should bring their key tag or download the YMCA of Indiana County App on their phone to check in. The key tag or phone should also be used at the welcome center to swap for equipment like basketballs, ping pong, air hockey, etc. The Y can not hold items such as coats, bags, instruments, computers etc.
- Profanity or inappropriate language, as well as physical or verbal abuse directed at anyone will not be tolerated.
- **The use of cell phones is permitted only in designated areas, generally the main lobby, recreation center, and fitness center for music only. There is absolutely no cell phone use in the locker rooms for any reason.**
- There should never be a time when recording video, picture taking, or social media posting happens of any member or staff member in the building.
- Loitering in non-designated areas is not allowed.
- Drugs, alcohol, vape and tobacco are not permitted in the YMCA or on YMCA grounds.
- Locker rooms are available for use by the Middle School Members and are expected to be used in an appropriate, safe manner. Participant must remove their lock at the end of each visit.
- The YMCA is not responsible for lost or stolen property; it is the member's responsibility to bring a lock to protect valuables. It is recommended that valuables remain home.
- Failure to follow these policies and guidelines could result in dismissal from the Jr. High School program.
- For questions or concerns, please call or e-mail: **Bryant Pinder 724.463.9622 or bryantpinder@icymca.org**



JR. HIGH INITIATIVE

WHAT TO BRING

- YMCA Key Tag/ ICYMCA mobile app on phone
- Comfortable workout attire: Such as sneakers, shorts or sweatpants, t-shirt or sweatshirt, socks, and a towel.
- Lock: The men’s and women’s locker rooms are available for use. All members should bring a lock in order to secure their belongings in a locker. Locks must be removed at the end of each visit.
- Water, Juice or Sports Drink Bottle: Members are allowed to bring a plastic water, juice, or sports drink bottle. No food or drinks are allowed in the gymnasium, fitness rooms, or locker rooms, except for water with a closed lid. There are vending machines located in the recreation room or you may bring your own snacks.

FOLLOW US AND OTHER TEEN ORGS FOR UPDATES AROUND OUR COMMUNITY

FACEBOOK OUTLETS

YMCA OF INDIANA COUNTY

INDIANA AREA SCHOOL DISTRICT

2020 PARENTING



INSTAGRAM SITES

YMCA OF INDIANA COUNTY TEENS

@TEENS_ICYMCA

SUMMIT YOUTH

@SUMMITPA_YOUTH

YMCA OF INDIANA

@ICYMCA

DARKNESS TO LIGHT

@D2LORG

SAVING GRACE CHURCH

@TRANSFORMTEENS



4



JR. HIGH INITIATIVE

4 DOMAINS

Education

-Through homework help, a place to study or finish a project and providing programs our goal is to help our teens enhance their cognitive development.

Leadership

-Leaders in Training: Learning foundational principles/teachings in becoming well-rounded leader and servant within our community.

Creative Arts

-Allowing for our teens to explore through different creative lenses from STEAM, dance, art, engineering and more.

Fitness

-Healthy living through physical interaction is very helpful to reduce stress, mental health and obesity. Join a variety of teen programs that will reduce the weight and increase their confidence.



JR. HIGH INITIATIVE

The YMCA core values of honesty, respect, responsibility, caring and teamwork are values that we expect adults and our participants to practice daily and hold our participants accountable to these values. As in any activity, inappropriate behavior of a few participants can have a dramatic impact on the experience of the entire group. Participants are to follow the code of conduct and the YMCA facility rules in order to continue participation in the program. Remember, youth must participate in 3 classes of their chosen domain meetings.

Our staff will take the following steps to correct behaviors.

1. Verbal warning:

- The first minor offense, a verbal warning from staff will be issued

2. Time away from activities:

- If the verbal warning again is ignored, participants will lose privileges from various activities or will be asked to leave the facility based on the circumstances.

3. Suspension:

If a participant continues to make poor choices after the above steps are taken a YMCA staff member will notify parent/guardian to pick up the participant from the program.

Participants will be asked to earn their privileges back upon returning to the program; this can be done by helping cleanup activities, helping organize a program, etc.

Parents will need to meet with our program coordinator/director before the participant can return to the program to ensure a plan for success is in place.

After 2 suspensions the participant will be expelled from the program and will have the opportunity to come back the following year if eligible. Their YMCA membership will be deactivated and expulsion from the program will be enforced.

4. Redzone policy

Participants will be monitored through their attendance in programs through our "Redzone Policy".

First and Second absence-verbal warning on placement of participant

Third absence-removal from program and meeting with coordinator.



JR. HIGH INITIATIVE

ACKNOWLEDGEMENT

The Jr. High School Initiative program has ZERO tolerance for physical violence, verbal or anything outside core values. If ANY physical violence occurs, an immediate two week suspension from the program and the YMCA facilities will be enforced. Upon return to program, participant and family will be required to meet with the Jr. High Coordinator to review the rules, our core values and develop an action plan. We encourage all of our members to find a YMCA staff member if something is wrong to prevent any incidents.

I, _____, acknowledge that I have received and understand
(student first and last name)
both the YMCA Handbook and the Middle School Initiative Handbook. I have knowledge of the YMCA's membership policies as well as the code of conduct. Should I have any questions in the future, I am able to approach a staff member for understanding and guidance.

Signed

Date

Middle School Member

Date

Parent or Guardian of Middle School Member





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