



MetroWest YMCA EXTRA'S



TEEN PROGRAMS

YMCA Teen Leaders Club

8th Grade-Senior in High School

The goal of Leaders Club is to promote and enhance the personal growth and social skills of young people in order to develop leaders who will be a positive force in the community. Starting each September, members meet once a week and work closely with peers and advisors on skill and character building activities, as well as plan and organize club projects. **Meetings are held on Wednesday nights at 6:30 pm. Contact John Marshall for more information (508) 879-4420 x30**

YOUTH & GOVERNMENT

We build strong kids, strong families, strong communities.

YMCA Youth and Government

Freshman-Senior in High School

Democracy must be learned by ever generation!

The mission of Massachusetts YMCA Youth & Government is to provide a vehicle to teach YMCA core values of caring, honesty, respect and responsibility, character development and leadership skills while practicing dedication to the values of democracy. Delegates will contribute in either the legislative, executive or judicial branches and culminate with a weekend long conference in Boston. **Contact Jon Marshall for more information at (508) 879-4420 x30**

COMMUNITY OUTREACH

HIGH FLIGHT

"To try is to succeed."



What is High Flight?

High Flight is an adventure-based program designed to develop self-confidence and social skills in teenagers. While enjoying the challenge and adventure of exciting wilderness activities as a group, the participants learn the importance of teamwork, trust, and concern for others. High Flight uses wilderness environments as its "classroom," and experiential activities as the tools for learning essential life skills. Participants engage in high and low ropes courses elements, rock climbing, map and compass work, backpacking, camping, canoeing, mountaineering, and other physical endeavors as well as group problem-solving activities. **For more information or to make a referral, please contact Joe Hattabaugh at (508) 879-4420 x 25.**

METROWEST YMCA ENEWS

Are you online?

Would you like to receive a monthly email newsletter from the MetroWest YMCA?

The MetroWest YMCA is now offering a monthly email communication.

It is reserved only for our members and is a simple and easy way to receive information about what is happening in our MetroWest Y-Community.



Download a form or sign up online at our website www.metrowestymca.org. MetroWest YMCA. We'll add your name to the distribution list. **Or send an email to Enews@metrowestymca.org** with a written request to be added to our E-News list.

Our Privacy Policy: Your information will be kept confidential and used solely for the MetroWest YMCA email communications.

All communications include SafeUnsubscribe.

FYI: Please check your computer settings and with your ISP for SPAM control so that emails from the MetroWest YMCA are received.

Another way is to add us to your address book. Enews@metrowestymca.org