



Lakeland Hills YMCA
100 Fanny Road, Mountain Lakes NJ 07046
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CHARACTER AND LEADERSHIP PROGRAM FOR TEENS

This is not your typical high-school program! Discover what it REALLY is and how it can make a difference in your life! Just 14 weeks to be a better student, person, friend, volunteer. Program begins January 23.

AGES 13-18

During the Winter/Spring Session, Leaders will focus on developing keen self-awareness skills and mental health initiatives at the Y and in their community. They will also gain valuable experience and service hours assisting with planning and running stations at YMCA events.

What Teens Get From the Program

- Confidence
- Skills for job/career success
- Volunteer service hours for school, honor society, etc.
- Strong sense of self and purpose
- Resiliency and emotional maturity
- College recommendations
- A network of friends they'll have for life
- Exposure to diverse groups, backgrounds, cultures, and ideas
- Caring adult role models both regionally and their home club advisor

Goals of the Leaders Club Program

- Leadership Skill Development
- Volunteer & Community Service to Others
- Character Development
- Social & Emotional Growth

Typical Meeting

- Welcome and Icebreaker/Teambuilding Activity
- Topic (s) of the day (i.e. specific learning, skill builder, brainstorm community service activities, planning the activities, etc.)
- Action Items for group and individuals
- Next Steps and Closing

LEADERS CLUB

- Session: Winter/Spring
- Day/Time: Mondays from 7:15-8:15 PM
- Dates: January 23 - May 15 (No meetings February 20, April 3 or April 10)
- Fee: \$105 members; \$155 non-member fee
- Minimum/Maximum: 15 participants/40 participants
- For more information contact Laurie Stepper: lauries@lhymca.com