

# YWRC SUMMER PROGRAMS!

FREE  
PROGRAM

MON - FRI  
10A - 2 P

LUNCH  
INCLUDED

TRANSPORT  
PROVIDED

Space is limited. See back for details. To register, call 244.4901.

## MOVING ON TO MIDDLE SCHOOL

For girls going into 6th grade.

JUNE 10 - 14  
OR JULY 15 - 19

This program is a great way to help prepare participants for middle school, and includes topics like:

\*EMPOWERMENT \*MIDDLE SCHOOL FEARS  
\*RESILIENCY \*BODY POSITIVITY

## SISTERS OF SUMMER

For girls going into 7th & 8th.

JUNE 17 - 21  
OR JULY 22 - 26

Participants join in a safe, inclusive environment for activities and discussions focusing on:

\*EMPOWERMENT \*SISTERHOOD  
\*FEMINISM \*BODY POSITIVITY

\*We define 'girls' as any persons who have been socialized and/or identifies as female.



## Summer Program Information

**Hours & Location:** Weekly summer programs will meet Monday through Friday, 10:00 a.m. to 2:00 p.m. at the Young Women's Resource Center located at:  
**818 5<sup>th</sup> Ave, Des Moines, Iowa 50309**

**Who can Attend:** Any girl entering 6<sup>th</sup> grade through High school in or around the Des Moines area.

**Registration Deadline:** Registrations are accepted on a first come, first serve basis. We do have a limited capacity for the groups and will enroll participants as we receive their registration forms. Registrations are due at **least one week prior** to the session attending.

**Forms:** Please call the YWRC at 515.244.4901 to request a registration form, medical form and Climb Iowa form. When complete, return these forms to your group leader, fax to our office at 515.243.5073, send a scanned copy to ywrc@ywrc.org or deliver/mail to our office at 818 5th avenue, DSM, IA, 50309. A participant cannot attend any program before the YWRC receives a complete registration form. Staff at the YWRC will make reminder and confirmation calls the week prior to the start date. If at any point, your plans to attend a summer program change, please call the YWRC at 515.244.4901.

**Summer Program:** Each week will include a variety of educational lessons, field trips, games, and crafts. Portions of the week will include guest speakers, tours, Climb Iowa on Fridays and other special activities.

**Clothing:** Participants should wear comfortable clothes, appropriate for activities and weather. We will be walking and spending time outside, so sunscreen is required. If it is cold or raining, please send an appropriate jacket or umbrella.

**Electronics and Personal Items:** Use of electronics and personal items are at the discretion of YWRC staff. Most often they are only allowed during transports and/or drop off and pick up times. YWRC and its staff are not responsible for lost or stolen items.

**Lunch:** YWRC provides lunch; Participants may bring their own lunch if that is preferred or if participants need any dietary accommodations.

**Rules and Guidelines:** There are specific rules related to our programming, location and activities. Our rules allow for consistency and group cohesiveness and include, without limitation:

Be respectful, confidentiality, be open and honest, no negative talk about others, make an effort to participate, and be positive.

Participants are expected to follow the guidelines mentioned and the direction of staff. A serious disciplinary problem is defined as one in which a child is hampering the delivery of the program by requiring increased one-on-one attention; is inflicting physical or emotional harm on other children; is abusing staff or is otherwise unable to conform to the rules and guidelines of the Young Women's Resource Center. If a child is not able to adjust behavior or if behavior warrants immediate removal, a dismissal from the program will be implemented and the child's parent or guardian will be immediately notified and asked to come and pick-up the child. Young Women's Resource Center reserves the right to dismiss a participant at any time.

**Transportation:** Transportation will be offered for participants within a seven mile radius of the Young Women's Resource Center. On the registration form, please indicate if your child will need transportation, specific pickup instructions, and any alternate addresses. Participants will be picked up between 9:15 and 9:45 a.m. and dropped off between 2:15 and 3:00 p.m. each day. Please contact the YWRC by 9 a.m. that day if transportation is not necessary. They will not be allowed to ride the vans after three strikes of missing the van. Acceptable van behavior includes: remain seated and facing forward, be respectful to staff and the driver, keep all hands, arms and objects inside the vehicle, when riding in a van and/or car all passengers must wear seat belts. YWRC staff and volunteers will transport participants in vans. For parents bringing and picking up their child, please arrive promptly between 9:45 a.m. – 10:00 a.m. and pick up between 1:45 – 2:00 p.m. If you are unable to pick up, please make other arrangements.

**Leaving with an adult other than caregiver/guardian:** If your child needs to leave with a person other than their caregiver, please call the YWRC prior to that day's group with the name(s) and number(s) of the approved adults prior to alternate pick up. The adult picking up your child will be required to show a valid driver's license for identification purposes and will not leave with your child without doing so.