

## 2025 TEEN AFTER SCHOOL PROGRAM AT THE RARITAN VALLEY YMCA

Starting in February of 2025, the Raritan Valley YMCA will be offering a FREE After School Program to all teenagers ages 13-17. This is a drop off program as we do not provide transportation. The after-school program requires each child to arrive every Tuesday and Thursday from February to the end of April. The times on these two mandatory days are from 3:30pm to 5pm.

During these days, each kid will learn how to properly workout. They will be learning the gym and how to use the weights, machines, etc. Two public health interns along with our Fitness & Sports Director (CJ Hirschy) will be putting them through fitness workouts, playing organized sports like basketball, football, soccer, and have a place to do homework.

The After School Program comes with a FREE Teen Membership for all who participate. This Teen Membership will be FREE for ONE FULL YEAR even after the program is completed. With this membership, each child can come use our facility as much as they would like. They are also allowed to use other YMCA's as well. But, ON AVERAGE, AT LEAST 51% OF YOUR MONTHLY VISITS MUST BE AT YOUR HOME Y (which would be us – the Raritan Valley YMCA.) If continuous failure to arrive on the two mandatory dates, we will be REMOVING the free membership.

This program is for teenagers to learn, be active, engage with others, and have fun. If you have any questions, please feel free to contact our director CJ Hirschy through email or call. His email and the YMCA phone number are below. The deadline to enroll is by the end of February.

Yours Truly,

YMCA LEADERSHIP STAFF

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