



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

7GI

**7TH
GRADE
INITIATIVE**

**PARENT/STUDENT HANDBOOK
JULY 2025 – JUNE 2026**

FANWOOD-SCOTCH PLAINS YMCA

1340 Martine Avenue, Scotch Plains NJ 07076

908-889-8880

fspymca.org

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7TH GRADE INITIATIVE

WELCOME!

Welcome to the YMCA and the 7th Grade Initiative! We are glad to have you as a member and look forward to helping you start on a path to wellness! Your free 7th grade membership starts once all paperwork is complete and is effective through June 30, 2026.

HOW TO GET STARTED

- Student and parent must complete and sign a Membership Application in person at the Y.
- Student and parent must sign a Code of Conduct.
- Students will receive an ID card that must be presented every time they enter the facility. They can also download our mobile app to store the card.
- Register for and complete the Teen Wellness program (included with membership) to use the Wellness Center during designated times.
- Register for any programs that you are interested in taking.

OUR MISSION

7th grade is a pivotal and transitional time for many teens. It is the time when teens are given freedom to choose how they spend their free time. Habits that begin in the 7th grade are likely to continue into adulthood.

The Fanwood-Scotch Plains YMCA wants to support and encourage kids to make good decisions and form healthy habits that lead to a healthy lifestyle.

The 7th Grade Initiative program provides teens with the opportunity to participate in fitness and sports and to socialize with peers in a safe, supervised and conveniently-located environment.

This free membership, available to 7th graders who reside or attend school in Clark, Fanwood, and Scotch Plains, demonstrates our commitment to fostering the healthy development of the whole person.

Donations to our annual support campaign help support the free 7th grade membership. Please consider making a donation to help keep this vital program in our community.

OUR GOALS

- Promote YMCA Character Values: **Caring, Honesty, Respect and Responsibility**
- Increase physical and mental wellness
- Develop and support healthy exercise and eating habits
- Provide a safe and secure atmosphere
- Establish a sense of belonging in each child
- Have fun!

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TEEN WELLNESS

Our small group Teen Wellness program, included with your membership, is designed to educate students on the proper use of equipment in the Wellness Center. Students must complete the Teen Wellness program to use the Wellness Center on their own at designated times.

7th grade members who would like to use the Wellness Center are required to complete each of 4 classes, although the classes do not need to be completed in chronological order. Upon completing all 4 classes, participants will be expected to demonstrate competency on the equipment, proper form and that they can complete a workout unassisted in the Wellness Center. Additionally, teens will be instructed on appropriate gym etiquette and will be expected to adhere to the guidelines, including but not limited to: refraining from congregating by a particular piece of equipment making it difficult for others to use; allowing other members to 'work in' during sets, and maintaining an environment that is inviting to members of all ages.

The Teen Wellness classes will be held Monday through Friday at 3:15pm and 4:15pm from September through June. During July and August, Teen Wellness classes will be held Monday through Friday at 12:00pm and 4:00pm. You can register for these classes up to 20 days in advance through Acuity Scheduling at fspymca.as.me. Select the "Teen Fitness Programs."

After completing the Teen Wellness program, 7th Grade members are permitted to use the equipment that was demonstrated in Teen Wellness Monday-Friday from 3:00-5:00pm, Saturdays 7:00am-5:00pm, and Sundays 7:00am-5:00pm from September through June. During July and August, the hours are 12:00-5:00pm Monday - Friday and 7:00am-5:00pm on Saturday and Sunday. Students must check in with a Wellness Center staff member when they use the Wellness Center.

Parents are encouraged to schedule an appointment with Wellness Center staff to experience the 7th Grade curriculum. Please contact Roberta Catuogno at rcatuogno@fspymca.org to schedule an appointment.

1:1 TEEN WELLNESS

We also offer a 1:1 Teen Wellness program. This program offers the same instruction as small group Teen Wellness with a more personal focus. Sessions can be scheduled at the participant's convenience. Cost for 1:1 Teen Wellness is \$165 for five 30-minute sessions. Registration for 1:1 Teen Wellness can be done online at fspymca.org/register under "Daxko Program Registration." Please contact Roberta Catuogno at rcatuogno@fspymca.org for more information about Teen Wellness.

FACILITY & PROGRAMS

7th grade members can participate in open gym, open swim and lap swim according to the published schedules available at fspymca.org/schedules and at our Welcome Center.

Fee-based programming for teens include:

- Youth Sports, including Middle School Track (Fall & Spring), Volleyball, and Archery
- Swim Lessons
- Gymnastics- classes and club
- Youth Enrichment classes

Check the current brochure or our website at fspymca.org for the most current program offerings.

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7th GRADE INITIATIVE COMMITMENT

One of the goals of the 7th Grade Initiative is to help students develop healthy habits that will lead to a lifelong healthy lifestyle. In order to fully realize the benefits of the program and to maintain your free membership, we encourage participants to check into the Y at least 2 times per month.

MEMBER CODE OF CONDUCT

- 7th grade members will treat staff and other members with the YMCA values of caring, honesty, respect and responsibility at all times. They can expect to be treated this way in return.
- All participants will wear appropriate athletic attire and sneakers.
- Profanity or inappropriate language, as well as physical or verbal abuse directed at anyone will not be tolerated.
- Taking photos and videos is prohibited.
- All participants will respect facilities and equipment within the Y.
- All participants will act in such a way that will appropriately represent themselves, the YMCA and the program staff.

QUESTIONS?

- Designated staff will supervise all 7th grade activities and are here to help you.
- For questions or concerns regarding 7th Grade membership, please call or email Kristine Keating at 908-889-8880 or kkeating@fspymca.org
- For questions or concerns regarding Teen Wellness, please call or email Roberta Catuogno at 908-889-8880 or rcatuogno@fspymca.org.

IT'S EASY TO ACTIVATE YOUR FREE MEMBERSHIP!

1. Present your School ID, roster or report card.
2. Student and a parent/guardian complete and sign a Membership Application and Code of Conduct.
3. Student will receive an ID card and begin their membership right away!