



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COME TO LEARN RETURN TO SERVE

YMCA CENTRAL LEADERS SCHOOL

Saturday, July 15 – Friday, July 21, 2017

ILLINOIS COLLEGE in JACKSONVILLE, IL



www.Leaders-School.org

Facebook.com/Central.Leaders.School

Instagram.com/Ycentral.Leaders.School



PURPOSE

The purpose of YMCA Central Leaders School is to help teens develop new skills & grow as individuals. Through courses and group discussions led by YMCA professionals and volunteers, participants will discover strengths within themselves while helping to develop their peers. Meaningful experiences and reflection, coupled with enrichment and classroom activities, will give our teens real lessons they can apply in school, work and life.

YMCA Central Leaders School is a special opportunity students will remember for a lifetime. Long lasting friendships and personal bonds are formed. It is an exciting, supportive atmosphere for teens to learn about themselves and others. Teens return with both skills to use in their volunteer work at their home YMCAs and a positive effect on their self-image. It is truly a treasured experience for all that attend.



TRAINING PROGRAM

The training program at YMCA Central Leaders School is both rewarding and demanding. Leaders are exposed to classroom and group work as well as gym and pool activities. The training program exposes each leader to the wide variety of YMCA work, as well as helps them develop a sound fundamental background in these areas.

The training program includes:

- Skill/Certification Courses
- Personal Development Classes
- Values (Small Group) Discussions
- Sports Skill/Physical Fitness Classes
- Leaders Club Development Classes

DAILY SCHEDULE

Morning Fitness	Skit Practice
Breakfast	Recreation Time
Major & Theory Classes	Dinner
Values Group Discussion	Vespers – Time for music and reflection
Lunch	Evening Activities
Elective Classes	



TYPICAL CLASSES

Majors

Babysitting/Youth
CPR/First Aid
Diversity & Acceptance
Exploring The Arts
Fitness/Wellness
Life Skills
Peer Helpers
Intro to Sign Language
Teambuilding
Youth Sports

Theories

Conversational Sign Language
Current Events Discussion
Dating & Relationships
Event Planning/Fundraising
eXtreme Creativity
Great Debate
Learn to Splash
Pop Culture
Social Media Safety

Electives

Various Sports
Drama & Performance
Relaxation
Group Games
Arts & Crafts
Other Fun Activities

SPECIAL EVENTS

Campus Tour	Water Park Trip
Ice Cream Social	Theme Dance: Luau
Guest Speaker	Skit Night
Council Game	Honors Banquet
Talent Show	Home Going Dance
Community Service	

WHO MAY ATTEND

YMCA Central Leaders School is designed for youth ages 12-19 who have completed 6th through 12th grades, volunteer at their local YMCA, are active in their Leaders or other teen club, and have demonstrated leadership ability. It is recommended that Central Leaders School be viewed as the next step for teens with some length of experience and proven responsibility at their local YMCA.



VISITORS

Anyone wishing to visit the school must first contact the School Directors. No one will be allowed at the school without prior approval. YMCA professionals or volunteers wishing to observe Leaders School for more than one day will be admitted on a limited basis due to space considerations. A fee will be charged to cover room and board expenses.

HONORS BANQUET

Alumni, parents or other guests are welcome to attend the banquet on Thursday evening, July 20, starting at 4:45pm. Tickets are \$20 per person for any part of the evening. Youth eligible to attend CLS may not return just for the banquet. Advance reservations must be made prior to July 13 through Dan Cardin. To RSVP, call 920-569-6147 or email alumni@leaders-school.org



ANNUAL CAMPAIGN

Financial assistance for Central Leaders School is available through the generous support of our Charter Members and Annual Donors. Donors are recognized at the Honors Banquet at the close of YMCA Central Leaders School and are welcome to attend. The YMCA is a 501(c)3 organization. All donations are tax deductible.

Donations can be made online through our website; by texting CLS to 71777; or directly via this link:

<https://app.mobilecause.com/vf/CLS>

For more information about donating, contact Dan Schulze, School Director.



STAFF

YMCA Central Leaders School is staffed by some of the finest YMCA professional directors and highly skilled adult volunteers, selected by the School Directors. Each year, YMCA Central Leaders School is planned by teens elected to the CLS Council by their peers, with the guidance of the staff and directors.

School Directors

Dan Schulze

314-632-6782

dan.schulze@gwymca.org

Jason Rehfeldt

847-638-8567

Jason.rehfeldt@gmail.com

Staff in Training Directors

Linda Dean

312-932-1295

ldean@ymcachicago.org

Dan Cardin

920-569-6147

dan@cardin.net

IMPORTANT INFORMATION

Check-in:

Residence halls will be open for moving-in between 1:30 pm – 3:00 pm on Saturday. Orientation begins promptly at 4:00 pm.

Departure:

YMCA Central Leaders School will end following closing ceremonies at about 11:30am on Friday.

Meals:

Will be served beginning with dinner on Saturday through breakfast on Friday. Students are responsible for their own meals on the way to and from Central Leaders School. Please note dietary restrictions on the registration form.

What to Pack:

Gym clothes, gym shoes, club shirt, jeans, shirts, shorts, theme dance outfit, banquet outfit, bed linens, pillow, towels, swimsuit, secret pal gifts, personal toiletries, snacks, alarm clock, \$20 key deposit plus \$10-40 spending money.

Secret Pal:

Every student will secretly be assigned another student upon registration (shh, don't tell them who you are). Students will give their Secret Pal one small gift per day and reveal themselves at the end of the week. Gifts can be as simple and inexpensive as an encouraging note, a high five from another student, or a small candy bar. The purpose is to feel the joy of making someone's day better with anonymous gifts, while experiencing this yourself.

Dorm Rooms:

Bedding and linens will NOT be provided. Bring sheets and pillow for a twin bed. Roommates are assigned at random, special circumstances should be requested of school directors in advance by parents.

For Banquet:

For guys: shirt, tie, and slacks

For girls: dress or blouse with skirt or nice pants

No jeans or gym shoes, please



Fees:

Program registration fee is **\$490**

Registrations prior to May 14 eligible for **\$90** discount.

Registrations prior to June 18 eligible for **\$45** discount.

Registrations received on or after June 19 **are not eligible for discount**, and must be paid in full.

Please include deposit of \$100 with all early registrations. Remaining balance will be due by July 3.

Make checks payable to: "YMCA"

Online credit card payment also available on our website

Preference for class enrollment may be given to registrants based on the date registration forms are received by the school registrar.

School enrollment is limited and will be closed when maximum enrollment is reached, or no later than July 7. Substitutions will **not** be allowed without consent from the School Director.

Please complete the attached registration form and mail with \$100 non-refundable deposit to:

YMCA Central Leaders School, Dan Schulze, Registrar
3150 Sublette Ave, St. Louis, MO 63139

fax: 314-645-0025

email: registrar@leaders-school.org

Room Key Deposit:

\$20 per person at check-in; returned when keys are turned in. Lost keys will result in an additional \$30 fee.

Transportation:

Transportation to and from Central Leaders School may be an additional cost. Please contact your local YMCA staff representative to find out the transportation arrangements and possible costs. Participants are not allowed to drive to CLS without authorization from the local YMCA and the School Director.

Campus Map & Emergency Phone:

A campus map is available at www.ic.edu/campusmap

In case of emergency during the week at YMCA Central Leaders School, staff may be reached at:
1-877-962-2257 (1-877-YMCA-CLS)

Financial Assistance:

The YMCA believes in providing programs and services to all who desire to participate, regardless of their ability to pay. Financial Scholarships are available for those who qualify through your local YMCA and/or from CLS. Information is available upon request from your local YMCA or by contacting Dan Schulze, School Director. Financial Assistance forms should be turned in by June 18.