



**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



**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](http://www.ymcahonolulu.org).

**Leeward JR Leader Newsletter**

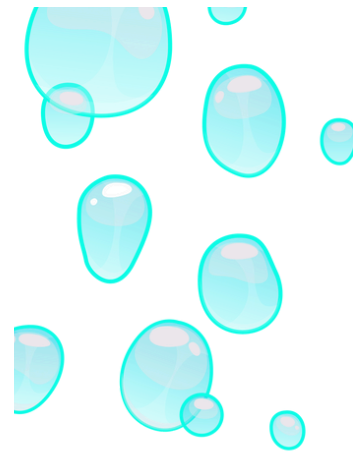
Week #8: July 22 - 26, 2024

**THEME: UNDER THE SEA**

**ALOHA PARENTS & GUARDIANS,**

Welcome to week 8! Get ready for an eventful week filled with lots of fun, including a splash bash water fun day. We will also have our team chef-off challenge competition. Each team will use their talents learned through the summer to finalize their cooking skills.

Our program aims 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 22	Tues July 23	Wed July 24	Thur July 25	Fri July 26
Weekly Goal setting	Assist with Groups - Coral Food Chain/Threats	 <b>REC SWIM</b> 10 AM - 11 AM	Assist with Groups - Y360	<b>SPLASH BASH FUN!</b> 
<b>Junior Chef</b> Final Cook-Off Challenge	Youth and Government / Mental Health Lesson	<b>TEEN ZONE</b> Y Fitness Center	Youth and Government / Mental Health Lesson	<b>EXPLORATION FUN EXCURSION</b> Location - TBD
Teen Reflection				Teen Choice 1:30pm- 4:30pm

**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 22	TUESDAY JULY 23	WEDNESDAY JULY 24	THURSDAY JULY 25	FRIDAY JULY 26
Lunch: Beef Curry, brown rice, mixed vegetable, oranges, 1% milk	Lunch: Hoisin Chicken, brown rice prep, kangkong/Ong Choy, fruit cup, 1% milk	Lunch: Turkey dogs, brown rice prep, sweet potato meals, fruit cup, 1% milk	Lunch: Butter Chicken, whole grain pasta prep, baby choy sum, banana, 1% milk	Lunch: Turkey Sloppy Joe, whole grain pasta prep, watercress, fruit cup, 1% milk



### JUNIOR CHEF - OFF

#### “TASTE THE RAINBOW”

Teens will compete in a friendly competition using their skills learned through summer. All teams will create a recipe and shop for all items. Competition is based on presentation, taste, creativity and secret ingredient.

**Monday, July 22, 2024**  
**9 am - Shop for ingredients**  
**10 am - Cook-Off**

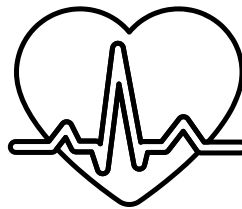


### TEEN ZONE

## Fitness

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

**Wednesday, July 24, 2024**  
**1:30 PM - 2:30 PM**



## 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](https://bit.ly/3PkWCQf)

## HAWAIIAN WORD OF THE WEEK

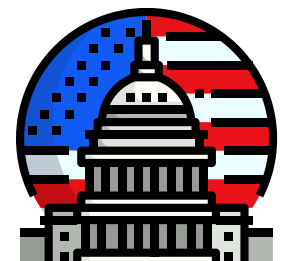
**ALOHA: A WAY OF LIFE THAT EXPRESSES LOVE, AFFECTION, AND COMPASSION**

## MAIKA'I: WELLNESS AND GOOD

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.



## REC SWIM/ SPLASH BASH

### 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

### TEEN EVENT DETAILS

Be sure to register for all of the upcoming teen events! Up next: Dodgeball Day on July 21 and ESports Game Night on July 26!



Event  
 Registration

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

