



Enrichment After Hours Irving Family YMCA & North Hills Preparatory

Who is the YMCA?

The promise of the YMCA is to build strong kids, strong families, and strong communities. Our core values are respect, responsibility, caring, citizen ship, fairness, and trustworthiness. We instill these values in youth through the application of the 40 Developmental Assets outlined by the Search Institute. Throughout the 114 history of the Dallas Metropolitan YMCA we have been successful at fulfilling our promise and enhancing communities. The YMCA of Metropolitan Dallas currently operates 112 after school program sites serving 17 school districts. Specifically, the Irving Family YMCA has a history of commitment and service to Irving families and youth, which is evident in our presence throughout the community. We would like the opportunity to extend this same commitment and service to you!

What do we have to offer your North Hills teen?

In collaboration with North Hills Preparatory faculty and staff, we will offer a YMCA directed after school program exclusively for middle school youth. The purpose of this program is to provide your teen with added academic, social, and developmental enrichment that compliments and enhances their current school curriculum. We also promise a safe environment for your teen to grow as a leader, collaborate with their peers, and navigate their own individual self-identity. We also make the commitment to uphold the standards of excellence and the mission of the North Hills Preparatory School.

Our Curriculum:

Entrepreneurship- Teens will learn how to develop a good or service, present and market their product, and network with others in order to build partnerships

Achievers- Enhances academic, personal, and career development of teens and teaches innovative leadership skills

Youth & Government- Signature YMCA program that increase political awareness and instills the importance of social action through participation. Areas where teens can participate include Legislative, Judicial, Executive Government Planners and Media. The program concludes a trip to the State Capitol in Austin.

Civic Engagement- Teaches youth how to be servant leaders and the value of giving their of themselves through their time and management of finances.

Team Building- Provides fun physical activities that teaches collaborative skills

Intramural Sports- Sports offered TBA

Artist's Corner- A brief workshop that enhances your teen's creativity through written and visual art

Fit for Life- Invaluable life skills for your teen (i.e. healthy relationships, stress management, eating right etc.)

The Lounge- Brief period for your teen to socialize with peers in a mature atmosphere (nutritious snack provided)

*Subject to change based on demand



Program Costs & Hours of Operation: Monday- Friday, 3:40p.m. - 6:00p.m. ; \$35 per week*

*Cost includes daily nutritious snacks and curriculum materials, financial assistance is available if need is demonstrated

For more information contact: (972) 986-8898, Tanisha Clark, Teen Director Irving Family YMCA