



KAIMUKI YMCA
 4835 Kilauea Ave.
 Honolulu, HI 96816
 ymcahonolulu.org

Summer JR Leader Staff

Site Coordinator
 Kainoa Corsey
 Youth Director
 Keola Ayau

Program Hours

Monday - Friday

8:00 am - 4:30 pm

Drop-Off: 7:00 am - 8:00 am

Pick-Up: 4:00 pm-5:30 pm

JR Leader Site Phone Number

808-492-6609

TEEN EVENTS

Hey Teens! Get ready for an epic summer with the YMCA! We've got an incredible lineup of events that you won't want to miss.

Challenge yourself with a scenic hike, unleash your competitive side on Dodgeball Day, connect with new friends at our Sports Social and more!.

Make this summer unforgettable with the YMCA—where the best memories are made!!

go.hawaii.edu/FrL



Parents or Guardians must register their teen for each event separately

Kaimuki JR Leader Newsletter
 Week 2: June 10- 14, 2024
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ALOHA PARENTS & GUARDIANS,

Summer is off to a great start! We were so excited to meet our news Junior Leaders this past week. Again, mahalo for signing your teen up for our Junior Leadership & Enrichment Program.

Our program's goal is to continue to build friendships, develop leadership skills, explore strength, and much more!

ACTIVITY SCHEDULE (SUBJECT TO CHANGE)

Mon June 10	Tues June 11	Wed June 12	Thurs June 13	Fri June 14
Weekly Goal setting Jr. Chef Intro to Cooking / Mac & Cheese Teen Reflection	 Assist with Groups SWIM FOR GROUPS 1 & 3	 FIELD TRIP CHILDREN'S THEATER @ WINDWARD COMMUNITY COLLEGE	 Assist with Groups SWIM FOR GROUPS 2 & 4	YOUTH & GOVERNMENT (YAG) & JR. CHEF/ Fried Rice

IMPORTANT INFORMATION

- **DROP-OFF:** 7am– 8am and **PICK-UP:** 4:00pm–5:30pm . If you are dropping off or picking up your teen outside the times listed above, please notify us at **808-492-6609** if he/she will be late.
- Teens must sign in upon arrival and sign out at pick-up.
- Please pack lunch & 2 snacks for the day. We are a NUT-FREE program, please do not pack snacks containing nut products.
- Please send your teen with a reusable water bottle.
- Swim Days: Tuesday or Thursday. Please send your teen with sunscreen, a towel, extra clothes, a bag for extra clothes, and slippers on their swim day(s).

WHAT TO BRING EVERY DAY

- Water bottle
- Lunch and 2 snacks to sustain them throughout the day
- Wear closed-toe shoes
- Wear and bring sunscreen
- On swim days: swimsuit, towel, and change of clothes



JUNIOR LEADER

We're thrilled to share that the first week of the Junior Leader program was a great success! Your teens were introduced to their groups, worked under the supervision of their group leaders, and engaged with the kids. They also learned how to run indoor and outdoor activities and enjoyed walking to the Botanical Garden. Thank you for your continued support, as we look forward to more exciting adventures ahead!

JUNIOR CHEF

We're excited to share that your teens have successfully completed their first lessons in our Junior Chef program! This week, they learned the basics of knife safety and kitchen safety, gaining essential skills for handling kitchen tools and creating a safe cooking environment. We're proud of their progress and can't wait to see their culinary talents grow in the weeks to come. Thank you for supporting their culinary journey with us!

YOUTH AND GOVERNMENT

We are excited to inform you that your teens have made great strides in our Youth and Government program! This week, they learned what a bill is and how bills are created and received an introduction to parliamentary procedures. These foundational skills are crucial for understanding the legislative process and developing their leadership abilities. Thank you for supporting their educational journey with us!

Junior Leaders will be assisting our Day Camp Staff Leaders with these "Super Hero Mental Wellness" lesson plans this week...

HEROIC JOURNEY AT HOME

This week the children will learn how to understand others to work together. The topic is "Empathy." Check out what the Heroic Journey staff have to say:

[Parent Video](#)
bit.ly/3Rayh01



HAWAIIAN WORD OF THE WEEK

'Ike Pono

To feel, understand, and know.



Join our free [Summer Bucket List Challenge](#) where completing just 20 activities could win you 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



bit.ly/4azhJpE

Plus, [save \\$99 on new Y memberships](#) and enjoy up to 20% off camps, programs, and swim lessons, with free child watch while you work out, and 10% off personal training.

Maunawili Hike

Hey Teens!! It's time to swap screens for scenery and hit the trails! Join us for an exhilarating hike where every step is a new adventure. Connect with nature, soak in breathtaking views, and make memories with friends. Lace-up your boots, and let's explore the great outdoors together!!

Location: See Branch Teen Director

Date: Saturday, June 22, 10:00AM - 3:00PM

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