



## YMCA of Fredericton – POWER UP Program Description

### Program Description:

- This new youth program is a YMCA of Fredericton initiative designed to engage youth and help them become apart of their community while building the essential skills they need to succeed.
- The YMCA has recognized a need for youth in Fredericton to be apart of a community that supports their needs. This program offers a community space that can provide youth with a nurturing environment.
- Youth will have the opportunity to gain volunteer hours, build their resumes, and gain valuable life skills. There is an emphasis on bringing youth together and being engaged in healthy behaviours.
- The YMCA recognizes getting youth active in the community and engaged with their peers is essential in their self-development.
- There is intentionally very little structure designed into this program as youth will be provided the opportunity to decide on the activities that they participate in as a group. Boulderling, dodgeball, and volunteering, are examples of potential activities.
- This program, and its activities, will be FREE to all participants.
- There will be FREE food provided at every session.

### Target Population:

- High school aged youth, grades 9-12.
- This program is open to youth of **all abilities, genders, and physical activity levels**.
- Newcomers and local youth are encouraged to join.
- This program is intended for **all** youth who are high school aged.

### Youth Benefits:

- FREE YMCA Membership
- Offers a safe-space for youth and makes them feel apart of a community
- Volunteer hours, resume building, and healthy socialization

### When:

- Friday evenings – Start date TBD (*Yellow Phase Dependent*)
- **Bi-weekly basis**
- 6:00 p.m. – 8:00 p.m. (*hours may vary depending on activity*)
- Program registration period ends Friday, May 7<sup>th</sup>

### Contact:

- Program Coordinator: Liam Pyke
- Email: [liam.pyke@ymcafredericton.org](mailto:liam.pyke@ymcafredericton.org)
- Phone: (506) 462-3000 ext. 121

**Important Reminder:** *This program is dependant on Zone 3 (Fredericton region) being in the yellow phase of the Government of New Brunswick’s COVID-19 recovery plan. This program is unable to operate if Zone 3 (Fredericton region) is in the orange or red phase.*