



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Centennial Hills YMCA TEEN PROGRAMS

2021-2022
Open to grades 6 and up

TEEN PROGRAMS

TEEN TALKS

FROM 1-2PM

Led by experienced staff, this program is designed to guide teens on making positive choices concerning their lives & relationships. Each week, teens will be divided into small groups to discuss hot topics such as developing self confidence, dealing with bullying, & recognizing toxic relationships.

TEEN CONNECTION

FROM 2-5PM

Connect with your potential! Connect with friends! Connect at the Y! Join us for tons of activities created by teens, for teens. Develop lifelong friendships as you strengthen your mind, body, & community. Participants will engage in a variety of social, service-learning, & life skill development activities. These range from helping foster youth, public speaking, & learning sign language.

TEEN NIGHT

FROM 5-9PM

Join your friends for a night to remember! Activities in the gym & park, video games, dinner, fun theme nights, & so much more await!

TEENS TOGETHER

FROM 1-9PM

Our NEW Teens Together program offers all of the same great features as the other programs, just catered to 15-17 year olds!

Upcoming program dates

- ▼ Oct 2nd | Oct 16th
- ▼ Nov 6th | Nov 20th
- ▼ Dec 4th | Dec 18th
- ▼ Jan 8th | Jan 22nd

To ensure an efficient check-in process, please enroll at least 24 hours beforehand. Otherwise, please present a receipt to staff at drop off.



Follow us on
Instagram
@ Y.Teens.Care

TEEN PROGRAMS DAY PASS

Enjoy all three programs for \$20

Spots are Limited!

Register today before they're all gone!

For more info, please contact:
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