



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COME TO LEARN RETURN TO SERVE

YMCA Central Leaders School  
Sunday, July 15 – Saturday, July 21, 2018  
Illinois College in Jacksonville, IL

[www.Leaders-School.org](http://www.Leaders-School.org)  
[Facebook.com/Central.Leaders.School](https://Facebook.com/Central.Leaders.School)  
[Instagram.com/YCentral.Leaders.School](https://Instagram.com/YCentral.Leaders.School)



# PURPOSE

The purpose of YMCA Central Leaders School is to help teens develop new skills and 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:

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

## DAILY SCHEDULE

Morning Fitness  
Breakfast  
Major & Theory Classes  
Values Group Discussion  
Lunch / Elective Classes  
Skit Practice  
Recreation Time  
Dinner  
Vespers – Time for Music & Reflection  
Evening Activities

## TYPICAL CLASSES

### MAJORS

Camp Leadership  
Computer Coding  
CPR/First Aid  
Diversity & Acceptance  
Exploring the Arts  
Fitness/Wellness  
Peer Helpers  
Sign Language  
Teambuilding  
Youth Sports  
Working with Youth

### THEORIES

Conversational Sign Language  
Current Events Discussion  
Dating & Relationships  
Event Planning/Fundraising  
eXtreme Creativity  
Life Skills  
Learn to Splash  
Pop Culture  
Social Media  
World Religions & Acceptance

### ELECTIVES

Various Sports  
Drama & Performance  
Relaxation

Group Games  
Arts & Crafts  
Other Fun Activities

### SPECIAL EVENTS

Campus Tour  
Ice Cream Social  
Council Game  
Talent Show  
Community Service

Water Park trip  
Theme Dance:  
"Electric Jungle"  
Skit Night  
Honors Banquet  
Going Home Dance





## WHO MAY ATTEND

YMCA Central Leaders School is designed for youth ages 12–19 who have completed 6<sup>th</sup> through 12<sup>th</sup> grades, volunteer at their local YMCA, are active in their Leaders or other ten 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.



## 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:

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

## 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 Friday evening, July 20th, 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 12th through Dan Cardin. To RSVP, call 920-569-6147 or email [alumni@leaders-school.org](mailto:alumni@leaders-school.org)

## 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	Jason Rehfeldt
314-632-6782	847-638-8567
<a href="mailto:dan.schulze@gwymca.org">dan.schulze@gwymca.org</a>	<a href="mailto:Jason.rehfeldt@gmail.com">Jason.rehfeldt@gmail.com</a>

### Staff in Training Directors

Linda Dean: 312-932-1295, [ldean@ymcachicago.org](mailto:ldean@ymcachicago.org)  
Dan Cardin: 920-569-6147, [dan@cardin.net](mailto:dan@cardin.net)  
Blair Schipper: 952-994-7663, [blair.schipper@gmail.com](mailto:blair.schipper@gmail.com)



# IMPORTANT INFORMATION

## Check-in:

Residence halls will be open for moving-in between 1:00 pm – 2:00 pm on Sunday. Orientation begins promptly at 3:00 pm.

## Departure:

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

## 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:

WATER BOTTLE, 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 up to \$40 spending money.

## Secret Pals:

Every student will secretly be assigned another student upon registration (shhhh, 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:

Business casual (nice pants, button down shirt, dress shoes, dress or skirt, etc.)  
No jeans or gym shoes, please.

## Fees:

Program registration fee is \$495.  
Registrations prior to May 15 eligible for \$90 discount.  
Registrations prior to June 15 eligible for \$45 discount.  
Registrations received on or after June 16 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 at 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 6. 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](http://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.

