



LEEWARD YMCA
 94-440 Mokuola St.
 Waipahu, Hawaii 96797
 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



Parents or Guardians must register their teen for each event separately

Leeward JR Leader Newsletter

Week #3: June 17 - 21, 2024

THEME: INTO THE WILD





ALOHA PARENTS & GUARDIANS,

Welcome to week 3! We are excited for another week filled with lots of fun and making new friends. We will continue to work on our goal-setting for this summer. Please check our video recap of week 2 posted at the front entrance.

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 17	Tues June 18	Wed June 19	Thur June 20	Fri June 21
Weekly Goal setting	Assist with Groups - Heroic Journey	 REC SWIM 10 AM - 11 AM	Assist with Groups - Show & Tell w/Friends	 EXCURSION Honolulu Zoo
<u>Community Service</u> Waianae Farm Animal Visit	Youth and Government	<u>TEEN ZONE</u> Movie Day	Youth and Government	Be here by 8:00 AM Be back by 2:00 PM
Teen Reflection				

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 17	TUESDAY JUNE 18	WEDNESDAY JUNE 19	THURSDAY JUNE 20	FRIDAY JUNE 21
Lunch: Beef Macaroni whole grain macaroni, mixed veggies, oranges, 1% milk	Lunch: Chicken Orange, brown rice prep, kangkong/ong choy, fruit cup, 1% milk	Lunch: Salisbury Steak, brown rice prep, sweet potato meals, fruit cup, 1% milk	Lunch: Mac N Cheese KCC, brown rice prep, baby choy sum, banana, 1% milk	Lunch: Chicken nuggets, brown rice prep, watercress, fruit cup, 1% milk

COMMUNITY SERVICE PROGRAM

Waianae Farm Animal Visit

We are planning a visit to the Waianae Animal Farm, owned by our very own Ms. Crystal and family. We will learn all about rescue animals and more. Teens will have a hands-on experience caring for and loving the animals. Please dress comfortably with covered shoes and pack extra water bottles. Mahalo!

**Monday, June 17, 2024
10 AM - 12 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

EXCURSION WITH SUMMER DAY CAMP

HONOLULU ZOO



Be here by 8:00 am
Be back by 2:00 pm

Please wear comfortable clothes, uniform shirt, covered shoes and name tags. Brown bag lunches will be ready for excursion /optional home lunch.

HAWAIIAN WORD OF THE WEEK MALAMA



It means to nurture, protect, and care for.

This week, we will get to know each other through icebreakers, identity, 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.

PROMOTIONS

Hiring youth leaders for up to \$19 per hour: get free YMCA membership, 60% off camps & childcare, paid training, & more!



bit.ly/YMCAJobDetails

Refer a new hire and earn \$250 in Y credits for camps, swim lessons, and more!

Watch or share this fun video!



bit.ly/4aU20kU

Join our free [Summer Bucket List Challenge](#), complete 20 fun activities, and you could win 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!



bit.ly/3KhpuWl