



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

Summer JR Leader Staff

Site Coordinator
 Jonah Alejandro

Youth Director
 Mua Moimoi



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



Lost something? Please check our Lost and Found. Any items left at the end of program, will be donated.

QUESTION, COMMENTS, IDEAS?

For more information on Youth Development Programs, go to www.ymcahonolulu.org.

Leeward JR Leader Newsletter

Week #7: July 15 - 19, 2024

CULTURE REMIX

ALOHA PARENTS & GUARDIANS,

Welcome to week 7! We're taking a "trip" around the world to explore and learn about different countries and their cultures through music, games, languages, and more.

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 July 15	Tues July 16	Wed July 17	Thur July 18	Fri July 19
Weekly Goal setting	Assist with Groups - Traveling to New Zealand	 REC SWIM 10 AM - 11 AM	Assist with Groups - Passport to Culture	SDC EXCURSION Polynesian Cultural Center
Junior Chef Cooking Demo at Kapolei Day Camp	Youth and Government	TEEN ZONE Color Wars - Capture the Flag	Youth and Government	Be here by 8:30am Board bus 9:30am Be back by 4:30pm
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 JULY 15	TUESDAY JULY 16	WEDNESDAY JULY 17	THURSDAY JULY 18	FRIDAY JULY 19
Lunch: Ulu Chicken Alfredo, whole grain pasta, mixed vegetables, oranges, 1% milk	Lunch: Fish Sticks, brown rice prep, kangkong/ong choy, fruit cup, 1% milk	Lunch: Sweet Chili Chicken, brown rice prep, sweet potato meals, fruit cup, 1% milk	Lunch: BBQ Turkey, brown rice prep, baby choy sum, banana, 1% milk	Lunch: Chili Corn Carne, brown rice prep, watercress, fruit cup, 1% milk

ALOHA

JUNIOR CHEF - DEMO STYLE PROJECT

“TASTE THE RAINBOW”

Teens will plan, shop, and prepare a recipe for our Summer Day Camp at Kapolei. They will teach, and demonstrate hands-on safety in the kitchen at SDC Kapolei Elementary.



Summer Day Camp Kapolei

Monday, July 15, 2024
10:30 am - 12:00 pm

TEEN ZONE

COLOR WARS - CAPTURE THE FLAG

Come prepared with comfortable old clothing, covered shoes, extra clothes, sunscreen, and water bottle.

Wednesday, July 17, 2024

2:00 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

SDC EXCURSION

POLYNESIAN CULTURAL CENTER



Be here by 8:30 am
Board bus by 9:30 am
Be back by 4:30 pm

Please wear comfortable clothes, uniform shirt, covered shoes, name tags, water bottle, home lunch (optional), we will provide brown bag lunches.

YMCA 360

Your teen membership includes access to 1,500+ live-stream and on-demand video exercise and sports classes, personal training, arts, science, dance, and more via all your mobile devices, computers, and smart TV. Just log in with your membership account email!



bit.ly/3PkWCQf

HAWAIIAN WORD OF THE WEEK

LŌKAHI

UNITY AND HARMONY

HŌ'IHI

RESPECT

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

TEEN EVENT DETAILS

Be sure to register for all of the upcoming teen events!

Up next: BBQ Pool Party at Leeward Y on July 17! See all the Teen Events!

**SUMMER 2024
JR LEADER EVENTS CALENDAR**

Join us this summer for an array of Teen Events hosted by the YMCA of Honolulu. Whether you enjoy hikes, sports nights, or playing Esports, we have a diverse range of activities planned for our teens to have a great time, build friendships, and make the most of their summer!

- ▲ Must be at least 15+ - 17yrs
- ▲ Mixed Ages, Pre-Teens & Teen Programs
- ▲ Transportation not provided, unless listed otherwise
- ▲ Location varies by event
- ▲ Cost varies by event

DATE	EVENT	LOCATION	REGISTRATION
JULY 17	BBQ POOL PARTY	5:30PM - 7:30PM Millan Branch	Registration Details go.hawaii.edu/FrL
JULY 21	DODGEBALL DAY	12:45 PM - 2:45 PM Kapiolani Branch	Event Registration bit.ly/3X02Zn
JULY 26	ESPORTS GAME NIGHT	6:30 PM - 8:30 PM HPU Arena	Camp Erdman Event Registration Parents or Guardians must register their child for each event separately.

Event
Registration

go.hawaii.edu/FrL

