

6th Grade Initiative Guide

Welcome to the YMCA of the Northwoods 6th Grade Initiative Program.

The program was developed to specifically help this age group continue to remain active, develop leadership skills and have a safe space with caring adults to make connections with.

The YMCA of Northwoods offers:

A FREE MEMBERSHIP valid until August 31st, 2023

To all 6th grade students enrolled in the Northwoods Area School Districts

The membership begins after meeting all the requirements from orientation.

(Limited slots available-first come; first served)

The YMCA of the Northwoods 6th Initiative Program goals are to:

1. Increase physical and mental well-being through exercise and activities.
3. Promote YMCA core Values of Caring, Honesty, Respect and Responsibility.
4. Develop a sense of belonging.
5. Create opportunities for youth to develop leadership skills.
5. Have fun!

Contact for the 6th Grade Initiative is:

Tammy Zellmer
Youth Development Coordinator
715-362-9622 ext. 102
Tzellmer@ymcanw.org

REQUIRED PAPERWORK THAT MUST BE HANDED IN BEFORE YOUR MEMBERSHIP BEGINS:

- Application form
- Code of Conduct
- Proof of grade (copy of school ID/report card/schedule)

MEMBERSHIP

GUIDELINES

1. Each 6th Grader will receive a Full Youth Membership.
2. The 6th Grade Initiative membership will expire August 31st, 2023.
3. Membership will be activated upon completion of necessary paperwork and orientations (after September 1, 2022)

Credit IS NOT offered for any time missed during the program year (starting after September-illness absence/etc.).

TO RECEIVE A MEMBERSHIP*, EACH 6TH GRADER MUST:

1. Attend a required orientation (parent/guardian encouraged but not required to attend)
2. Present valid school ID or proof of grade (report card) with an application form
3. Complete an application & required paperwork with parent/guardian

* Membership is subject to YMCA of the Northwoods membership rules and procedures.

PLEASE NOTE THE FOLLOWING ITEMS:

All 6th grade members must abide by program rules and YMCA of the Northwoods Member Code of Conduct.

Membership may be suspended or revoked if staff deems member behavior has violated any YMCA rules and/or Member Code of Conduct.

THINGS TO BRING

Clothing – 6th Grade Initiative members should wear comfortable clothing, socks, and sneakers. Please be advised that boots, crocs, sandals, or flip-flops are not permitted in certain areas of the building (gym) and for certain activities.

Members should bring appropriate swimsuits and towels (goggles/swim cap optional) when they are participating in open swim time.

Members should bring a lock to secure their belongings in the locker room. Locks must be removed from the lockers daily. The YMCA of the Northwoods will not be responsible for lost, stolen or damaged items.

Plastic water bottles are fine and should be capped while working out. Soda and glass bottles are not permitted.

Food, candy, and gum are only to be consumed in designated areas (pool viewing hallway and lobby).

WHAT NOT TO BRING

We ask that you do not bring iPods, electric handheld games, portable radios/CD players, or other personal items. Cell phone use is allowed as needed and in designated areas. Members will be asked to restrain from excessive cell phone use during program times. The YMCA will not be responsible for lost, stolen or broken items. Cell phone use is always prohibited in all locker rooms and the pool.

FITNESS, EXERCISE & GYM

The 6th Grade Initiative program includes open gym and swim times, indoor track, use of the pop-up teen center and Teen Nights (Friday nights starting September 9th).

6th Grade Initiative members will be permitted in the cardio room only after receiving a Teen Wellness Certification. You must be 15 years old or older to use the free weight area.

You can request a schedule at the membership desk for classes and open swim/gym time.

TEEN PROGRAMS AND TEEN NIGHTS

You can register your child for any of the teen or youth sports classes offered at the YMCA of the Northwoods for a program fee (refer to the flyers and website for prices). Please go online or come in person to the YMCA for more information on additional programming and their costs.

TEEN NIGHTS are offered on Friday nights starting in the fall. They are from 6:00-9:00 p.m. and offer various activities, open gym time and open swim. See website or program flyers for more information.

WELLNESS CENTER RULES AND GUIDELINES

Please check our website or the Welcome Center to learn more about classes and activities available for youth and teens. The following guidelines apply to all members to make your YMCA experience a positive one!

Wipe down all machines after usage with cleaner and paper towels located in each room.

Be considerate of your fellow YMCA members and practice appropriate and consistent personal hygiene.

Full coverage shirts must be worn at all times and proper workout attire must be worn in the wellness center.

All equipment must be used properly. If you have any questions, please see the staff person on duty.

No slamming or dropping of weights or equipment. (Free weight area is for ages 15 and up)

Please return equipment to its proper place after use.

Members are expected to follow the member code of conduct. Fighting and foul language will not be tolerated.

Cell phone usage is prohibited in the Wellness Center, the locker rooms or in the pool.

Cell phone use to video other members is strictly prohibited.

All personal items should be stored in lockers (bags, jackets, etc.). Locks are recommended on lockers when storing valuables (wallets, keys, phones, etc.)

The YMCA is not responsible for lost, stolen, or broken items.

Members' expectations are to exhibit and exemplify the YMCA's Four Core Values of Honesty, Caring, Respect and Responsibility.

MEMBER CODE OF CONDUCT

The YMCA of the Northwoods is committed to providing a safe and welcoming environment for all our members and guests. To ensure safety and comfort for all, we ask individuals to always act appropriately while at the YMCA

We expect any person who uses the YMCA to behave in a mature and responsible manner and to respect the rights and dignity of others. Our Code of Conduct does not permit language or actions that can hurt or frighten others or that falls below a generally accepted standard of conduct.

PROGRAM RULES & EXPECTATIONS

Our YMCA staff strive to create a positive atmosphere with emphasis on our four core values of Caring, Honesty, Respect, and Responsibility. We are here to support and provide guidance for participants as they discover what being a YMCA member means. 6GI members are part of our YMCA community and will be held responsible for their own choices, behaviors, and consequences of those.

YMCA staff will work with the youth and their parents/guardians to ensure participants are provided with opportunities to make safe and healthy choices in our facility.

Our Youth/Teen programs and activities are designed to be fun with active inclusion of all members.

DISCIPLINE CONSEQUENCES:

Misbehavior may result in being suspended from the program, for one or more days, at the discretion of the Department Director.

Parent/guardian will be notified if a suspension is necessary. All suspensions are at the discretion of the YMCA staff.

The YMCA of the Northwoods will investigate all reported incidents. Suspension or termination of membership privileges may result from any violation of the YMCA Code of Conduct. Please remember that we are all responsible for maintaining the quality and atmosphere of the YMCA of the Northwoods.