



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2023-2024 Waldo County YMCA TEEN TIME Program

TEEN ACCESS REGISTRATION FORM

TEEN ACCESS Member Name: _____

Is Teen a current YMCA Member, circle: Yes / No If yes, circle: Youth Membership / Family Membership

School _____ Grade in school _____ Date of Birth ____/____/____
Address _____
City _____ State _____ Zip _____

Parent/Guardian #1: Contact Information:

Name: _____
Cell Phone _____ Home Phone _____ Work Phone _____
Address _____
City _____ State _____ Zip _____
Email address _____

Parent/Guardian #2: Contact Information:

Name: _____
Cell Phone _____ Home Phone _____ Work Phone _____
Address _____
City _____ State _____ Zip _____
Email address _____

Emergency Contact Information:

Name: _____
Relationship to Teen: _____
Cell Phone _____ Home Phone _____ Work Phone _____

Medical Concerns/Conditions, Allergies, Dietary Restrictions:

Parent/Guardian Signature _____

TEEN ACCESS Member Signature _____

Note: If there is an individual who is not to have contact with the child due to a court order or restraining order, the YMCA Staff must have a copy of the document in order to abide by the parent request.



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In consideration for being permitted to utilize the facilities, services, and programs of the Waldo County YMCA (hereinafter referred to as "YMCA") for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE, INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE YMCA, WITHOUT RESPECT TO LOCATION, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned, whether caused by negligence of the releases or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location.

THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA.

THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE while in, about, or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Maine and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

√ I hereby authorize the employees of the YMCA to call emergency medical assistance and/or perform basic first-aid procedures that are necessary in the judgment of the YMCA. I hereby authorize qualified medical personnel to administer necessary anesthesia and medical treatment in the event of an accident. I understand that I am encouraged to discontinue any activity at any time I feel unable to continue.

√ I hereby authorize the YMCA to use photos and/or videos in promotional activities.

√ I hereby authorize the employees of the YMCA to administer medication. Important: medications can only be administered with the medication in the prescription bottle. Without the Physician's name and prescription on the label we cannot administer medications.

√ I hereby authorize the employees of the YMCA to assist in the application of Sun Block when necessary.

√ I hereby authorize the qualified employees (over the age of 21) of the YMCA to transport by bus or personal vehicle.

√ I hereby grant my child permission to attend special field trips with the YMCA Teen Access Program during the school year. Information will be sent home prior to each trip.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

I Have Read This Release Date: _____

Signature of Applicant: _____

Parent/Guardian Signature necessary if participant is under age 18

WALDO COUNTY YMCA

157 Lincolnville Avenue · Belfast, Maine 04915
207.338.4598 WWW.WALDOCOUNTYYMCA.ORG

wcyteens@waldocountyyymca.org

The Waldo County YMCA is a 501(c)(3) Charitable Organization



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The Waldo County YMCA welcomes all 6th grade middle school students to participate in our TEEN TIME Program after school each day. As a result of continued generosity from the City of Belfast, all students are invited to join the program with their own NO-COST TEEN ACCESS Membership. Regardless of a teen's YMCA membership – if they are an individual youth member, part of a family membership, or not yet enrolled as a YMCA member – all middle school students interested in participating in TEEN TIME are invited to complete the TEEN ACCESS Registration Form to participate in TEEN TIME. A fee will be required for specialty programs, ie: Cooking Club, Field Trips, Arts & Crafts, etc.

TEEN TIME Program includes privileges like:

- Access to the Teen Room to socialize with friends, or complete homework
- Team Organized Tourneys – kickball, floor hockey, ultimate ball, dodgeball, etc.
- Small group activities – card/board games, table games, etc.
- Small group clubs – cooking, arts & crafts, specialty fitness classes, etc
- Teen Room – Friday Afternoon Movies
- Leadership opportunities – P.L.A.Y. Group
- Monthly TEEN TIME Town Hall meetings to celebrate, check-in, and build community
- Teen open swim

P.L.A.Y. Group – Peer Leadership At the Y

- A new program for middle school students designed to develop leadership skills and offer opportunities to practice leadership within their peer group
- This group provides an opportunity for teens to share their ideas about how to improve TEEN TIME, which activities they'd like to participate in, and empower them with the skills they need to make positive changes.
- Buddy Reading with YMCA preschool students
- Community service – within the YMCA and in the greater Belfast community
- Bi-Monthly Friday evening Teen Dances throughout the school year
- And much more, all based on teen interest!
- Spring 2019 Pilot P.L.A.Y. Group started in response to teen interest in designing decorations and providing a snack table for the final Teen Dance of the school year. P.L.A.Y. Leaders collected peer requests for dance themes, met multiple times during school lunches to coordinate plans, decorated the YMCA before the dance, sold snacks during the dance and cleaned the facility when the dance finished. The group also met after the dance to reflect on what worked, what they wanted to improve and brainstorm ideas for future dances.
- Beginning Fall 2021, TEEN TIME staff members will meet regularly once a week with interested P.L.A.Y. Leaders to foster Peer Leadership growth and will facilitate leadership opportunities as a part of TEEN TIME. Activities will be determined based on teen interest, though may include facilitation of teen dances, collection of snacks for TEEN TIME members, coordination of community service projects that support the YMCA facility and programming.

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TEEN TIME – While at the YMCA

1. Middle school students are welcome to participate from **2:15-5:30 p.m.** daily during the school year. Middle school students are invited to walk from THMS to the YMCA facility.
2. We ask that all teens check in upon arrival at the facility by signing the check-in sheet near the Teen Room. If a teen is a member of the YMCA, those individuals should also use the keypad at the front desk to check in.
3. All bags and backpacks are to be left in the designated cubby space. Any valuables should be kept in hand, locked up or left with the Front Desk Staff. The YMCA is not responsible for any lost or stolen items.
4. Once checked in, teens may enjoy hanging out in the Teen Room, participating in games, clubs, tournaments or free play in the gymnasium, in the teen room, talking, playing cards/board games, or having a snack. In nice weather, teens may use the grassy area outside.
5. Teens are encouraged to participate in any and all activities provided during the TEEN TIME program. These activities may include: small and large group challenges, team games, monthly TEEN Town Hall meetings, special fitness classes, teen open swim time, community service, and leadership opportunities. Teens are also encouraged to share their activity ideas and preferences with Teen Time staff so we are providing the best program we can!
6. If a teen is a YMCA member and 12 years old or older, they may choose to use the walk/run track. And, after a fitness/weight room orientation, YMCA members may use the fitness machines during TEEN TIME. We request that teen members using the upstairs area of the facility should check with TEEN TIME staff and sign the 'Upstairs Use form.
7. The front lobby must remain quiet and may only be used by teens waiting to be picked up.
8. Snacks and drinks may be enjoyed in the Teen Room or outside, but should remain out of the gymnasium
9. Proper footwear should be worn in the gymnasium, preferably clean and dry sneakers/athletic shoes. Cleats, winter boots, or muddy shoes are not to be worn in the gymnasium.
10. Locker rooms are only to be used by annual members for changing, not for socializing or hanging out.
11. Use of technology while at the YMCA facility should be appropriate and adhere to the YMCA core values.
12. Teens who participate in after school sports/activities are welcome to participate in the TEEN TIME program before and after practices/activities, anytime within the 2:15 - 5:30 p.m. time frame.
13. We do request teen to sign out when they leave the YMCA facility. We require parents/guardians to coordinate pick-up with their individual teens. There are some teens who have permission from parents/guardians which allows them to leave the YMCA facility campus during TEEN TIME. We ask that parents/guardians inform TEEN TIME Staff if they do not give their child permission to leave the YMCA campus during TEEN TIME.
14. Teens should make arrangements to be picked up before 5:30 p.m. when TEEN TIME ends each day.

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TEEN TIME – General Expectations

1. The YMCA core values of Caring, Honesty, Respect, and Responsibility should govern all actions and words.
2. To participate in the TEEN TIME program, students must be youth annual members, part of a family annual membership, or a TEEN ACCESS member AND must have submitted all required paperwork. Teens without completed paperwork on file will not be allowed entry until necessary forms are submitted in their entirety.
3. TEEN TIME programming follows the school calendar year and is unavailable when schools close for holidays, vacations and snow days.
4. The YMCA phone will be available daily after 2:45pm and may be used to communicate with parents/guardians or to facilitate transportation, not for personal calls. Please ask a staff person for permission before using the phone.
5. We encourage teens to feel a sense of ownership of the TEEN TIME spaces available. This includes caring for athletic equipment, furniture, and other facility areas of use. Teens are expected to clean up any messes they may generate. A broom and dustpan and/or cleaning supplies are available as needed.
6. Teens are expected to stay on YMCA property and remain out of the bushes and the woods and off all neighbors' property, including THMS property. Teens may play on the grassy field adjacent to the building, but are not allowed on the playground or loitering in front of the main entrance.
7. Pick up or drop off in the front circle is permitted but no vehicle can be left unattended at any time in that area. Vehicles must yield to bus traffic.
8. All teens must have an up-to-date Program Permission and Release Form on file in order to be eligible to participate in any of the teen trips or activities outside the YMCA.
9. The Waldo County YMCA follows the RSU # 71 dress code. Appropriate dress is required at all times.
10. Disrespectful words or actions toward YMCA staff members, volunteers, or a peer are unacceptable. This includes, but is not limited to, bullying, swearing, inappropriate or suggestive comments.
11. We expect teens to respect all areas of the YMCA facility. Destruction of YMCA furniture or equipment will not be tolerated.
12. Participation in the TEEN TIME program at the YMCA after school is a privilege, not an entitlement. Youth members and TEEN ACCESS members are held to the same standard as all members and participants, and are accountable for their actions. Should an individual choose to infringe upon the expectations of the TEEN TIME program, they will be expected to reflect on their behavior using a developmentally appropriate disciplinary policy, including communication with parents/guardians. Teen privileges may be suspended or revoked at the discretion of the YMCA staff.

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