



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

7GI 7th GRADE INITIATIVE

VALLEY POINTS FAMILY YMCA



Kiski Valley Branch

511 Hyde Park Road
Leechburg, PA 15656
(724) 845-1968

New Kensington Branch

800 Constitution Boulevard
New Kensington, PA 15068
(724) 335-9191

www.vpfymca.org | www.facebook.com/VPFYMCA | [@VPFYMCA](https://www.instagram.com/VPFYMCA)

The Valley Points Family YMCA is a cause-driven, non-profit organization dedicated to youth development, healthy living, and social responsibility. We utilize resources to help youth develop to their fullest potential, provide health and wellness opportunities for people of all ages and abilities, foster community and economic development, and serve as a valuable community asset to ensure that everyone has the opportunity to learn, grow, and thrive.



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7th grade is a pivotal and transitional time for many teens. It's a time when sports become more competitive and provide less opportunity for the average child to be involved in physical activity. It's also the time when teens are given more freedom to choose how they spend their free time. Habits that begin in 7th grade are likely to continue into adulthood.

The Valley Points Family YMCA wants to support and encourage kids to make good decisions and form healthy habits that lead to a healthy lifestyle. The **7th Grade Initiative** program provides opportunities for fitness and sports, as well as the opportunity to socialize with peers in a safe, supervised and conveniently located environment.

This special—**and FREE!**—membership available only to 7th graders demonstrates our commitment and philosophy for a well-rounded approach to the healthy development of the whole person.

ELIGIBILITY

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. To activate membership, 7th graders should bring their school ID, roster, or report card—and a parent or guardian—with them to the Y. Parents/guardians complete the required membership paperwork and then youth can begin using the membership right away. The free membership is valid for one year and is available starting September 1st and running through August 31st.

OUR GOALS

- Promote the YMCA character values: **Caring, Honesty, Respect and Responsibility**
- Increase physical and mental wellness
- Develop and support healthy exercise and eating habits
- Encourage parent involvement and input
- Provide a safe and secure atmosphere
- Establish a sense of belonging in each child
- Have fun!

FACILITY USAGE

- 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 and Wii game systems.
- If at any time the code of conduct is not adhered to, the membership can be revoked or put on hold.



CARING



HONESTY



RESPECT



RESPONSIBILITY