



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROW 60 AT THE YMCA

This fall we're launching Grow 60, a five-day-a-week initiative at the CRCC to provide 60 minutes of skill-building, eye-opening opportunities for youth each day.

With a special emphasis on working with partners and volunteers to teach outdoor skills, STEM, and the arts, Grow 60 is intended to provide our kids the chance to develop a passion for something, so they can become inspired, create big dreams, and work towards those dreams.

## WHEN

Monday - Thursday, 4-5 pm  
Fridays, 3-4 pm  
During the School Year

## WHERE

Casino Road Community Center

## SESSION

September 18 - November 17

## SCHEDULE

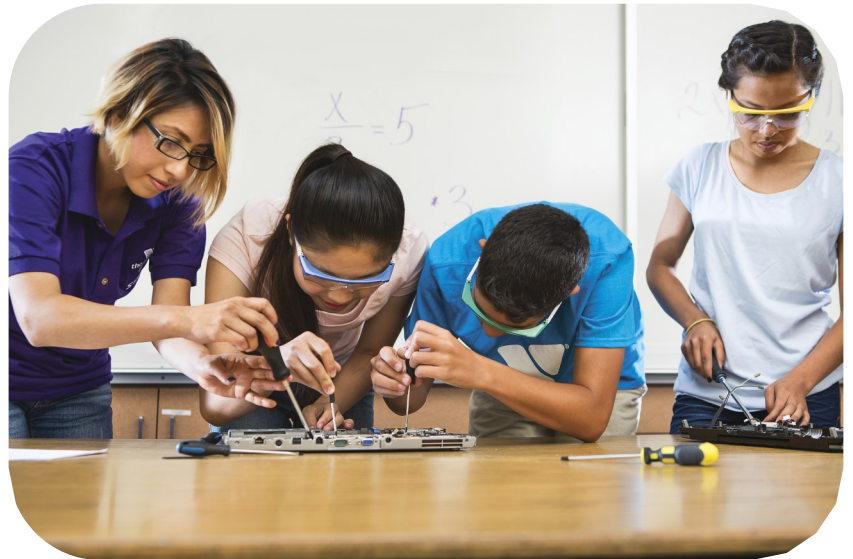
**Monday:** Tech-Out with 4-H

**Tuesday:** Wise Kids with Camp Fire

**Wednesday:** Chess with Jerry

**Thursday:** Girl Scouts & Activities For Boys

**Friday:** Art with Colleen (3-4pm)



YMCA OF SNOHOMISH COUNTY  
MUKILTEO FAMILY YMCA  
10601 47TH PL W, Mukilteo, WA 98275  
P 425 439 9622  
Ymca-snoco.org/mukilteo



# WHAT HAPPENS AT GROW 60

## TECH-OUT WITH 4-H

Are you ready for some robot racing or rocket flying? How about telling stories with candid cameras? 4-H will be here every Monday to provide fun, hands-on, activities for you and your friends. We'll take a couple field trips and learn how technology is used everywhere we go!

## WISE KIDS WITH CAMP FIRE

Wise Kids is about healthy living and make good choices for your body. A big focus is on learning about Energy Balance: Energy IN (or calories in through food and liquids) should be balanced with Energy OUT (or calories burned through daily living and physical activity) over time. Kids will work on Energy IN and Energy OUT challenges throughout the Camp Fire Wise Kids, each week they will have new challenges. Kids will play games and have hands on activities to learn about calories, food label reading, MyPlate and keeping their body strong.

## CHESS WITH JERRY

Chess is proven to grow young minds and develop critical and strategic thinking skills. Come learn this centuries-old game from dedicated volunteer Jerry Fraser, play with your friends and challenge yourself.

## GIRL SCOUTS

Girl Scouts is a leadership development program for girls, with proven results. It is based on time-tested methods and research-backed programming that help girls take the lead—in their own lives and in the world. Research shows that girls learn best in an all-girl, girl-led, and girl-friendly environment. Girl Scouts is a place where she have new experiences, make friends, learn different skills, practice leadership, and gain confidence in herself. At Girl scouts, we are committed to diversity, equity, and inclusion and strive to offer flexible experiences. We welcome every girl to join!

## ART WITH COLLEEN

Are you ready to express yourself? Life-long artist and creator Colleen Temple will lead art projects each week in a variety of mediums, teaching basic skills along the way. All are welcome to create something special and develop their inner artist.

## 2017 - 2018 SCHOOL YEAR

## CASINO ROAD COMMUNITY CENTER SCHEDULE

**MONDAY - THURSDAY**  
3:30-4 PM: OPEN TO YOUTH  
4-5 PM: GROW 60  
5:00-5:30 PM: FREE TIME  
5:30-6 PM: DINNER & CLEAN UP  
6-6:30 PM: FREE TIME & HOMEWORK HELP

**FRIDAY**  
2:30-3PM: OPEN TO YOUTH  
3-4 PM: GROW 60  
4-4:30 PM: FREE TIME  
4:30-5 PM: DINNER & CLEAN UP  
5-5:30 PM: FREE TIME & HOMEWORK HELP

**FOR MORE INFO CONTACT:**

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