

Youth & Government

Who: Students in 9th - 12th grade
When: September 15th – March 2nd
Wednesdays, 7:00 - 8:30pm
Where: Crescenta-Cañada &
Verdugo Hills Family YMCAs
CCY: Returning Member Night - September 8th
New Member Night - September 15th
VHY: Sign ups & New Recruits BBQ- September 15th
New Members & Parent Night- September 22nd
Fees: \$985 Facility Member
\$1020 Program Member

Fee Includes: Training, Two Conferences, Transportation & 62nd Model Legislation & Model Court in Sacramento

Youth & Government provides students with practical experience in the study of state government. Participants study issues, draft legislation, and learn how to present their legislation in a committee, and debate it on the floor of the House or Senate. Youth & Government also includes a judicial program and special programs for pages, print and video journalists, legislative lobbyists and legislative analysts.

The highlight of the program is a trip to Sacramento in February where the students will preside over all aspects of the state government and have access to:

- The entire Capitol and Supreme Court Chambers including the Senate and Assembly floors
- All governmental offices and the Governor's personal suite
- All Advocate and Trial Court chambers

Supported by state and local officials

Youth & Government is a valuable program for all teens!

Contacts: (VHY) Vincent Iuculano, (818)352-3255 ext. 331
(CCY) Heather Hjelmervik, (818)790-0123 ext 215



Model United Nations

Who: Students in 6th - 8th grade
When: Parent & New Member Information Night:
February 9, 2011
Delegation Meetings Begin February 16th:
Wednesdays, 6:30 - 8:00pm
Where: Crescenta-Cañada Hills Family YMCA
Sign Ups: February 2nd
Trips include: Statewide Training Conference &
Statewide Model UN Summit Conference

The California YMCA Youth and Government Model United Nations (Model UN) program is a simulation of the "real-life" United Nations Assembly. Delegates will research, debate and establish policies, treaties and resolutions focusing on international issues including disputes between countries, peace-keeping responsibilities, border crises, stabilizing financial markets and dealing with hunger, disease and poverty.



Additional information will be available in November.
Contact: Vincent Iuculano, (818)352-3255 ext. 331

CCY Y Dances

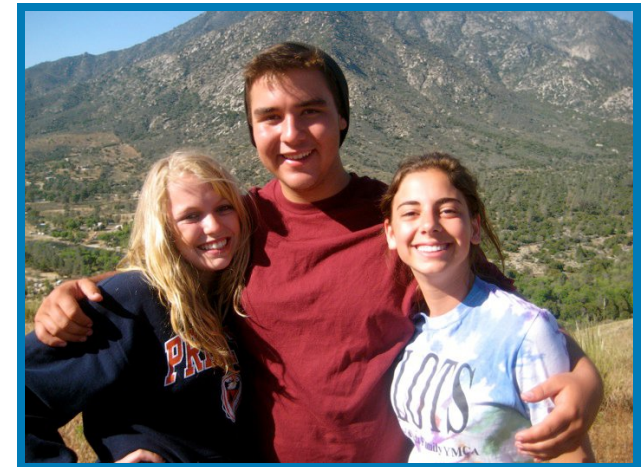
This program is for 7th and 8th grade students ONLY!!

- Y Dances begin September 18th
- Admission is \$5 and must have student I.D.
- Dances are from 7:30 - 10:00pm on SATURDAYS
- Dances are once a month and the schedule will be posted online at www.ymcafoothills.org

YMCA TEEN LEADERSHIP PROGRAMS

2010 - 2011

ALL TOGETHER BETTER



Crescenta-Cañada Family YMCA
1930 Foothill Blvd.
La Cañada Flintridge, CA 91011
(818) 790-0123

Verdugo Hills Family YMCA
6840 Foothill Blvd.
Tujunga, CA 91042
(818) 352-3255



www.ymcafoothills.org

Women in Training

Who: Young Women in 9th - 12th grade
When: September 30th - May 26th
Thursdays, 5:00 - 6:30 pm
Where: Crescenta-Cañada Family YMCA
Sign Ups: September 13th
Fee: \$70 Facility Member
\$80 Program Member



Women in Training (WIT) is being redesigned to meet the needs of the young women within our community. Be a part of the program that provides a safe environment for young women to discuss prevalent issues faced by girls today.

They will focus on being young women that gain leadership skills and seek self-discovery. They will learn how to use their talents to help others.

Each of the WIT girls will learn how to become a mentor and will have a group of younger girls to lead in a month long mentoring program.

WIT Kick-Off
Thursday September 30th
@ 7:00pm in the MPR

Contact: (CCY) Heather Hjelmervik, (818)790-0123 ext 215

Jr. High EFEX

EFEX: **Everything Fun, Everything Xtreme!**
Who: Students in 7th - 8th grade
When: September 28th
Tuesdays, 7:00 - 8:30pm ***NEW NIGHT**
Where: Crescenta-Cañada Family YMCA
Fee: Free to Facility & Program Jr. High Members

EFEX is back for another great year! Come travel on crazy scavenger hunts, wild adventures around town, play amazing games with the staff and they get to talk about the issues that they are facing in Jr. High. The EFEX staff works hard to create games and activities that students can relate to their lives all while having a blast.

Jr. High BBQ Kick-Off, September 28th in the MPR
7:00 pm in the Multi Purpose Room
(CCY) Heather Hjelmervik, (818)790-0123 ext 215

Teen Directors



Heather Hjelmervik
Director of Teen Programs

Heather is a dedicated leader of the teen programming based at the Crescenta-Cañada Family YMCA branch. On top of over seeing Youth & Government, PILOTS, Y Dances and Jr. High EFEX, she developed and successfully implemented the new teen leadership program Women In Training last year. WIT was inspired by Heather's passion for the importance of role models in pre-teen and teens' lives, and her belief in not simply being a good role model but creating them. She holds a BA from Azusa Pacific in Communication Studies and is currently working on a Masters in Leadership.



Vince Iuculano
Director of Youth & Teen Programs

Vince has served as a devoted Youth & Teen Director at this Association for the past 7 years. His efforts in various teen programs including Model UN & Youth & Government have challenged pre teens and teens to think outside of themselves and their own community. Vince's dedication to teen programming stems from his focus on the mind and spirit aspect of the YMCA mission. Through these experiences teens not only learn about the specific program but grow as individuals and as leaders. Vince holds a BA in Environmental Geography with a minor in Conservation from Cal State Northridge.

PILOT

Progressive Individual Leadership of Teens

Who: Students in 9th - 12th grade
When: September 23rd - June 2nd
Thursdays, 7:00 - 8:30 pm ***NEW NIGHT**
Where: Crescenta-Cañada Family YMCA
Sign Ups: September 13th
Fee: \$95 Facility Member
\$105 Program Member

Fee includes: manual, shirt, and discounts to some scheduled events.

PILOTS is designed to help build leadership skills among our community teens and help them discover more about themselves and others around them. PILOTS was created to offer opportunities for teens to serve their community, city, and county. Through fellowship and hard work PILOTS aims to build spirit as teens discover a deeper meaning for living that is built on compassion, leadership, and service.

Projects are planned each month and can include:

- ◆ Preparing sack lunches for the homeless
- ◆ Organizing canned food drives
- ◆ Creating friendships with local seniors
- ◆ Christmas gift adoptions
- ◆ Volunteering at local events.



First Meeting is Thursday, September 23rd
School required service hours are fulfilled
through the PILOT program!

Contact: (CCY) Heather Hjelmervik, (818)790-0123 ext 215