



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# **8GI** 8TH GRADE **INITIATIVE**

**PARENT HANDBOOK: 2023/2024 SCHOOL YEAR**

**A program for all 8th Grade students in the Jefferson City area that includes a FREE membership to the Jefferson City Area YMCA, classes, fun activities and more!**

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**8GI**

## **Jefferson City Area YMCA**

**FIRLEY Y** 525 Ellis Blvd, Jefferson City, MO 65101 (P) 573.761.9530

**KNOWLES Y** 424 Stadium Blvd, Jefferson City, MO 65101 (P) 573.761.9531

**Hartsfield Y** 3507 Amazonas, Jefferson City, MO 65109 (P) 573.761.9532



# 8GI 8TH GRADE INITIATIVE



CARING

## OUR MISSION

The Y recognizes that as kids face the challenges of adolescence they are more likely to begin distancing themselves from formal organizations, friends and family to engage and experiment in unhealthy behaviors.

The Jefferson City Area YMCA's 8th Grade Initiative offers an alternative where youth can make new friends, discover their passions and begin to develop and cultivate a healthy lifestyle. At the Y, we believe it is important to build good habits at an early age that encourage healthy living.

As Jefferson City's leader in promoting a strong mind, body and spirit we want to ensure our youth are set up for future success through an active lifestyle.



HONESTY

## OUR GOALS

- Promote YMCA Character Values of 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!



RESPECT



RESPONSIBILITY



# 8GI 8TH GRADE INITIATIVE



CARING

## 8TH GRADE MEMBER INFORMATION

Welcome to the YMCA! Starting a path to wellness at this age is a smart thing to do. Your FREE membership is effective through May 31, 2024. We are glad to have you as a member and want this to be a great experience for you. Enjoy!

### OVERVIEW OF PROGRAM

An 8GI membership application must be completed for a student to take part. Applicant must provide proof of current 8th grade enrollment. Current Y Members must also complete an application. *Free membership only applies to student, not family. 8GI Members do not receive Visitor Passes.* 8GI members have full access to the Jefferson City Area YMCA's 3 facilities, which includes:

- Full use of cardio and strength equipment (Free Fitness Center Orientations are available )
- Group Exercise classes
- Pool use
- Basketball, tennis and racquetball courts
- Free registration for the Y's Junior Lifeguard program
- Specialized 8GI programming opportunities

This year we will have opportunities for our 8GI students to take part in classes and activities just for you! Check your email for more information and dates.

### 8GI CODE OF CONDUCT

- 8GI Members will treat staff and peers 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 attire while at the YMCA.
- Profanity or inappropriate language, as well as physical or verbal abuse directed at anyone will not be tolerated.
- All rules and policies expected of other Y Members will be expected of 8GI Members.
- Failure to follow Y policies and guidelines may result in dismissal from the 8GI program and access to the YMCA.



HONESTY



RESPECT



RESPONSIBILITY



# 8GI 8TH GRADE INITIATIVE

## AMMENITIES

### Knowles Y

25-Yard Indoor Pool  
Indoor Basketball Courts  
1/16 Mile Indoor Track  
Locker Rooms  
Fitness Center

### Hartsfield Y

Multipurpose Room  
Group Exercise Room  
Fitness Center  
Locker Rooms

### Firley Y

25-Meter Outdoor Pool  
Fitness Center  
Indoor Multipurpose Courts  
Indoor Racquetball Courts  
1/14 mile track  
Locker Rooms  
Basketball Courts  
Indoor Climbing Wall  
Indoor Cycling Room

## CONTACT US

Isaac Williams | [Membership Director](#) | [iwilliams@jcymca.org](mailto:iwilliams@jcymca.org) | 573.761.9504

[Brittany Watkins](#) | School-Aged Childcare Director | [bwatkins@jcymca.org](mailto:bwatkins@jcymca.org) | 573.761.3552

Quinton Sallin | [Health and Wellness Director](#) | [qsallin@jcymca.org](mailto:qsallin@jcymca.org) | 573.761.3225

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**8GI** 8TH GRADE  
INITIATIVE

**Jefferson City Area YMCA**

## REGISTRATION FORM

Student Information	
Name:	
Address:	City and Zip:
Cell Phone:	Email:
Sex:    Male    Female	Date of Birth:
School Attending:	YMCA Member?    Yes    No
Primary Parent / Guardian Information	
Name:	DOB:
Address:	City and Zip:
Home Phone:	Work Phone:
Cell Phone:	Email:
Emergency Contact (Not Primary Contact):	Phone:

**WE WANT TO HEAR FROM YOU!** What are your interests? What topics would you like to learn more about?

**ACCEPTANCE OF 8GI CODE OF CONDUCT**

I have read the 8th Grade Initiative Code of Conduct. I understand that failure to follow these guidelines or other misuse of the facility or any behavior deemed inappropriate by Y Staff could result in the cancellation of my 8GI Membership.

Student Name \_\_\_\_\_ Signature \_\_\_\_\_

Parent Name \_\_\_\_\_ Signature \_\_\_\_\_

### LIABILITY RELEASE

I, the undersigned, request permission for \_\_\_\_\_ (child's name) to enter the Jefferson City Area YMCA (hereinafter the YMCA) 8th Grade Initiative and to participate in the YMCA activities associated with the program. I know and assume all risks related to the participation in such activities, where such risks arise on or off the YMCA premises. In consideration of the permission granted to enter to YMCA program premises, I release and discharge the owners, operators, and sponsors as well as all other person in any way related to the YMCA for claims, demands, damage actions and cause of action (present or future, whether known or unknown, anticipated or unanticipated) for any and all personal damages to my property relating to my presence on the YMCA premises and/participation in any YMCA activity. I certify that I am 18 years of age and that my participation in the YMCA activities are voluntary. I give consent for my child to be photographed, videotaped, or to appear in local newspaper articles or other local media.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**STAFF USE ONLY**

Verification of 8th Grade Enrollment                       Staff Initials \_\_\_\_\_

8GI Alternate Key added in Active