



YMCA  
Leadership  
Academy

**THE LAB** is a safe, interactive space for middle and high school students (ages 11-17) to discover new interests, collaborate with one another and prepare for the future. **YMCA Membership is required.**

**HOURS OF OPERATION**  
Monday-Friday:  
3pm - 8pm  
Saturday:  
12pm-4pm  
Sunday: CLOSED

## UPCOMING TEEN ACTIVITIES

- **September 5, 12, 19, 26** Leaders Club Meet, 6:45pm-8:00pm
- **September 4, 11, 18, 26** Teen Flag Football, 6:00pm-6:45pm
- **September 13** Movie Night, Inside Out 2, 6:30pm-8:00pm
- **September 16** Chess Club, 5:30pm-6:30pm
- **September 21** Shoot for a Change, Tournament Day, 8:00am-6:00pm
- **September 23** Art Club, Fuse Beads 6:00pm-7:00pm
- **September 27** Donuts & Debate, 6:00pm-7:00pm
- **September 28** Middle School Madness, 7:00pm-10:00pm
- **September 20** Shoot for a change, Skills Day, 12:00pm-6:00pm

## The lab is now open Saturdays!

THE LAB is located at Peter Blum Family YMCA  
6631 Palmetto Circle S. Boca Raton, FL 3343

For more information or to sign up, contact:  
Director of Teen Programming, James Rodriguez  
Jrodriguez@ymcaspb.org or 561-300-3204  
YMCASPBC.ORG/THELAB



# Program Descriptions

## LEADERS CLUB

Leaders Club is a year-long Y-based service and leadership development program. Leaders Club provides teens with experience and training to influence college knowledge, academics, positive relationships and identity.

## Y ACHIEVERS

Y Achievers will help high school teens develop plans for the future! Working with a team of volunteer mentors, teens boost their academic achievement, develop a strong work ethic, and embark on the path to success

## TEEN SPIN

Want a fun, energetic, teen specific spin class? Come join our Monday night spin! No experience needed.

## TEEN GAME NIGHT

Come experience a night of fun at The LAB game night. Game night activities will include Board Games, Video Games, E-Gaming, Tournaments, AND MUCH

## TEEN MOVIE NIGHT

THE YMCA turns into a movie theater! We have movie nights once a month at The Lab. Teens will get popcorn, light refreshments and snacks! Come enjoy a movie! T

## FASHION SCHOOL

Join our very own fashion designer, Kevenique Allen. She will dive into the basics of fashion and design, teaching design sketches, sewing, measurements, and dressing.

## TEEN PODCAST

Teen Podcast (Real Talk Tuesdays), will bridge the gap between what parents think and teens truly understand. We cover real, relevant topics with the teens.

## YOUTH IN GOVERNMENT (YIG)

Want to learn how government works? Youth in Government is looking for teens in 8th –12th grade that are ready to become change makers in their community!

## MIDDLE SCHOOL MADNESS

Come experience a night of fun at the YMCA with activities such as Karaoke, Video Games, Dodgeball, Tournaments, Food, Music, and much more!

## CHESS & ART CLUB

All skill levels welcome, beginners to experts! Come and learn some new skills & or sharpen up the ones you have!