



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

7GI 7TH GRADE INITIATIVE

PARENT HANDBOOK: OCTOBER 2015 – JUNE 2016

TABLE OF CONTENTS

Our Mission	2
Our Goals	2
Testimonial	2
7th Grade Member Information Sheet	3
Facility Usage	3
Member Code of Conduct	3
YMCA Staff	3



7GI

Princeton Family YMCA

59 Paul Robeson Place, Princeton, NJ 08530 (P) 609 497 9622 www.princetonymca.org

The Princeton Family YMCA is one of the area's leading charitable 501(c)3 organizations. Our programs and services are open to all through our financial assistance programs made possible through the generosity of our members, donors and partners. To help us help others, make your tax-deductible donation today at www.princetonymca.org.



7GI 7TH GRADE INITIATIVE



CARING

OUR MISSION

7th grade is a pivotal and transitional time for many teens. It is a time when sports become more competitive and provide less opportunity for the average child to be involved in physical activity. It is also the time when teens are given more freedom to choose how they spend their free time. Habits that begin in the 7th grade are likely to continue into adulthood.

The Princeton Family YMCA wants to support and encourage kids to make good decisions and form healthy habits that lead to a healthy lifestyle.



HONESTY

The 7th Grade Initiative program provides opportunities for fitness and sports, as well as an opportunity to socialize with peers in a safe, supervised and conveniently located environment.

This special free membership available only to 7th graders demonstrates our commitment and philosophy for a well-rounded approach to the healthy development of the whole person.

OUR GOALS



RESPECT

- Promote YMCA Character Values: Caring, Honesty, Respect and Responsibility.
- Increase physical and mental wellness.
- Develop and support healthy exercise and eating habits.
- Encourage parent involvement and input.
- Provide a safe and secure atmosphere.
- Establish a sense of belonging in each child.
- Have fun!



RESPONSIBILITY

TESTIMONIAL

"My son doesn't play many sports. As a young teen, it has been a challenge to motivate him to exercise – until we were introduced to the Y's 7th Grade Initiative. This program offers my son individualized attention in a stress-free environment to learn the importance of exercise and how to use the fitness equipment safely and properly. Through this program, he is more interested in being healthy and becoming stronger – that makes him feel good. I have noticed such a change in him in the last few months. He seems more independent, more confident, and his self esteem is more positive – that makes me feel good. The Y's 7th grade initiative has motivated my son to care about his health. I am so grateful to the Y."

- Linda, YMCA Member and Mother of
7th Grade Initiative Participant



7GI 7TH GRADE INITIATIVE



CARING

7TH GRADE MEMBER INFORMATION SHEET

Welcome to the YMCA! Starting on a path to wellness at this age is a smart thing to do. We are glad to have you as a member and want this to be a great experience for you. Your membership is effective through June 30, 2015.

OVERVIEW OF PROGRAM

- Membership application must be completed for a student to take part
- All 7th graders must attend a Teen Fitness Orientation, but then will be able to visit the facility just like any other member.



HONESTY

FACILITY USAGE

- Full use of Cardio Equipment
- Use of strength-training equipment
- Group Exercise Classes
- Lap swim
- Open Gym Time in the Dodge Gymnasium



RESPECT

MEMBER CODE OF CONDUCT

- 7th Grade Members will treat staff and peers with YMCA values of caring, honesty, respect, and responsibility at all times. They can expect to be treated this way in return.
- All participants will wear appropriate workout attire, namely sneakers and no jeans.
- Profanity or inappropriate language, as well as physical or verbal abuse directed at anyone will not be tolerated. Shirts must be worn at all times.
- The use of cell phones is permitted only in designated areas, generally the main lobby.
- Loitering in non-designated areas is not allowed.
- Drugs, alcohol and smoking are not permitted in the YMCA or on YMCA grounds.
- The upstairs lockers are available for use by the 7th Grade Members and are expected to be used in an appropriate, safe manner. Participants must remove their lock at the end of each visit.
- The YMCA is not responsible for lost or stolen property; it is the member's responsibility to bring a lock to protect valuables. It is recommended that valuables remain home.
- Failure to follow these policies and guidelines could result in dismissal from the 7th Grade Membership program



RESPONSIBILITY

YMCA Staff

- YMCA staff members are here to help you. For questions or concerns, please call or e-mail the Welcome Desk at 609-497-9622 or contactus@princetonymca.org. To schedule your Teen Fitness Orientation, ask for extension 256 or email fitorientation@princetonymca.org.