



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sheridan YMCA FUSE!

Who is FUSE! for? Anyone **ages 11-17** interested in leadership development and training at the Y. Think you might be interested in becoming a summer camp counselor or LIT (Leader in Training)? This is the training for you.

What is FUSE? Training for progression in and beyond the Y for youth that is:

- **Fun**
- **Unified**
- **Streamlined**
- **Empowering**

Our program is designed for youth development in and beyond the Y. Our curriculum utilizes an experiential (active and hands on) approach to **empower our youth as they expand their professional toolbox.**

What's In Our Toolbox?

Leadership Positive Relationships Competence Life Skills Positive Identity

What can you expect from a session? Each session will focus on three things:

1. **Skills Development** (first aid, CPR, workplace professionalism, etc.)
2. **Monthly Theme** (interactive discussion) - Ex. Emotion Management
3. **Activity** - We will have a fun activity every session that matches the theme. Youth may find themselves snow skiing, rock climbing, or hiking, among other activities!

When: FUSE! training will occur once a month leading up to the camp season. The length of each session will depend on the activity. **Activities are subject to change depending on the weather.**

Dec. 18, 2020 – Pool Party Kick-off

Jan. 23, 2021 – Ice Skate

Feb. 20, 2021- Ski/Snowboard

Mar. 20, 2021 – Hiking/Trail Clean Up

Apr. 24, 2021 - Climbing

May 15, 16 – Camp Roberts Overnight

Where: Our sessions will always begin and end at the Sheridan YMCA. The length of each session depends on the activity and its location.

Cost: While we encourage youth to participate in all five sessions of FUSE!, we offer a discounted bundle (all five sessions paid for up front) and the option to pay per session.

- **5 Sessions Bundle:** \$100 (5 sessions for the price of 4)
- **Per Session:** \$25

***Ski/Snowboard** – Lift tickets/rentals are separate to the price of individual session and bundle