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
     o Child Care
     o Kids Night Out
     o Special Events
       ▪ Family Olympics
       ▪ Home for the Holidays
       ▪ Healthy Kids Day
     o Youth Sports
     o Front Desk
     o Homework Assistance
     o 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
     o Finances
     o Etiquette
     o Job and Interview Skills
     o Safety
   • Understanding the YMCA
   • Team building
   • Overall confidence and independence
   • Social opportunities
   • Service opportunities