

EAST JEFFERSON YMCA LEADERS CLUB

1. Definition of a Leaders Club

- A Leaders Club is a group of teens between the ages of 12 and 18 organized for the purpose of developing youth as leaders and fostering a culture of service. It is also organized for the purpose of providing its members with knowledge and training that will help them to better serve others and to shape a healthy lifestyle for themselves.

2. Standards for Leaders Clubs and Blue Ridge Leaders School Attendance

- Complete Leaders Club Application
- Submit Fees within 30 days of membership
 - Members: \$35/year
 - Non-Members: \$55/year
- Attendance at 75% of meetings
 - 12/16 meetings
 - Exceptions will be made for late joiners
- Attendance at two Teen Fit Classes per month September - May
 - OR 2 logged YMCA workouts per month
 - 26 classes/workouts all together
 - Leaders must document their workouts at the Front Desk in the Leaders Club binder
- Pass written mid-year club test
- Complete mid-year fitness assessment
- Complete written service plan with Club advisor within 30 days of membership
- Attendance at 3/5 scheduled service opportunities
- 30 hours of community service (20 hours must be completed with the YMCA)
 - Participants who complete over 30 hours will then be granted a service hour rate in which the YMCA will cover their BRLS trip costs up to 50 hours at minimum wage.
 - Leaders must raise at least \$300 through fundraising in Blue Ridge Leaders School Costs either through service hours at the Y (above the required 30 hours) or Leader Club Fundraising efforts.

3. Type and length of leadership program

- 36 week program
 - 16 learning sessions
 - 2nd and 4th Wednesday of the Month
 - 7:00-8:15pm
 - Fitness requirements
 - Social Events
 - Service Events
 - Fundraising initiatives

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4. Areas of service in which leaders would be working

- YMCA Staff Operations
 - Child Care
 - Kids Night Out
 - Special Events
 - Family Olympics
 - Home for the Holidays
 - Healthy Kids Day
 - Youth Sports
 - Front Desk
 - Homework Assistance
 - Facility and Maintenance

5. Benefits of belonging to a Leaders Club - This does not refer to tangible benefits, but rather opportunities to learn new skills and be of service to others.

- Character Development
- Leadership principles
- Goal Setting and best practices for achievement
- Faith Development
- Ethics of Service
- Healthy Living – Nutrition and Fitness
- Building Healthy Relationships
- Effective Communication
- Everyday life skills
 - Finances
 - Etiquette
 - Job and Interview Skills
 - Safety
- Understanding the YMCA
- Team building
- Overall confidence and independence
- Social opportunities
- Service opportunities