



**LEEWARD YMCA**  
 94-440 Mokuola St.  
 Waipahu, Hawaii 96797  
[ymcahonolulu.org](http://ymcahonolulu.org)

**Summer JR Leader Staff**

Site Coordinator  
 Jonah Alejandro

Youth Director  
 Mua Moimoi

**HELL-Summer**

**Program Hours**

Monday - Friday  
 7:00 am - 5:30 pm  
 Drop-Off: 7:00 am - 8:00 am  
 Pick-Up: 4:00 pm-5:30 pm

**JR Leader Site Phone Number**

**808-343-3458**

**TEEN EVENT:  
 MAUNAWILI HIKE**

**Location:** Maunawili

**Date:** Saturday, June 22, 10 am-3 pm

**Bring:**

- Close-toed hiking or athletic shoes
- Sunscreen
- Lunch or Lunch Money
- Water

[go.hawaii.edu/FrL](http://go.hawaii.edu/FrL)



Parents or Guardians must register their teen for each event separately

**Leeward JR Leader Newsletter**

Week 2: June 10 - 14, 2024

**SUMMER STARS**

**ALOHA PARENTS & GUARDIANS,**

Welcome to week 2! Are you ready to cheer on your friends? Got talent? This week is all about finding your own unique talent. Check out all the fun events we will do this week. Please be prepared to join our day camp for Aqua Zumba with the amazing Mr. Ki'i. Get ready to show off your dancing skills.

Our program's goal is to build friendships, develop leadership skills, explore strength, and much more! If you have any questions or concerns please call us at 808-343-3458, Mahalo!



**ACTIVITY SCHEDULE (SUBJECT TO CHANGE)**

Mon June 10	Tues June 11	Wed June 12	Thur June 13	Fri June 14
Weekly Goal setting  <b>Jr. Chef</b> • Shopping at Don Quijote • Demo Style Cooking @ Asing Summer Plus  Teen Reflection	Assist with Groups - Open Mic Karaoke    Youth and Government	 <b>AQUA ZUMBA W/MR. KI'I</b> 10 AM - 11 AM  <b>TEEN ZONE</b> Slam Jam / Y 360 "Dance Blast"	Assist with Groups - Assembly Time "Just be YOU talent" / Recycle Fashion Show  Youth and Government	<b>EXPLORATION FUN EXCURSION</b> Barbers Point Bowling / Ka Makana Ali'i Mall  Be here by 7:30 AM Be back by 1:00 PM  

**IMPORTANT INFORMATION**

- DROP-OFF: 7am- 8am and PICK-UP: 4:00pm-5:30pm- Please enter through Mokuola Street (behind Filcom Center). If you are dropping off or picking up your teen outside the times listed above, please notify us at **808-343-3458** if he/she will be late.
- Teens must sign in upon arrival and sign out at pick-up.
- Please pack snacks for the day. We are a NUT-FREE program, please do not pack snacks containing nut products.
- Daily Hot Meals are provided by Lanakila Kitchen. All participants must [submit a completed, signed form](#) from their parent or guardian. Lunch will start at 12 pm (excursion time will vary).
- Please send your teen with a reusable water bottle.
- Swim Days: Wednesday from **10 am - 11 am**. Please see the list on the back side for things to bring.

## LUNCH MENU - LANAKILA KITCHEN

“USDA is an equal opportunity provider and employer”

MONDAY JUNE 10	TUESDAY JUNE 11	WEDNESDAY JUNE 12	THURSDAY JUNE 13	FRIDAY JUNE 14
Lunch: Fish Burger, whole grain bun, mixed vegetable, oranges, 1% low fat milk	Please pack home lunch, Mahalo!	Lunch: Turkey Ala King, stuffing prep, sweet potato meal, fruit cup, 1% low fat milk	Lunch: Beef Sheperds Pie, brown rice, potato mashed instant 6/5.31 prep, baby choy sum, banana	Lunch: Meatballs Marinara, whole grain pasta prep, water cress, fruit cup, 1% low fat milk

## JUNIOR CHEF - DEMO STYLE PROJECT

### “Taste the Rainbow”

Teens will plan, shop, and prepare a recipe for our summer plus program at Asing. They will teach, and demonstrate hands-on safety in the kitchen and recipe.



**Asing Community Park - Ewa Beach**  
**Monday, June 10, 2024**  
**1:30 PM - 3:00 PM**



## REC SWIM/ SAFETY AROUND WATER

### PACK THE FOLLOWING:

- Swim Wear (NO COTTON MATERIAL)
- Plastic bag (for wet clothes)
- Towel
- Sunscreen
- Life jacket (if needed/ is provided)
- Extra change of clothes
- Hair tie (for hair that is longer than shoulder length)
- Goggles

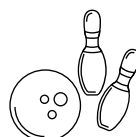
## EXPLORATION FUN EXCURSION

### Barbers Point Bowling & Ka Makana Ali'i

Get ready to challenge others to a fun game of bowling. Be prepared to dance! We take some time at the Ka Makana Ali'i for lunch and time with our new friends.

**Friday, June 14, 2024**  
 Check-in by 8:00 am  
 Board Bus at 9:00 am  
 Be back by 1:00 pm

Teens are welcome to bring money to purchase food & shop.



## HAWAIIAN WORD OF THE WEEK

### 'IKE PONO



It means to feel, understand and know.

This week, we will get to know each other through icebreakers, identity activities, teambuilding, crafts, and fun outdoor activities.

## YOUTH AND GOVERNMENT (YAG) PROGRAM

YAG helps Junior Leaders become a more active citizen and leaders and includes hands-on experiences in researching community issues, understanding the legislative process, and advocating for civil causes they care about.

## SUMMER PROMOTIONS

### SUMMER BUCKET LIST

Join our free **Summer Bucket List Challenge**, where completing just 20 activities could win you a grand prize of \$2000, along with weekly Y swag and Y Bucks.

Open to the public—register online or visit any YMCA location and start your adventure with the whole family!

### Y MEMBERSHIP

Save \$99 on new Y memberships!

Enjoy up to 20% off camps, programs, and swim lessons, with free child watch while you work out, and 10% off personal training.



[bit.ly/3KhpuWl](https://bit.ly/3KhpuWl)