



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



REINVENTING FREE TIME 7th GRADE INITIATIVE VALLEY POINTS FAMILY YMCA

Free YMCA Memberships for 7th Graders

The Valley Points Family YMCA is pleased to provide opportunities for our community's youth through the **7th Grade Initiative**. The program was created as part of a larger vision of Ys all across the Commonwealth of Pennsylvania coming together to create a new way of serving this important age group through our facilities, programs and services. The goal of the **7th Grade Initiative** is to inspire youth to discover their passions, develop a healthy lifestyle, and gain the assets necessary to avoid risky behaviors and succeed in school and life.

Why 7th Graders?

Research shows that 7th grade is a critical time in a young person's life when exposure to risk factors greatly increase. These risk factors have been shown to increase the likelihood for unhealthy behaviors, including substance abuse, delinquency, teen pregnancy, school drop-out and violence. It is also during the early teen years that youth begin to distance themselves from family and positive support systems.



The Y has a strong history of supporting and strengthening young people through programs that engage, educate and foster positive self-esteem and critical core values that kids need to become healthy, productive adults. Through this positive, proactive and strength-based approach, the Y aims to buffer young people from the affects of risk exposure by providing them with opportunities to be involved in and contribute to their community, their school and their peers in meaningful ways in our region.

Which students are eligible?

Kids in 7th grade who attend any of the following school districts are eligible to participate in the **7th Grade Initiative** at the Valley Points Family YMCA: Apollo Ridge, Kiski Area, Leechburg, New Kensington/Arnold, Burrell, and Allegheny Valley.



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How Do Kids Join the Y?

To activate the free membership, 7th graders should bring their school ID, roster or report card, and a parent or guardian with them to the Y. Parents complete the required membership paperwork and then youth can begin using the membership right away. The free membership expires at the end of the summer before students enter 8th grade (Memberships are available September 1–August 31).



What Does the Membership Include?

- Use of both Branch facilities (in accordance with policies) during operational hours
- Free & low-cost programming (at Member rates) offered by the Valley Points Family YMCA
- Access to the Adrenaline Zone (New Kensington Branch), a dedicated youth area that features youth fitness equipment, virtual reality exercise equipment & Wii game systems (during specified hours of operation).

How Can I Help Get My Friends Involved at the Y?

As a volunteer driven organization, we seek individuals in the community that want to help the YMCA and the community better serve the people in our service area. Youth who would like to be involved in planning programs & events for their peers should contact the YMCA Program Director at either Branch location about becoming a peer mentor. The Y will be looking for responsible young people to help direct the **7th Grade Initiative** and make this great opportunity worthwhile for all 7th graders!

VALLEY POINTS FAMILY YMCA

Kiski Valley Branch

511 Hyde Park Road

Leechburg, PA 15656

P 724 845 1968 | F 724 845 1076

New Kensington Branch

800 Constitution Boulevard

New Kensington, PA 15068

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