



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COME TO LEARN RETURN TO SERVE

YMCA Central Leaders School
Sunday, July 12 – Saturday, July 18, 2020
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 (also referred to as CLS) is to give teens the skills and connections they need to make real lasting change in the world. Through courses and group discussions led by YMCA professionals and volunteers, participants will discover strengths and passion within themselves while helping to develop their peers. Meaningful experiences and reflection, coupled with enrichment and small group activities, will give our teens real lessons they can apply in school, work and life.

CLS 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; a safe space where teens get a break from the usual stressors and are free to have fun and try new things. Teens return with both skills to use in their volunteer work at their home YMCAs and a positive effect on their self-image. CLS gives teens a voice and encouraged to be Change makers.



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 Sessions
- Values (Small Group) Discussions
- Sports Skill/Physical Fitness Activities
- Leaders Club Development Sessions
- Social Emotional Learning

DAILY SCHEDULE

Morning Fitness / Breakfast
Major & Theory Class Sessions
Lunch / Elective Activities
Skit Practice
Values Group Discussion
Recreation Time
Dinner
Vespers – Time for Music & Reflection
Evening Activities
A full schedule is on our website

TYPICAL SESSIONS

MAJORS

Aquatic Leadership
Camp Leadership
Child Development
College/Career Readiness
Computer Coding
CPR/First Aid
Fitness/Wellness
Sign Language
Team Building
Youth Sports Coaching

THEORIES

Conversational Sign Language
Current Events Discussion
Dating & Relationships
Diversity & Acceptance
Event Planning/Fundraising
Creativity
Life Skills
Social Media
World Religions & Acceptance

ELECTIVES

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



SPECIAL EVENTS

Council Game
Talent Show
Community Service
Water Park trip

Theme Dance:
"Candyland"

Skit Night
Honors Banquet
Going Home Dance

WHO MAY ATTEND

YMCA Central Leaders School is designed for youth ages 13–19 who have completed 7th 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.



TESTIMONIALS

"CLS is more than a School" -Phil

"My Leader experience gave me a desire to serve my community and world" -Kim

"After only a couple hours I had made countless connections with people, some of the nicest people I have ever met, this was the fastest I had opened up to such a new group of people so quickly" -Jacob

"20 years later, I am still using the leadership skills I began to develop at CLS" -Rebecca

"I will remember my Leaders days and experiences... for the rest of my life." -Daryl

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.

2020 THEME: I SEE YOU

The theme "I See You" will show that one's hard work doesn't go unnoticed. This helps build up one's confidence because "Leaders are forces for good in our communities and are intentional about serving others." This saying really models what Central Leaders School and the Y stand for because they are known for putting others first and giving back. According to Urban Dictionary, it is usually used as a way of recognizing someone's recent accomplishment.

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
dan.schulze@gwymca.org	Jason.rehfeldt@gmail.com

Staff in Training Directors

Linda Dean: 630-362-9973, lgdean28@gmail.com
Dan Cardin: 920-470-0777, dan@cardin.net
Blair Schipper: 952-994-7563, 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:

Three meals per day will be served beginning with dinner on Sunday through breakfast on Saturday. Students are responsible for their own meals on the way to and from Illinois College. **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.



School Houses:

Every student will be assigned to one of four school houses. Each house will earn points throughout the week and be responsible for finding ways to support one another. They will also be responsible for surprising students in another house with trinkets and encouragement to feel the joy of making someone's day better with anonymous gifts, while experiencing this yourself. This will be replacing individual secret pals.

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.

Banquet:

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

Alumni, parents or other guests are welcome to attend the banquet on Friday evening, July 17th, at 5:15pm. Visitor tickets are \$20 per guest for any part of the evening. Teens eligible to attend CLS may not return just for the banquet. Advance reservations must be made prior to July 10th through Dan Cardin. To RSVP, call 877-YMCA-CLS or email alumni@leaders-school.org

Fees:

Program registration fee is \$495. Registrations prior to May 15 eligible for \$80 discount. Registrations prior to June 15 eligible for \$40 discount. Registrations received on or after June 16 are not eligible for discount, and must be paid in full.

Fees include meals, lodging, supervision, and all activities at Illinois College the week at Leaders School.

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 3. 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 Registrar
3150 Sublette Ave, St. Louis, MO 63139
email: registrar@leaders-school.org

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 15.

Tax deductible donations to support our financial assistance program can be made online through our website at <http://give.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.

Map & Emergency Phone:

A campus map is available at www.ic.edu/about/visitcampus. In case of emergency during the week at YMCA Central Leaders School, staff may be reached at: 1-877-962-2257 (877-YMCA-CLS)

