



## Middle School Initiative Parent Handbook

**YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.**

**YMCA Core Values: Caring, Honesty, Respect, Responsibility**

### **Middle School Initiative Program Goal:**

The goal of the Middle School Initiative is to inspire youth to discover their passions, develop a healthy lifestyle, and gain the skills needed to avoid risky behaviors in order to succeed in school and life.

### **Program Days/Times:**

Monday through Friday:

Tri-Lakes YMCA: 2:45-6:00pm

Downtown YMCA: 4:00-7:00pm

Southeast YMCA: 4:00-7:00pm

Middle School Initiative will be closed on all district or school specific school out days, breaks, and snow days.

### **Program Details**

Participants are to sign-up daily at school for the program per their school's guidelines, typically during lunch time.

Busing is provided at Downtown and Tri-Lakes YMCA. Students from Panorama Middle School will walk to the Southeast YMCA.

Participants will have opportunities to choose from a variety of activities while at MSI. Snack and homework help will be provided daily.

### **Examples of MSI Activity Rotations:**

#### Sports

A variety of sports will be offered throughout each week. These will be run by a volunteer, or a Healthy Living staff, and supervised by a MSI staff.

#### Workout of the Day (WOD)

Opportunities to utilize the YMCA fitness facilities and participate in variety of workouts will be provided throughout each week. These workouts will often be led by members of the YMCA Healthy Living Team and supervised by a MSI staff. Examples include: Boot camp, Drums alive, Yoga flow, etc.

#### Team Enrichment

Opportunities to strengthen important skills (Listening, communicating, working as a team, problem solving, engineering solutions, etc.), and build relationships with other participants and the staff will be provided.



### STEM & Art Programs

Throughout each week, participants will be able to try various STEM and art enrichment programs under the mentorship of staff members, volunteers and community members who have that particular training/ skill set.

### Healthy Habits

Participants will be provided with educational opportunities to learn how to maintain a healthy lifestyle. Programs included: cooking classes, workouts that can be done at home, self-esteem building exercises, etc.

### Leadership Summit at YMCA Camp Shady Brook

Participants will be able to have an overnight camp experience by attending Camp Shady Brook in Deckers, Colorado and participate in various fun and skill driven activities while having the opportunity to meet participants from other centers and build new relationships while challenging themselves to try new things.

### **Personal Belongings**

The YMCA is not responsible for lost, misplaced, or stolen items. Please do not bring electronics, expensive/sentimental items or money to program. Lost and found items will be donated to charity at the end of each month.

### **Cell Phones**

We encourage our participants to fully engage and participate while at program, they will be asked to put their phone away during the duration of program. Participants may use their cell phone to communicate with parents.

### **Field Trips/Transportation**

All participants will attend field trips when scheduled. Parent permission is gained in the online registration packet. Transportation is provided by school district buses with qualified district staff drivers.

### **Forms**

Parents will receive an email with a link to complete their registration forms online. Parents are responsible for completing these forms prior to participation in the MSI program and activation of the YMCA membership



## MIDDLE SCHOOL INITIATIVE PROGRAM

### Behavior Policy

The YMCA core values of honesty, respect, responsibility, and caring are values that we expect ourselves 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.

### 3 STRIKE SYSTEM

Before a strike will be issued, 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.
  - Depending on the severity/situation, we may find it necessary to issue a second verbal warning.
2. Time away from activities
  - If the verbal warning is ignored, participants will lose privileges from various activities.

### Strikes (up to 3)

If a participant continues to make poor choices after the above steps are taken, a strike will be issued. Once we issue a strike, 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 return to program; this can be done by helping cleanup activities, helping organize a program, etc.

3 strikes will result in suspension from the program.

### Suspension

We reserve the right to suspend participants from the program at any time. The length of the suspension from the program and the YMCA membership will be for a minimum of 1 week.

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 have 1 strike before being expelled from the program.



### **Expulsion**

Once a participant has exhausted the opportunities to improve their behavior, the YMCA membership will be deactivated and expulsion from the program will be enforced.

**The Middle School Initiative program has ZERO tolerance for physical violence. 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 will be required to complete a week of mandatory support (cleaning, helping to organize/facilitate activities, etc.) to earn privileges back.**

## **MEMBERSHIP REQUIREMENTS**

All participants will receive a YMCA membership as part of the MSI program which will be activated upon completion of the online registration paperwork. This membership can be used at any of our YMCA locations. Usage of the membership can only be outside of program hours.

Attendance will be taken daily and a membership audit will take place 4 times throughout the school year. Participants must attend a minimum of 8 days in between each audit in order to keep their membership active.

Membership Audit Dates:   October 12, 2018  
  December 14, 2018  
  March 8, 2019  
  May 17, 2019

*\*\*An "extracurricular activities" form is available for those who participate in other activities that limit their program attendance. This form must be completed in order to be exempt from the audit. This will allow the YMCA membership to remain active.*

**Membership Deactivation** will occur after each audit for those participants do not meet the minimum requirements. Participants can re-activate their membership by attending the required number of days before the next audit date. The membership will be re-activated on the next audit date.