



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Building on the success of our Junior Counselor Program

# WE ARE EXCITED TO ANNOUNCE YMCA OF SPRINGFIELD'S COUNSELOR IN TRAINING PROGRAM

Providing youth, ages 13-16, with the training,  
tools, and work ethic of an effective leader.



**June 14-June 18**

This week is **REQUIRED** for all participants and will include all Safety Training, Camp Procedures, and a mock Interview with lead Camp Personnel. Fee: \$150 Members/\$200 Public

**June 21-June 25**

With feedback from the previous week's interview, let's work on **FIRST IMPRESSIONS** and **BODY LANGUAGE**.

**June 28-July 2**

Following first week, all Counselors in Training must attend a minimum of three other weeks.  
Weekly Fees:  
\$115 Members/\$165 Public

Whether it's a group of campers or a group project for school, **GROUP MANAGEMENT** is a key component of leadership.

**July 5-July 9**

Working with children requires knowledge of **BULLYING PREVENTION** and how to **MANAGE STRONG EMOTIONS**.



**July 12-July 16**

Part of a strong **WORK ETHIC** is knowing how to manage an "I don't want to" attitude.

**July 19-July 23**

Let's get crazy and creative as we learn to **PLAN FUN ACTIVITIES!**

**July 26-July 30**

Getting tired? A strong leader knows how to **STAY HEALTHY**.



**Aug 2—Aug 6**

Ready to start school? Let's talk about **SOCIAL MEDIA**

Available at our **Downtown** and **Kerasotes** branch locations.

Contact Sarah Brewer for more information [sbrewer@springfieldymca.org](mailto:sbrewer@springfieldymca.org) Visit our website to register [www.springfieldymca.org](http://www.springfieldymca.org)

## Training Week:

All CIT participants will be at our Downtown location.

If possible, bring a laptop or tablet to complete online CPR and First Aid training.

If not possible, please alert staff and we will provide one.



### **Daily Schedule**

9:00-12:00 Classroom Training, Mentoring Workshops, Local Field Trips

12:00-1:00 Lunch Break

1:00-4:00 Apply skills within onsite Camp

## All Weeks:

Each day bring lunch, water bottle, snacks, either a digital or paper materials to take notes/journal, and wear CIT shirt once provided. CIT participants will either have personal pool time or assist in camp swim, so a swimsuit, towel and bag for wet clothes is needed every day.

**ADDITIONAL INFORMATION WILL BE PROVIDED AFTER MAY 1.**