

# SIGN UP YOUR 7<sup>TH</sup> GRADER!

7th grade is a transitional time for young teens as they begin to face the challenges of adolescence. During this pivotal time, the Y is here to support parents by encouraging kids to make good decisions and form lifelong healthy habits.

At the Cadillac Area YMCA, our mission is to provide opportunities for kids to grow in spirit, mind and body in a safe environment.

Our COMPLIMENTARY 7th Grade Membership encourages kids to step out of their comfort zone and into their growth zone by instilling a sense of independence, responsibility, respect, leadership and of course, fun!

We invite all 7th graders to sign up!

## BENEFITS

- Enjoy a fun and inclusive environment
- Connect with peers and develop new friendships
- Gain a sense of independence and self-confidence
- Improve health in body and mind
- Build leadership skills
- Explore new interests and discover passions
- Develop a sense of belonging and community
- Reduce stress and boost critical-thinking skills

## PROGRAM OPPORTUNITIES

- Lion's Den Fitness
- CUE: STEAM Programming
- Open Gym
- Teen Nights
- Drop-In Basketball
- Open Swim
- Hot Tub
- Homework Assistance
- Reduced prices on programs including swim team, gymnastics, sports, etc.

## ACTIVATE YOUR MEMBERSHIP

- 7th graders need the following to activate a membership:
- Completed membership application & waiver with a parent or guardian signature.

## STAY CONNECTED

To encourage teens to continue healthy habits beyond 7th grade, we offer Youth Memberships and scholarships for all membership types. To learn more, visit [www.cadillacareaymca.org](http://www.cadillacareaymca.org)!



Our FREE 7th Grade Initiative runs from Sept. 1 - Aug. 31.

Enjoy **UNLIMITED** access to the Y with this one year membership

\*Participants must use the Y at least 4 times per month to maintain membership\*

