



# TEEN PROGRAMS & the Y

Helping teens thrive!

YMCA OF ORANGE COUNTY • [ymcaoc.org](http://ymcaoc.org)





## Who is the Y?

At the Y, our purpose is strengthening communities with a focus on three key areas of impact: youth development, healthy living and social responsibility. We serve Orange County, Riverside County, Pomona Valley, and East San Gabriel Valley through 6 Health & Wellness locations (Diamond Bar, Fullerton, Huntington Beach, Laguna Niguel, Mission Viejo and Newport-Mesa), 2 program centers (Rancho Mission Viejo and Yorba Linda/Placentia), an aquatics and soccer complex (Santa Ana), numerous community services and youth programs, 80 child & youth development centers, preschool & early learning programs and TK-kindergarten wrap around programs. Donations, grants and legacy gifts ensures Y programs are "Open to All" regardless of an individual's or family's financial circumstances. 100% of donations support our Financial Assistance Program or subsidized programs for marginalized populations.

## Welcome

The YMCA of Orange County has a long history of making an impact in the lives of children. As the landscape of education changes, the pressures of society increase and the need for a safe place becomes more prevalent than ever, the Y recognizes the need for teens to have a place to thrive. Using our 100+ years of experience, highly-trained staff, and community partners, we are ready to help.

## The Facts:

- 1** **The most dangerous time for teens is between 3 and 6 pm.** The time between when the school bell rings and parents are home are critical hours for students.\*
- 2** The Centers for Disease Control (CDC) states that **afterschool programs can help improve a student's report card and their health** while lowering their risks for too much sedentary screen time, bad food choices and high-risk social behavior. Unsupervised students often do not have opportunities to make healthy choices. We know that movement can improve concentration and memory, a high-quality diet supports mental health and overall social support improves overall health and well-being.
- 3** **8 in 10 parents say afterschool programs give them peace of mind and help them keep their jobs.** Parents whose children are enrolled in afterschool programs are able to work without worry and balance their schedules.\*

# Why the Y?

The YMCA Teen Club is a safe and enjoyable before & after school program for students to be with friends while participating in organized educational and physical activities. Highlighted by character development activities, the Y will assist in providing students with the tools needed to grow into successful young adults. We offer:



**On campus teen centers:** Located right on school campuses, we provide an age-appropriate and active learning environment where teens focus on important team building and leadership skills.

**Clubs:** Year-round, the Y offers enrichment opportunities for students to expand their knowledge and interests. We offer clubs including (but not limited to) Science, Engineering, Sports, Art, Cooking and Esports.



**Year-round hours of operation:** The Teen Club offers hours that support the variety of schedules our students and families face. We are open before school begins, after the school bell rings and on holidays or special days when school is closed.



**Highly-trained staff:** The team at the Y is passionate about children, families and education. While each teacher brings their own experience, we are continuously training our staff to provide the highest quality care to those we serve.



**Financial assistance:** We believe all families should have access to essential services. We offer a robust financial assistance program to help those in need ensure their child has a safe place to be after school.



## Our Partners

We work with highly qualified partners to deliver needed programs and services. Our partners include:



**Ready to Become  
a Partner?**

Contact **Chris Becerra**,  
Vice President of Child &  
Youth Development

[cbecerra@ymcaoc.org](mailto:cbecerra@ymcaoc.org)  
(714) 508-7651



**My time at the Y really changed my life. Before the Y I used to go home and do nothing. My grades were dropping and I often was depressed. Once I got to the Y, all of the staff were very kind. They provided me with all the materials I needed to finish my missing work and current homework. I used to think that I wasn't able to pass any classes until I got to the Y. I started to keep myself occupied instead of being lazy like I used to. I met new friends and my old ways of being depressed completely went away. Me now is the best me I know. My grades are better and my confidence is three times better than before. I will never forget my time at the Y because it really saved me.**

- YMCA Teen Student



**YMCA** CHILD & YOUTH DEVELOPMENT

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