

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,

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

Membership begins after meeting all the requirements from orientation.

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:

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Youth Enrichment Director & School Liaison
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MEMBERSHIP

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.

GUIDELINES

1. Each 6th Grader will receive a Full Youth Membership.
2. The 6th Grade Initiative membership will expire August 31st.

3. Membership will be activated upon completion of necessary paperwork and orientations (after September 1) Credit IS NOT offered for any time missed during the program year (starting after September-illness absence/etc.).

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 important 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 Teen Lounge and Teen Nights (Friday nights starting September 20th).

6th Grade Initiative members will be permitted in the cardio room after receiving a Teen Wellness Certification. You must be 14 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 6:00-8:45 p.m. and offer various activities, open gym time and open swim. See website or program flyers for more information.

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.

Members are expected to uphold our core values: Honesty, Caring, Respect, and Responsibility.

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:

Misconduct 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.