

## Fall Programs

We're looking forward to fall at the Youth Center! Find information below on our fall programs, trips, events and leadership groups! Links to registration forms and online registration will be up this weekend and we will begin accepting registrations at the Youth Center and online on Tuesday 9/5 at 9:00am! Contact Demi at [dtetrault@nayouth.com](mailto:dtetrault@nayouth.com) with questions. [Click here to view the Fall Programs Guide!](#)

[Click here to Register Online](#) Programs won't be available on online registration until Tuesday 9/5! If you haven't used our online registration before, sign your child up as a participant after signing in! **Middle School Events** **Welcome Week** - September 5th - 8th, 3:00-4:00 - Cost: Free! Join us as we welcome all of the middle schoolers to the YC with fun and games! **Tuesday: Lawn Games** **Wednesday: Giant 4 Square** **Thursday: Ultimate Cricket** **Friday: Street Hockey Shootout** **Fantasy Football League Draft** - September 13th, 2:00-4:00 PM - Cost: \$5 Join Kyle and Justin's Fantasy League, starting with the live draft on 9/13! Prize awarded to the top two finishers! **MLB Playoff Bracket Challenge** - Brackets due October 2nd to Kyle - Cost: Free! Predict who will win the MLB Playoffs! Prize awarded to the winner! Pick up brackets from Kyle and hand them in to him by October 2nd! **Half Court Contest** - Wednesdays 9/13, 9/20, 10/4, 10/18, 11/1, 11/15, 11/29, 12/13 2:00 PM - Cost: Free! Can you hit from Steph Curry range? Half court contests will now have point totals that will be kept all year! **Movie Knight** - 9/29, 10/27, 11/17, 5:30-7:30 PM &ndash; Cost: Free! Join Kyle for popcorn and movies one Friday a month! September will feature a sports themed movie, followed by a scary flick in October for Halloween. November movie genre TBA! **Dodgeball Tournament** - DATE TBD &ndash; Cost: Free! Dodge, duck, and dive your way to the top! Teams of 6! **Turkey Toss & Half Court Shot** - November 22nd starting at 11:30 &ndash; Cost: Free! Every Wednesday before Thanksgiving we hold the annual Turkey Toss. Modeled after the KISS 108 Turkey Toss, students pair up to see how far they can throw and catch the 10 pound turkey. On 11/22 we will also have a half-court shot contest! **Daily Drop-in** Members, join in on these activities every day at 3:00pm, starting on September 11th! No need to sign up in advance, just listen for the announcement or see Justin! **Monday: Cracker Barrel** **Tuesday: Gaga Ball** **Wednesday: Street Hockey** **Thursday: World Cup** **Middle School Fall Programs** Our ongoing programs for middle school members may switch up each season, so sign up for these before it's too late! Register for any of these programs starting Tuesday 9/5 at 9:00 online or with our registration form at the Front Desk! [Click here to view the Middle School Fall Programs registration form.](#)

**Manicure Mondays** &ndash; Mondays 9/11-11/6 from 3:00-4:00 - Cost: Free! The perfect way to unwind after school and catch up with friends. Kids can get to know female Youth Center Staff and have a confidential place to share and get advice about school, social lives, or whatever else is on their minds, while leaving feeling a little more fabulous! All supplies will be provided, but you can also bring your own! Space is limited to 10. **SOLD OUT!!** **Step Up** &ndash; Tuesdays 9/19-11/14 from 3:00-4:00 - Cost: Free! Join the fall session of our community service group for middle school girls! We work together on fun projects, like trips to the Senior Center, Project Home Again, Lazarus House, the soup kitchen, and more! Space is limited to 13 girls. **POUND Rockout Workout** - Thursdays 9/14, 9/21, & 9/28 from 3:00-4:00 - Cost: Free! Pound is a new group workout that's a combination of cardio and drumming set to awesome music! We will get a great workout while having fun and not taking ourselves too seriously. Please come in workout clothes. Space is limited to 15 boys and girls. **Rocket Club** - Wednesday 11/8 & Thursday 11/9 from 3:00-5:30 - Cost: \$35/m \$40/nm 3, 2, 1, Blast off! Design, build, and launch your very own rocket up to 2,500 feet into the air, then watch it parachute back down to Earth! Day one is construction, day two we launch! Space is limited to 10 boys and girls. **Pop Yoga** - Thursdays 10/12, 10/19, 10/26 from 3:00-4:00 - Cost: Free! Relax, stretch, & get centered with a combo of yoga & mindfulness set to current pop/ acoustic music. Each session will begin with a yoga class & end with a short mindfulness exercise designed to reduce stress & make you feel amazing! Space is limited to 15 boys and girls. **Archery**- Tuesdays 10/17, 10/24, 10/31 from 4:00-5:00 - Cost: \$90/m \$95/nm Learn to shoot like Robin Hood with real bows and arrows from On The Mark Archery held right at the YC! This includes 3 days of archery lessons! Space is limited to 16 Middle School boys and girls. Sign up for the remaining two sessions for \$65/mem, \$70/non-member! **Zumba Fitness** - Thursdays 11/9 & 11/16 from 3:00-4:00 - Cost: Free! Zumba Fitness is a dance fitness class based on Latin music. This class is specifically designed for teenagers and will have more pop and hip hop music so you can dance to music you know and like. No dance experience necessary. Come in workout clothes and sneakers! Space is limited to 15 boys and girls. **Boys 2 Men** - Mondays 9/25-11/6 from 3:00-3:45 - Cost: Free! Join Rick, Justin, and Kyle to learn all the life skills middle school boys need to become men! This new program will include field trips, team building, volunteering, and a focus on personal growth and development. Space is limited to 10. **Middle School Fall Field Trips** Register for any of these field trips online starting Tuesday 9/5 at 9:00 online or with our registration form at the Front Desk! [Click here to view the Middle School Fall Field Trips registration form](#) . The times listed below are drop off and pick up times from the Youth Center. Any times listed as 1:15 on collaboration days, Youth Center staff will pick up students at the front of North Andover Middle School in the white Youth Center bus. Different member and non-member fees apply. **SOLD OUT!!** **Ropes Course** - Wednesday, 9/20 from 1:15-5:30 - \$25/m \$30/nm Challenge yourself by getting up high in the trees and taking on different Ropes Course elements such as the Zip line, Ball jump, and Wild Woozy. Space is limited to 13 boys and girls. **SOLD OUT!!** **Fishing** - Thursdays 9/21, 9/28, 10/5 from 3:00-5:30 - \$10/m \$15/nm Join us for 3 days of fishing! We will be headed to Harold Parker State Park as well as new locations this season. All rods, tackle, and bait will be provided, but you are welcome to bring your own. Let's go catch some bass! Space is limited to 10 boys and girls. **SOLD OUT!!** **Biking** - Tuesdays 9/26, 10/3, 10/10 from 3:00-5:30 - Free! Join us for 3 separate Mountain Biking adventures! We will be heading to Harold Parker State forest and other local mountain biking trails! If you do not have a

Mountain Bike contact Justin at the YC and we will do our best to accommodate you! Space is limited to 10 boys and girls. **SOLD OUT!!** Wamesit Lanes - Thursday 10/12 from 2:45-6:00 - \$25/m \$30/nm A popular spot in the Merrimack Valley area! Join Kyle for a fun afternoon of bowling and arcade games! Space is limited to 11 boys and girls. **SOLD OUT!!** Fall Festivities at Connors Farm - Wednesday, 10/18 from 1:15-5:15 - \$30/m \$35/nm Come enjoy the best that fall has to offer with Laura! We will go through a corn maze, go pumpkin picking, and of course enjoy some apple cider and cider donuts! Upon returning to the Youth Center we will paint our pumpkins and enjoy more fall treats. Space is limited to 12 boys and girls. **SOLD OUT!!** Paintball - Wednesday, 11/1 from 1:15-6:00 - \$60/m \$70/nm Join us for an action packed day at Merrimack Valley Paintball! Multiple scenarios such as capture the flag, attack and defend, and team elimination will be played. Space is limited to 13 boys and girls. **Zombie Apocalypse Survival Course** - Thursday 11/2 from 2:30-6:00 - \$70/m \$75/nm It's finally happened, the Zombie Apocalypse is here! Learn how to use your skills and wit to survive! Learn the 5 core survival skills such as lessons on survival mentality, making shelter, foraging for food, creating fire, and other lifesaving survival skills, all while avoiding a spine chilling hoard of zombies. You will be forced along with your group to work together and stay on the move! Held at the Youth Center Ropes Course. Space is limited to 13 boys and girls. **Painting & Taste Buds** - Wednesday, 11/15 from 1:15-5:00 - \$50/m \$55/nm Paint your own canvas at Painting with a Twist in the North Andover Mills, and then bake and enjoy a dessert at Taste Buds Kitchen! Space is limited to 13 boys and girls. **High School Leadership** We offer 3 leadership groups for high school students, **Helping Hands**, **Freshman/Sophomore Youth Council**, and **Junior/Senior Youth Council**. These groups have different goals and work on a variety of service projects throughout the year. The application deadline is Wednesday, September 20th, and they will start meeting the following week! Notes: If you are accepted to one of these groups, you must become a Youth Center member. You can apply for more than one of our leadership groups, but will only be accepted to one at most. Contact Demi at [dtetrault@nayouth.com](mailto:dtetrault@nayouth.com) with any questions! **Freshman/Sophomore Youth Council** - Open to Grades 9 & 10! Tuesdays, 6:00-7:00 Starting 9/26 Youth Council participates in projects like the soup kitchen, Buddy Day, the Powderpuff Football tournament, and more! [Click here to view the Freshman/Sophomore Youth Council application.](#) Deadline has passed! **Junior/Senior Youth Council** - Open to Grades 11 & 12! Wednesdays, 6:00-7:00 Starting 9/27 Junior/Senior Youth Council is a group for dedicated high school seniors who will participate in community service outings as well as coordinating the annual Teen Job Fair! [Click here to view the Junior/Senior Youth Council application.](#) Deadline has passed! **Helping Hands** - Open to Grades 9-12! Thursdays, 7:00-8:00 Starting 9/28 Helping Hands is a leadership group that focuses on cancer awareness & fundraising. They participate in Merrimack Valley's Relay for Life every spring! [Click here to view the Helping Hands application.](#) Deadline has passed!