

# TEEN PROGRAMS: BRIEF SYNOPSIS

PROGRAM/ACTIVITY	DAYS	TIMES	AGES	LOCATION	SYNOPSIS
<b>SUMMER THEMED ACTIVITY</b>	M, TU, W	1-2PM	ALL TEEN AGES	TEEN CENTER	Our 2023 Teen Summer Camp features diverse weekly themed activities and games for our teens to participate in. Themes from our "Aloha, Summer" week to our "Stars & Stripes" week to our "We Got The Beat" week, teens will have opportunities to get involved in assorted activities this summer.
<b>TEEN SPORTS</b>	M, W	2-3PM	ALL TEEN AGES	GYM	Utilizing our Club Gym, our Teen Sports program focuses on team-oriented sports that aims to promote teamwork, good sportsmanship and basic fundamentals of the selected sport. Teens will play sports such as volleyball, basketball, soccer and other sports.
<b>SOCIAL REC</b>	M-F	VARIOUS TIMES	ALL TEEN AGES	TEEN CENTER, GAMESROOM	Our teen Social Recreation (or Social Rec) time are opportunities for teens to utilize our Teen Center's resources. From our video game tournaments (Xbox, Nintendo Switch, PS4) to our unique board games and card games to arts areas (arts supplies and guitars), our teens have access to assorted things to do.
<b>TEEN LEADERSHIP</b>	TU	4-5PM	ALL TEEN AGES	TEEN CENTER	Integrating integral values of good character, service and leadership, our Teen Leadership program aims to provide engaging and fun activities and opportunities through various lessons and our Teen Mentorship Program.
<b>JR MUSIC PROGRAM</b>	M-TU	5-7PM	ALL TEEN AGES	LEARNING CENTER	Drawing inspiration from hip hop music culture, the Jr Music Program introduces teens to various electronic equipment and apps to help create musical beats and sounds as a form of individual expression.
<b>TASTEOLGY</b>	M, W	4-5PM	Jr HS, 13 & Up	KITCHEN	Our Summer Edition of Tasteology is all about replica recipes of fast food items and restaurant cuisines. Incorporating with these facsimile foods will be basic instruction culinary skills and knowledge. Teens will work with a variety of spices and foods, so please let us know if your teen has any allergies.
<b>ADVENTURE TIME CLUB</b>	W	9AM-12PM (Check Teen Center Calendar For Dates & Times)	ALL TEEN AGES	VARIOUS LOCAL TRAILS	With a focus physical and mental well-being, Adventure Time Club is our teen hiking program that ventures out to local trails that engage each teen in not only the outdoors, but nature specific tasks, along with mentorship opportunities. Teens will need to bring their own water bottles, snacks and weather & hiking appropriate clothing.
<b>NATIONAL HOLIDAYS</b>	F	2PM-3PM	ALL TEEN AGES	TEEN CENTER	Our Teen Center is celebrating those quirky and unique national holidays throughout the summer! From National Pink Day to National Milk Chocolate Day, our Teen Center will have games, activities and more for our teens.