

**FREE FOR ALL MIDDLE SCHOOL YOUTH IN GRADES 6-8!**



## **Y-YES Youth Enrichment and Support Camp Days at Takodah YMCA**

**Saturdays, 9 am to 12 pm**

### **Nov. 21 The Places You'll Go:**

A morning of team building and rope course fun!

### **Dec. 5 Survival Skills:**

Hiking, building shelters, how to start a campfire, compass work and more!

### **Dec. 12 Munches and Crunches:**

A combination of healthy cooking/eating and exercise!

### **Dec. 19 Get Your Craft On:**

Let's use those creative outlets for positive mental health and dabble in Zentangle drawing, journaling, tie dye creations and more!



## **Y-YES Teen Night Out at Keene Family YMCA**

**Fridays, 6:30-8:30 pm**

### **Nov. 13: Welcome Back**

We missed you! A welcome back to the Y night of games, crafts and leadership.

### **Dec. 4: No Worries**

A night of no stress and anxiety, just fun and chilling!

### **Dec. 11: Teen Power**

Participants have all the power to create their experience!

### **Dec. 18: Mix Night**

Bring your favorite (appropriate) music for a night of great tunes and fun!

### **Nov. 20: Thanksgiving**

Come share what you're thankful for and enjoy healthy food while you connect with your friends at the Y!



**Weekly POD Meetings: Mondays, 4-5:30 pm, and Wednesdays, 12-3pm**

Each meeting will include a check-in, activity, and academic support.

Sign up through [keeneymca.org](http://keeneymca.org) or Kelly Fleurette at [kfleurette@keene-ymca.org](mailto:kfleurette@keene-ymca.org).

To qualify for a **FREE YOUTH YMCA MEMBERSHIP**, youth must attend 3 or more events. Membership will be valid from 12/31/2020-12/31/2021.

**\*NOT A SCHOOL-SPONSORED ACTIVITY.**

**Keene Family YMCA | 200 Summit Road, Keene, NH | 352.6002 | [keeneymca.org](http://keeneymca.org)**