



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPLORE THE POSSIBILITIES

2021 Y Teen L.I.F.E. Events

April 1

Career Exploration Day with Rice University Athletic Department.

More than sports! Join us and learn about opportunities at Rice University within their athletic department. Ask questions, and learn why being in the world of athletics is more than just sports!

Trash Bash – Teen Service Day

Join YTL and Keep Houston Beautiful the city's leading organization in beautification, litter reduction and recycling education. Together we will learn and empower each other to take greater responsibility for beautifying and enhancing Houston's environment. RSVP is required and space at the event is limited. Attendees will receive service hours.

April 10

April 24

Healthy Kids Day

Join us at our official kick off to summer! HKD is not just for teens but for families. Interested in being a HKD Y Teen L.I.F.E. Ambassador? Ask your teen director for more information.

TEEN TAKEOVER: Field Day and End of Year Celebration

Join us in celebrating the end of the school year with field day games, team challenges, food and fellowship. Open to teens middle through high school.

May 1

May 2

YTL Summer Job Fair – Take A Stand!

Be a leader. Be a lifeguard. Join our YTL summer job fair where you'll connect with aquatics directors and hiring managers to learn how you can become part of the Y staff team this summer. Open to teens ages 16-19.

Wellness Wednesday: Mindfulness

Teens will learn techniques, tips and skills on managing stress and anxiety using mindfulness techniques. Virtual event open to teens middle through high school.

May 5

May 8

Locker Room Talk

This one is for the fellas! Link up with Y Teen L.I.F.E. for a virtual event where you will learn, build relationships with other teen males, and positive adult male role models. This event is open to all teen males middle through high school.



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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.