



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TODAY'S YOUTH TOMORROW'S FUTURE

## RANDOLPH-ASHEBORO YMCA JR CIT ACADEMY

Somewhere between becoming an adult and being a kid, a teen is discovering who they are and who they want to be.

At the Y, we know that teens are growing up and will rise to meet expectations set for them, so we set our expectations high.

Mentors, staff and other role models value our teens' individuality and guide them toward becoming responsible and engaged adults.



Jr. CIT Academy is designed to help youth reach their God-given potential in spirit, mind and body.

Students participate in activities that reinforce core values such as caring, honesty, respect, responsibility and faith.

### The program includes:

- Health & Wellness
- Academic support
- Fitness and health education
- Confidence and character development
- Anti-bullying/Substance Abuse/Decision-Making
- Teen Workshops on life skills, financial literacy, social awareness
- Team Building
- Leadership Training
- Games
- And Service learning

**GRADES:**  
**6-8**

**SCHOOLS:**  
**NAMS, SAMS**

Transportation Provided  
Need minimum of 6 to pick up

**COST:**  
**\$25/WEEK - MEMBERS**  
**\$40/WEEK - PUBLIC**

**Site Director:** Branson O'Hara  
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**RANDOLPH-ASHEBORO YMCA**

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