

History of the YMCA

The YMCA was founded in London, England, in 1844 by George Williams.

The first U.S. YMCA originated in Boston in 1851, the work of Thomas Sullivan.

History of Leaders' Club

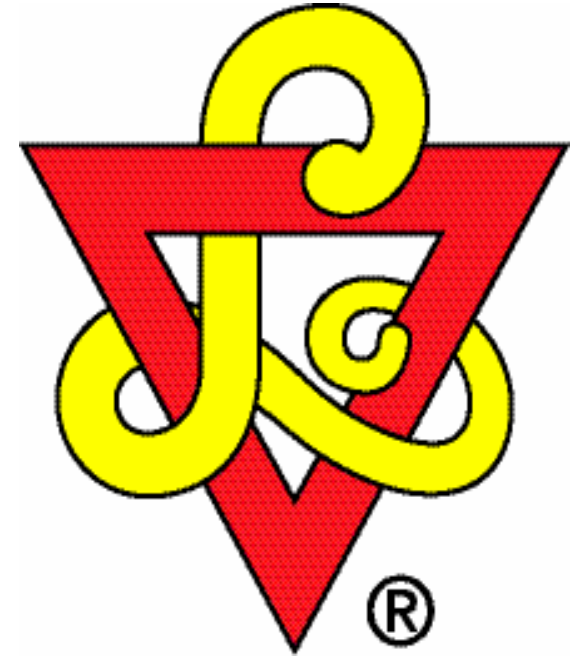
Dr. J. Garner Smith, physical director of the New York City YMCA organized the first Leaders' Corp of young people for volunteer leadership in the physical department in 1885.

Blue Ridge Leaders' School

In 1922 the "Original Leaders' School" was conducted at Blue Ridge Assembly, in Black Mountain, NC. "The objective of the school from its beginning has been to supplement the work of the local Associations in inspiring and training lay leaders in the Physical Education program of the YMCA."

How to Get into Leaders' Club

To get into Leaders' Club you must be in 6th -12th grade and nominated by the staff at the YMCA, by other Leaders in the club or express interest at the YMCA. Once nominated, each prospective Leader must fill out an application and complete an interview process. Once invited to join the club, all members must pass a written test and a physical test.



Chapel Hill Carrboro YMCA
Leaders' Club
919-442-YMCA
www.chcymca.org

We build strong kids, strong families,
and strong communities



Leaders' Club

The Leaders' Club is a volunteer organization that helps at their local YMCA. The club is a combination of service and physical fitness for 6th – 12th graders. Each Leader must remain fit throughout the year and volunteer for 10 hours per month in High School and 5 hours a month in Middle School.

Leaders are broken up into two different groups, Jr. Leaders and Leaders. Leaders work with kids in the after- school program , swimming lessons, Parents Night Out, teacher workdays, soccer, basketball, and many other programs. Leaders' Club meets every Wednesday, from 7pm-8pm, except for on holiday weeks and over the summer. During the summer Leaders who are 13-18 have the opportunity to go to Blue Ridge Leaders School. This leadership school is a great way to challenge their leadership and fitness skills. Each leader pays for the week based on the number of hours they volunteer throughout the year.

The Club participates in service projects inside and outside the YMCA. These projects include working at the Ronald McDonald House or planting new flowers around the YMCA sign.

Parents Night Out

Parents' Night Out is held once or twice a month and is led by the entire Leaders'

Club. The program is designed to give parents a chance to enjoy an evening out while their kids take part in supervised activities at the YMCA. The program starts with an assembly at the YMCA, and may be indoors or outdoors, depending on the weather. Organized activities begin 30 minutes after check-in to give all kids the opportunity to arrive and check-in.

Kids are divided into swimming and non-swimming groups. The swimmers get to swim for about 45 minutes while the non-swimmers have a pizza dinner, drinks, veggies and fruit. After dinner, the non-swimmers split into an arts-n-crafts group and a gym group and move on to their next activities.

Once the swimmers are done swimming, they have dinner and join either the arts-n-crafts group or the gym group. After group times, the entire group of kids assemble back in the multipurpose room for a movie or board games.

Kids can be picked up at any time during the last portion of the evening and must be signed out by a member of the Leaders' Club. Leaders will meet the child and escort them to the parents' waiting cars.

The night lasts from 6 pm - 10 pm and costs are \$20members/\$25nonmembers and \$10members/\$15nonmembers for each additional sibling.

Middle School Madness

Middle School Madness is a program run by the high school leaders club. This program allows middle school kids a chance to have fun while being safe with other kids from the area schools. The cost is \$5 per child and the event last from 7:30 – 10:30pm.

During Middle School Madness there is a dance. The gym is open for sports, and there is pizza, candy, and soda available at the concessions stand. Extra money is suggested for this portion of the night if they wish to purchase concessions.

Middle School Madness always has a large number of people and is tons of fun. Each of the middle school kids is subject to their bags being searched and a metal detection by YMCA staff.