

# Summer Youth Employment Program

## Alternative Employment Directory

2018



Your guide to additional opportunities available in New York City!

**NYC**  
Department of Youth & Community Development



# INTERNSHIP

# PROGRAMS

PROGRAM **INTERN & EARN (FORMERLY THE YOUNG ADULT INTERNSHIP PROGRAM)**  
AGE **16-24**  
WEBSITE [www.nyc.gov/dycd](http://www.nyc.gov/dycd)  
PHONE **DYCD Youth Connect: (800)-246-4646**

DESCRIPTION A 14-week paid internship program with employment, education and advanced training placement services. Program includes work readiness training, financial literacy education, and healthy living activities. Contact Youth Connect to find a program near you.

PROGRAM **THE PATHWAYS PROGRAM**  
AGE **Undergraduate/Graduate Students**  
WEBSITE <https://www.usajobs.gov/StudentsAndGrads>

DESCRIPTION The Pathways Program offers federal internship and employment opportunities for current students, recent graduates and those with an advanced degree. The Internship Program is for current students. If you're a student in high school, college, trade school or other qualifying educational institution, you may be eligible. This program offers paid opportunities to work in federal agencies and explore federal careers while completing your education.

PROGRAM **NYC PARKS INTERNSHIPS**  
AGE **Various**  
WEBSITE <https://www.nycgovparks.org/opportunities/internships/apply>

DESCRIPTION NYC Parks offers a variety of internships in various departments within the agency. For more information on available positions, please visit their website.

PROGRAM **NYPD LAW ENFORCEMENT EXPLORERS PROGRAM**  
AGE **14-20**  
WEBSITE <http://www1.nyc.gov/site/nypd/services/law-enforcement/youth-programs/explorers.page>  
PHONE **(718)-840-5534**

DESCRIPTION The Law Enforcement Explorers program provides young men and women from the City's diverse communities with an introduction to a career in law enforcement or a related field in the criminal justice system. The program, geared for ages 14 to 20, often results in strengthening ties between the community and police. Explorers are taught the importance of higher education, self-discipline, and respect for diversity and human dignity through training, involvement in community service projects, and other Exploring events.

PROGRAM **NYPD SUMMER YOUTH POLICE ACADEMY**  
AGE **10-16**  
WEBSITE <https://www1.nyc.gov/site/nypd/services/law-enforcement/youth-programs/youth-police-academy.page>  
PHONE **(718)-840-5534**

DESCRIPTION The NYPD Summer Youth Police Academy is one of several innovative, effective programs that the Department provides for young people in New York City. The program gives young individuals between the ages of 10 and 16 the opportunity to train with police officers during the summer, leading to positive relationships between the Police Department and the City's youth.

PROGRAM **FDNY EXPLORING PROGRAM**  
AGE **14-20**  
WEBSITE <https://www1.nyc.gov/site/fdny/jobs/career-paths/youth-outreach.page>  
PHONE **(718)-999-FDNY (3369)**

DESCRIPTION The FDNY Exploring Program is part of the Greater New York Councils Exploring Program. The Exploring Program gives New Yorkers (aged 14 to 20) the opportunity to gain valuable insight into a career at the Fire Department, while simultaneously building plans for their futures. The innovative program helps participants gain work experience and assistance with educational and fitness requirements that are critical to successfully pursuing a career at the FDNY. Participants also develop contacts with FDNY Firefighters, EMTs, Paramedics and others already on the job.

PROGRAM **NYC MEDIA INTERNSHIPS**  
AGE **Various**  
WEBSITE <https://www1.nyc.gov/site/media/about/careers-and-internships.page>

DESCRIPTION Fall, spring and summer internships are available and ideal for students interested in broadcasting, production, marketing, digital media, and government relations, particularly in New York City.

PROGRAM **NYC DEPARTMENT OF PROBATION INTERNSHIPS**  
AGE **Various**  
WEBSITE <http://www.nyc.gov/html/prob/html/jobs/internships.shtml>  
PHONE **(212) 510-3843**

DESCRIPTION DOP's Human Resources Volunteers/Internship Program (HRVIP) is a year-round program designed to provide highly motivated individuals an opportunity to work alongside dedicated professionals. Volunteers and interns obtain hands-on experience in fields that are compatible with their abilities, career goals, and college requirements.

PROGRAM **THE CENTRAL PARK CONSERVANCY HIGH SCHOOL SUMMER INTERNSHIP**  
AGE **16+**  
WEBSITE <http://www.centralparknyc.org/visit/programs/summer-internship.html>

DESCRIPTION The Central Park Conservancy High School Summer Internship provides 25 high school students with paid full-time positions for seven weeks in July and August. Participants receive the opportunity to contribute directly to the care and restoration of Central Park. Working side-by-side with Conservancy staff, interns learn about the complexity of managing an iconic and historic urban park that receives over 42 million visits a year.

PROGRAM **92Y INTERNSHIPS**  
AGE **Various**  
WEBSITE <https://www.92y.org/CampStaffApp.aspx>

DESCRIPTION At 92Y Camps, you can enjoy the best of both worlds: live in New York City while traveling to your “office” in the country (all campers and staff travel together on coach buses each day). 92Y’s team philosophy creates a stimulating work environment in which every staff member is valued. The administrative team is comprised of dedicated professionals trained in the fields of education and social work and we welcome new staff onto our team each summer. 92Y is looking for staff who can work the full summer, from Jun 27-Aug 17, Mon-Fri, 8 am-6 pm.

PROGRAM **NEW YORK HALL OF SCIENCE EXPLAINER PROGRAM**  
AGE **Various**  
WEBSITE [https://nysci.org/nysci\\_job/explainer-trainee/](https://nysci.org/nysci_job/explainer-trainee/)

DESCRIPTION The Science Career Ladder is an innovative education and employment program open to high school and college students. While in the program, students are trained to interact with hands-on exhibits, perform science demonstrations, and help facilitate educational programs and workshops.

PROGRAM **DEPARTMENT OF SANITATION INTERNSHIPS**  
AGE **Various**  
WEBSITE [www.nyc.gov/careers](http://www.nyc.gov/careers)

DESCRIPTION The Department of Sanitation has a variety of openings for current college students and those graduating this summer.

PROGRAM **THRIVE COLLECTIVE INTERNSHIP**  
AGE **Various**  
WEBSITE <http://www.thrivecollective.org>  
PHONE **(347)-921-4426**

DESCRIPTION Thrive Interns work as teams to staff arts and mentoring programs at public schools citywide, lead social media and marketing campaigns, research policy positions, and help with operations and fundraising strategies. Creativity, flexibility, initiative, resourcefulness, and resilience describe great Thrive Interns.



# EMPLOYMENT / OCCUPATIONAL

## TRAINING PROGRAMS

PROGRAM **LEARN & EARN (FORMERLY THE IN-SCHOOL YOUTH PROGRAM)**

AGE **16-21**

WEBSITE [www.nyc.gov/dycd](http://www.nyc.gov/dycd)

PHONE **DYCD Youth Connect: (800)-246-4646**

DESCRIPTION A year-round career and college readiness program for high school juniors and seniors who may be struggling to stay in school. The program provides participants with academic support, work readiness training, leadership development activities, and a paid six-week summer internship. Contact Youth Connect to find a program near you.

PROGRAM **TRAIN & EARN (FORMERLY THE OUT-OF-SCHOOL YOUTH PROGRAM)**

AGE **16-24**

WEBSITE [www.nyc.gov/dycd](http://www.nyc.gov/dycd)

PHONE **DYCD Youth Connect: (800)-246-4646**

DESCRIPTION A work skills training program for youth ages 16-24, who are not working and not in school. Train & Earn provides extensive job training, education, and support services along with paid work experiences and help finding a job or applying to college. Contact Youth Connect to find a program near you.

PROGRAM **YEAR UP**

AGE **18-24**

WEBSITE [www.yearup.org](http://www.yearup.org)

PHONE **(855)-YEARUP1**

DESCRIPTION Year Up is a one-year, intensive training program that provides low-income young adults, ages 18-24 (a high school graduate or GED recipient), with a combination of hands-on skill development, college credits, and corporate internships.

PROGRAM **NEW YORK YOUTH JOBS PROGRAM**

AGE **16-24**

WEBSITE <https://labor.ny.gov/careerservices/youth-tax-credit.shtm>

PHONE **(877)-226-5724**

DESCRIPTION The New York Youth Jobs Program, formerly called New York Youth Works, encourages businesses to hire unemployed, disadvantaged youth, ages 16 to 24, who live in New York State, with a focus on the following cities and towns: Albany, Buffalo, New York, Rochester, Schenectady, Syracuse, Mount Vernon, New Rochelle, Utica, White Plains, Yonkers, Brookhaven and Hempstead. Visit their website for application and eligibility info.

**PROGRAM** **JOBS-PLUS**  
**AGE** **Various**  
**WEBSITE** [http://home2.nyc.gov/html/ceo/html/initiatives/yml\\_jobs-plus.shtml](http://home2.nyc.gov/html/ceo/html/initiatives/yml_jobs-plus.shtml)

**DESCRIPTION** Jobs-Plus is a public housing-based employment program designed to increase the level of earnings and employment among residents of public housing. The program saturates targeted developments with job and career support, rent-based and other financial incentives that “make work pay,” and community organizing activities that support a culture of work. Jobs-Plus aims to increase earning and employment outcomes not merely for residents who directly receive program services, but for whole public housing communities.

**PROGRAM** **JUSTICE PLUS**  
**AGE** **Various**  
**WEBSITE** [http://www.nyc.gov/html/prob/html/community/justice\\_plus.shtml](http://www.nyc.gov/html/prob/html/community/justice_plus.shtml)

**DESCRIPTION** Justice Plus is a flexible wrap-around, designed to support participants by providing a range of work readiness opportunities. These opportunities include work experience placements, hard/vocational and soft job skills development, and job search and career awareness/planning competencies. Justice Plus emphasizes work readiness opportunities that link to trades/vocations and soft skills taught in a workplace context included but not limited to during community benefit projects and internships. Participants must be referred by designated Cure Violence service provider, have been clients of the Cure Violence program or otherwise identified to be in need of such services by the Cure Violence provider. Participants may also receive a stipend up to \$1,500.

**PROGRAM** **CENTER FOR EMPLOYMENT OPPORTUNITIES**  
**AGE** **18-25**  
**WEBSITE** <https://ceoworks.org/>  
**PHONE** **(212)-422-4430**

**DESCRIPTION** Over 2500 individuals enroll at CEO in New York City every year, with more than 200 people working paid transitional work sites each day. New York City’s transitional worksites partner include the City University of New York, New York City Department of Citywide Administrative Services, and the New York City Housing Authority, among others. CEO job developers have leveraged this experience into more than 10,000 full-time private sector jobs since 1996.

**ORGANIZATION** **JOB CORPS**  
**AGE** **16-24**  
**WEBSITE** <https://recruiting.jobcorps.gov>  
**PHONE** **(800)-733-5627**

**DESCRIPTION** Students can earn a high school diploma, a high school equivalency credential, or college credits through Job Corps. They offer career technical training in more than 100 career areas. Students receive housing, meals, basic health care, a living allowance, training, and preparation for a career, all at no cost. For up to 21 months after graduation, a career transition counselor will help your student make the transition from Job Corps into the real world.

PROGRAM **NEW YORK URBAN LEAGUE**  
AGE **18+**  
WEBSITE <https://www.nyul.org/what-we-do/employment-career-services/>  
PHONE **(718)- 944-3734**

DESCRIPTION NYUL's employment services are tailored to meet the individual needs of those they serve, through their Career Preparation Institute with an assigned career counselor. Services include orientation, an employability assessment, computerized career interest profile, career readiness workshops, career & talent matching, training programs referrals, access to job bulletins, internet and computer access for self-guided job search, and resume reconstruction.

PROGRAM **SUNY BRONX EDUCATIONAL OPPORTUNITY CENTER**  
AGE **Various**  
WEBSITE <http://www.bronxeoc.org/>  
PHONE **(718)-530-7000**

DESCRIPTION The SUNY Bronx Educational Opportunity Center provides career training, high school equivalency preparation (in NYS, TASC™ replaced GED®), college readiness classes, college and financial aid application assistance, free haircuts, job and internship placement assistance and Microsoft certifications to New Yorkers who qualify. All services are FREE. No student loans or any financial aid required.

PROGRAM **NPOWER**  
AGE **18-25**  
WEBSITE <http://www.npower.org/Our-Programs/Technology-Service-Corps.aspx>

DESCRIPTION In as little as 22 weeks, NPower students develop the tech skills they need to realize a career in technology. The specific coursework focuses on basic tech competencies needed for entry level IT employment. The FREE training program includes 15-weeks of in-class instruction, seven-week paid internship, mentoring from senior level IT professionals and much more.

## EMPLOYMENT

## OPPORTUNITIES

PROGRAM **SEASONAL POSITIONS AT THE GAP, OLD NAVY & BANANA REPUBLIC**  
AGE **16+**  
WEBSITE <https://jobs.gapinc.com/search-jobs/Seasonal>

DESCRIPTION The company Gap Inc. includes retailers such as The Gap, Old Navy and Banana Republic. These stores provide a variety of trendy fashion items for men, women and children. Apply to become a seasonal worker at the Gap, Old Navy or Banana Republic.

# SUMMER

# COURSES

PROGRAM

**SUMMER MATH START**

AGE

**Various**

WEBSITE

<http://www.bmcc.cuny.edu/calendar/events.jsp?id=31003#.WsPFOC7wa70>

PHONE

**(212)- 346-8398**

EMAIL

[summerstart@bmcc.cuny.edu](mailto:summerstart@bmcc.cuny.edu)

DESCRIPTION

Summer Math Start is a low-cost, eight-week program for students who are looking to reduce or eliminate remedial needs in mathematics. If based on the CUNY Placement Exam you were placed in MAT 08, MAT12, MAT14, or MAT51, this may be the program for you! In addition to math instruction, you will receive intensive academic advisement. At the end of the program, you will have two opportunities to take the CUNY Elementary Algebra Final Exam. If you are looking to reduce your remedial needs in math in an affordable way, apply for Summer Start now!

PROGRAM

**SUMMER PRE-COLLEGE PROGRAMS AT CORNELL UNIVERSITY**

AGE

**17+**

WEBSITE

<https://www.sce.cornell.edu/sc/programs/index.php#>

DESCRIPTION

Cornell University Summer College offers academically motivated high school students the chance to experience college life at a great Ivy League university, take regular college classes with Cornell faculty, earn college credit and a Cornell transcript, prep for college applications, and make friends from around the world, all in a beautiful setting.

PROGRAM

**SADIE NASH**

AGE

**Various**

WEBSITE

<http://www.sadienash.org/summer-institute>

DESCRIPTION

Sadie Nash believes all young women are leaders NOW! Summer Institute gives young women (who they call Nashers) the opportunity to explore their current and future leadership while building a strong sisterhood with other young women. For six weeks, Nashers participate in workshops, attend field trips, and meet accomplished women leaders in order to strengthen their connections to each other, to learn more about their leadership, and to equip them with tools to transform their communities, their lives and their world.



PROGRAM **QUEENS LIBRARY COMPASS EXPLORER**  
AGE **Various**  
WEBSITE <https://www.queenslibrary.org/event/compass-explorer-teen-radio-podcast-program>

DESCRIPTION The Teen Podcast Career Training program will help you get familiar with what it takes to hold a career in Broadcast Journalism, Audio Engineering, News Reporting, Radio Disc Jockeying and much more. Come be a part of the QL Teen Radio Podcast and learn how to produce your own podcast! Classes are held on Tuesdays and Wednesdays. No application or registration required.

PROGRAM **NEW YORK BOTANICAL GARDEN EXPLAINER PROGRAM**  
AGE **Various**  
WEBSITE <https://www.nybg.org/learn/kids-teens/explainers>

DESCRIPTION Learn how to volunteer as an Explainer. Explainers are high school students who have been accepted into a competitive internship program and work as volunteer educators in the Everett Children’s Adventure Garden. Selected teens participate in a 25-hour training program and commit to 100 hours of service, leading hands-on science activities for visiting families on weekends and school breaks.

PROGRAM **NY WRITERS COALITION**  
AGE **Various**  
WEBSITE <http://nywriterscoalition.org/public-workshops>

DESCRIPTION Put pen to paper and see what happens. Join NY Writers Coalition for a free, drop-in writing workshop available to the general public. These writing groups are open to writers of all genres – poetry, fiction, memoir, and anything else – and even to those who think they’re not writers! Writing supplies will be provided, so just bring yourself. Writers of all backgrounds, genres, and experiences levels are welcome. No advance sign-up is required unless otherwise stated.

PROGRAM **THE URBAN JOURNALISM WORKSHOP AT NEW YORK UNIVERSITY**  
AGE **16+**  
WEBSITE <https://journalism.nyu.edu/about-us/institute-projects/urban-journalism-workshop/>

DESCRIPTION The Urban Journalism Workshop at New York University is designed to develop the next generation of great journalists. A diverse group of 20 high school juniors and seniors attending schools throughout the five boroughs of New York City or in nearby suburbs of the Tri-State metropolitan region (New York, New Jersey and Connecticut only) will come together to spend ten days attending an intensive and rewarding journalism “boot-camp” held at the Arthur L. Carter Journalism Institute at New York University.

PROGRAM **RECYOUTH**  
AGE **13-17**  
WEBSITE <https://www.nycgovparks.org/programs/media/recyouth>  
PHONE **(212)- 360-2702**  
EMAIL [recyouth@parks.nyc.gov](mailto:recyouth@parks.nyc.gov)

DESCRIPTION The citywide teen digital media program teaches young adults media making skills. Topics include video production, audio production, graphic design, game design and photography. Create an empowering documentary short video, record a hit song or album, or learn how to code so you can make your own game!

## VOLUNTEER

## OPPORTUNITIES

PROGRAM **GIRLS SCOUTS OF GREATER NEW YORK**  
AGE **Various**  
WEBSITE <https://www.girlscoutsnyc.org/en/for-volunteers/why-volunteer/registration-instructions.html>  
PHONE **(212)-645-4000**

DESCRIPTION Girls Scouts of Greater New York is the preeminent leadership development organization for girls and with programs from coast to coast and across the globe. Girl Scouts offers every girl a chance to practice a lifetime of leadership, adventure, and success. They also offer scholarships for teens, STEM programs for girls, and volunteer opportunities.

PROGRAM **MOUNT SINAI VOLUNTEER OPPORTUNITIES**  
AGE **15-17**  
WEBSITE <http://www.mountsinai.org/locations/st-lukes/about/volunteer>  
PHONE **(212) 523-2188**  
EMAIL [slrhcvolunteersrvs@chpnet.org](mailto:slrhcvolunteersrvs@chpnet.org)

DESCRIPTION Summer Junior Medical Program, or JuMP, gives students, 15 – 17 the opportunity to learn from health care professionals, from both clinical and nonclinical areas, about the day-to-day responsibilities of a hospital. It is an eight-week program and volunteers must commit to 100 hours.

<u>PROGRAM</u>	<b>NEW YORK PRESBYTERIAN VOLUNTEER PROGRAM</b>
<u>AGE</u>	<b>16+</b>
<u>WEBSITE</u>	<a href="https://www.newyorkcares.org/volunteer">https://www.newyorkcares.org/volunteer</a>
<u>DESCRIPTION</u>	Are you interested in being a part of the future of healthcare? Are you compassionate and eager to make a difference in patients' lives? Join students interested in pursuing a career in healthcare for a summer of intensive, hands-on learning in a dynamic hospital setting.
<u>PROGRAM</u>	<b>BROOKLYN LIBRARY VOLUNTEER OPPORTUNITIES</b>
<u>AGE</u>	<b>12+</b>
<u>WEBSITE</u>	<a href="https://www.bklynlibrary.org/support/volunteer">https://www.bklynlibrary.org/support/volunteer</a>
<u>DESCRIPTION</u>	Want to enrich your own life and the lives of others? Spread the love of reading and learning, curiosity, and tolerance? Improve your local branch library? Join more than 2,000 volunteers who share their time, skills, and energy to strengthen the library community.
<u>PROGRAM</u>	<b>AMERICAN RED CROSS ORGANIZATION</b>
<u>AGE</u>	<b>Various</b>
<u>WEBSITE</u>	<a href="http://www.redcross.org/volunteer/become-a-volunteer#step1">http://www.redcross.org/volunteer/become-a-volunteer#step1</a>
<u>DESCRIPTION</u>	Every single day, the American Red Cross helps people in emergencies. Whether it's aiding one family displaced by a fire, assisting thousands affected by a hurricane or other natural disaster, or providing support to military members and their families, our vital work is made possible by our volunteers. Each one is an ordinary person like you, who helps us accomplish extraordinary things.
<u>PROGRAM</u>	<b>NEW YORK CARES</b>
<u>AGE</u>	<b>Various</b>
<u>WEBSITE</u>	<a href="https://www.newyorkcares.org/volunteer">https://www.newyorkcares.org/volunteer</a>
<u>PHONE</u>	<b>(212)-228-5000</b>
<u>DESCRIPTION</u>	New York Cares provides volunteer support to agencies, public schools and other deserving organizations throughout the five boroughs. Staff members work with each organization to identify their most pressing needs and create projects where volunteers can make a meaningful difference, and then they recruit and deploy teams of volunteers to help meet those needs.
<u>PROGRAM</u>	<b>PROSPECT PARK VOLUNTEER OPPORTUNITIES</b>
<u>AGE</u>	<b>Various</b>
<u>WEBSITE</u>	<a href="https://www.prospectpark.org/get-involved/volunteer/">https://www.prospectpark.org/get-involved/volunteer/</a>
<u>PHONE</u>	<b>718-287-3400</b>
<u>EMAIL</u>	<a href="mailto:volunteers@prospectpark.org">volunteers@prospectpark.org</a>
<u>DESCRIPTION</u>	Interested in dedicating your time to keep Prospect Park green, safe and beautiful? The Prospect Park Alliance offers a range of volunteer opportunities for individuals, groups and youth and families April through November.

PROGRAM **NYC SERVICE**  
AGE **Various**  
WEBSITE <https://www.nycservice.org/>

DESCRIPTION NYC Service promotes volunteerism, engages New Yorkers in service, builds volunteer capacity and mobilizes the power of volunteers and national service members to impact New York City's greatest needs.

PROGRAM **POTS**  
AGE **Various**  
WEBSITE <http://www.potsbronx.org/>

If you believe in POTS' vision, be part of the solution. Volunteers are a mosaic of backgrounds and talents. Close to 4,000 caring individuals contribute over 30,000 hours of kindness annually doing everything from serving meals in the Community Dining Room to providing one-on-one tutoring for children in the POTS Family Club. POTS welcomes individuals, corporate, school and community groups. Some volunteers sign up for just a day, others for standing commitments, still others to work on special projects – a wide array of opportunities are available.

## MENTORING

## PROGRAMS

PROGRAM **NEXT STEPS**  
AGE **16-24**  
WEBSITE [http://www.nyc.gov/html/prob/html/community/next\\_steps.shtml](http://www.nyc.gov/html/prob/html/community/next_steps.shtml)

DESCRIPTION Next STEPS is an initiative of the Mayor's Action Plan for Neighborhood Safety (MAP for Neighborhood Safety) that offers one-on-one and group mentoring within a cognitive behavioral therapy-based curriculum designed to help young adults make the attitudinal and behavioral changes necessary to avoid criminal activity and reengage with education, work and community. DOP contracts with nonprofit organizations in targeted neighborhoods to provide a transformative mentoring designed intervene at a critical point in the lives of young adults who are: actively engaged and/or involved in serious violent activity (including domestic violence) and/or gang-affiliated, who reside in or near targeted NYCHA housing developments throughout New York City.

PROGRAM **THE MENTORING PARTNERSHIP OF NEW YORK**  
WEBSITE <http://www.mentornewyork.org/>  
PHONE **800-83-YOUTH**  
EMAIL [info@mentoring.org](mailto:info@mentoring.org)

DESCRIPTION The Mentoring Partnership of New York identifies the best mentoring programs based on the

mentee's needs and interests.

PROGRAM **BIG BROTHERS BIG SISTERS OF NYC**  
AGE **7-16**  
WEBSITE <https://www.bigsnyc.org/enroll>  
PHONE **212-686-2042**  
EMAIL [info@bigsnyc.org](mailto:info@bigsnyc.org)

DESCRIPTION Each year, Big Brothers Big Sisters of NYC matches thousands of kids from all over New York City with an adult volunteer mentor who is ready, willing, and able to provide a child with the friendship, guidance, and advice s/he needs to achieve a brighter future.

## RECREATIONAL

## PROGRAMS

PROGRAM **Y-MVP**  
WEBSITE <http://www.ymcanyc.org/association/pages/y-mvp>  
EMAIL [ymvp@ymcanyc.org](mailto:ymvp@ymcanyc.org)

DESCRIPTION The Y-MVP Teen Fitness Challenge class is a FREE program designed to engage teens in greater amounts of moderate to vigorous physical activity. Over the course of eight-week sessions, fitness coaches lead weekly small group training classes at NYC YMCAs. Teens are guided through a progression of cardio, strength, cross training and flexibility missions and ultimately learn how to set and achieve personal goals. The program blends fun fitness activities with a dynamic mobile app that motivates, recognizes and rewards young people's MVP levels while helping them to create life-long healthy habits.

PROGRAM **DREAM**  
WEBSITE <https://www.wearedream.org/about-our-programs/>

DESCRIPTION DREAM's afterschool and summer programs provide youth with opportunities to Play, Learn, and Grow. Participants stay on track to achieve long-term academic success and develop the life skills to become competent, confident, and caring adults. Participants in the afterschool and summer program play on a baseball or softball team. All program elements are free.