



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

GIRLS' NIGHT OUT INFORMATION

Dear Parents and Prospective Participants of YMCA Girls' Night Out,

Welcome to Girl's Night Out! We would like to take this opportunity to tell you a little about the YMCA Girls' Night Out Program and to ask for your assistance and support. **Please take some time with your daughter to read through the attached Information Form.** It is important that you help to provide complete and accurate information on this form. Parents are also required to sign in several locations on the form.

The Stevens Point Area YMCA Girls' Night Out Program is open to Portage County girls in grades 4-8. As with all YMCA teen programs, YMCA membership is not required and there is NO Fee for participation in the program. Some field trips or excursions may require a minimal fee or participation in fundraisers. Parents and participants will be notified in advance of planned activities or field trips and if there are any associated fees and permission forms.

The programs purpose is to enhance the lives of youth through participation in spirit, mind and body development activities. Personal objectives of participants must be consistent with the total program and the purpose of the YMCA. Please see the attached sheet for the detailed Purpose & Goals of Girls' Night Out.

Throughout the school year participants will have the opportunity to participate in many different fun activities and field trips that focus on being strong in spirit, mind and body. These activities and trips will include topics such as personal power and safety, handling emotions, stress and relaxation, theatrics, fitness, making smart choices, movie nights, yoga, crafts, service learning projects, recreational activities and more.

Parents, we hope to help each girl to build strong social skills, self-confidence, a positive self-esteem, and to have a place to belong. Your help will ensure that the program reaches its goals and touches many young lives. **Please support your daughter and the program by encouraging consistent attendance, volunteering when needed, discussing the evening's topics with your daughter, offering us feedback and suggestions, and attending our parent presentations.**

Girls' Night Out currently meets the 2nd and 4th Tuesday of every month (Oct. – May) from 6:00 – 7:30 p.m. New participants are always welcome! If you have any questions please feel free to contact Kyle at 715-342-2980 ext. 326 or by email at kbeach@spymca.org.

Sincerely,

Girl's Night Out Staff

Kyle Beach
Youth Recreation and Teen Director

STEVENS POINT AREA YMCA
1000 Division Street, Stevens Point WI 54481
715 342 2980 www.spymca.org



Stevens Point Area YMCA GIRLS NIGHT OUT – Information Form

Fully complete the following application & health form materials and return to:
Stevens Point Area YMCA, 1000 Division Street, Stevens Point, WI 54481 (715) 342-2980 ext. 326

Date of Application: _____

Participant Name _____ Birth Date _____ Age _____

Street Address _____

City _____ Township _____ State _____ Zip _____

Home Phone _____ Email _____

School _____ Grade _____

Parent/Guardian Name _____ Parent/Guardian Name _____

Home Address _____ Home Address _____

City _____ State _____ Zip _____ City _____ State _____ Zip _____

Workplace & Ph. # _____ Workplace & Ph. # _____

Day/Cell Ph. _____ Home Ph. _____ Day/Cell Ph. _____ Home Ph. _____

Email _____ Email _____

Please Indicate any Custody Issues _____

Information Questions:

Why do you want to be part of Girls Night Out?

What activities would you like to do or are looking forward to do in Girls Night Out?

What is one thing you really like about yourself, and one thing you would like to improve about yourself?

How do you spend your leisure time? What hobbies do you have?

The following information is necessary for our records and the funding our organization receives. The answers you provide are completely confidential and anonymous. Your cooperation in providing this information is both appreciated and necessary.

Participant Ethnicity: (Circle One)

Caucasian (White) Hispanic Native American African American Multi-Racial Asian-Hmong Middle Eastern Pacific Islander Other: _____

Participants Family Annual Household Income: (Circle One)

\$.00 - \$11,999 \$12,000 - \$14,999 \$15,000 - \$24,999 \$25,000 - 49,999 \$50,000 - 74,999 \$75,000 and over Household Size: _____ # of Siblings _____

Girls Night Out – Purpose & Goals

- To encourage and strengthen positive values like Caring, Honesty, Responsibility and Respect in our everyday lives
- To develop lasting friendships and a place to belong
- To prepare girls for their upcoming Jr. or Senior High School years
- To develop and maintain a healthy mind, body and spirit
- To build strong social skills and positive self-esteem and identity
- To encourage a healthy lifestyle, learning and good grades
- To appreciate diversity and develop a sense of world-mindedness
- To Have FUN!!!

The purpose of Girls Night Out is to enhance the lives of girls through participation in spirit, mind and body development activities. Personal objectives of Girls Night Out members must be consistent with the total program and the Christian purpose of the YMCA.

Girls Night Out - Code of Conduct

The Stevens Point Area YMCA recognizes the right of all YMCA members and visitors to enjoy participation in our programs and facilities without fear for their personal safety or abuse. The YMCA staff reserves the right to suspend or revoke use privileges of anyone who does not adhere to the below conditions or the YMCA Four Values of Respect, Responsibility, Caring, and Honesty. Girls Night Out Members WILL:

- RESPECT themselves, fellow teens, staff, volunteers, and property
- Be RESPONSIBLE for themselves, their property and the YMCA
- Be HONEST
- CARE about themselves, others, the program and the YMCA
- Use appropriate language and behavior
- Be free from use and possession, nor be present during the use by others: of alcohol, tobacco products, drugs, weapons and any items which are considered inappropriate or contribute to vandalism/graffiti
- Maintain a positive attitude
- Be committed to having safe FUN and give 100% to the group/team effort
- Provide encouragement to individuals and the group
- Speak for themselves...not for anybody else
- Listen to and Communicate with other participants and staff
- Follow directions of YMCA staff and volunteers, and act in a safe and responsible manner

I understand and acknowledge that the activity in which my child is about to participate in has inherent risks. I agree that my child's voluntary participation in this YMCA activity shall be undertaken at his/her sole risk, and that the YMCA its directors, employees, volunteers and agents shall not be liable for any claims, injuries, damages, losses, illness, diseases, death, actions or causes of action whatsoever, to my child and his/her property, arising out of or connected to participation in this program.

In the event that I or emergency contact listed below cannot be reached in an emergency, I give my consent for YMCA staff to act in my behalf in granting permission for my child to receive emergency treatment. I will be responsible for the payment of any and all medical services rendered.

I give permission for my child's picture to be taken and used along with his/her name in the news or for promotional purposes.

I have read, fully understand and agree to adhere to the above the Girls Night Out Purpose & Goals and Code of Conduct. I also agree to abide by all other Stevens Point Area YMCA policies and guidelines. I understand if I break any of the above Code of Conduct, the YMCA will notify my parents, and send me home immediately.

Signature of Participant _____

Date _____

Signature of Parent/Guardian _____

Date _____