



KIRKLAND TEEN

DROP IN

Anyone between the ages of 13 and 18 is welcome at KTUB during our open hours of operation. Play pool or video games, or check your email in the Technology Lab. We have many planned and spur-of-the-moment activities from cooking classes to occasional field trips. Drop-In Activities Include: Art Club, Music Exploration, Open Mic, Career Services, Leadership, Recreation, Video Technology, and more.

CLASSES

KTUB also offers a regular schedule of classes with special offerings throughout the year. Programs range from video gaming to painting to learning about live sound. While some of our classes have small joining fees, we always strive to make rates affordable and make scholarships available. Because many of our programs are based on youth voice and input, we are constantly adding new and exciting options. For most up to date information visit our website at www.ktub.org or email programs@ktub.org.

Silk Screening 101

Turn any computer generated or hand drawn image into a vibrant fashion statement. In a band? Come learn how to create your own merch to sell at shows. We'll walk you through prepping a screen, setting the image and making a design that will last longer than the Rolling Stones.

By Appointment

Florist 101

Ready to enter the workforce but the service industry isn't your thing? Want to create living art? Check out our NEW Florist 101 program! In this 6 week program you will learn the basics on how to care for your product, safety, and how to create beautiful arrangements!

Wednesdays • 2:00–3:30pm

Upower

Upower is coming to KTUB! Upower is a non-profit organization aimed at bringing fitness activities to high school teens at no cost to them. We offer an encouraging after school environment to teens in order to improve their physical fitness. Classes include warm-ups, stretching, and a workout of the day. Upower is a great way to get in shape, meet new friends, and have something fun to do after school, all for free!

Thursdays • 4:00–5:00pm

Culinary Arts

Learn fun and valuable culinary art skills. Take home attractive and delicious items using royal icing, chocolate candy melts, fondant and easy no bake recipes. All supplies are included.

Wednesdays • 4:00–5:30pm

Audio Internship

Learn the basics of sound engineering and mixing, using a mixing board, audio systems, microphones, and more. Get practical advice on running a successful sound check, managing set changeovers, and building a career in the field of audio engineering. A year-long class, followed by applying new skills in 2 concerts!

Thursdays beginning in August • 5:00-8:00pm • FREE

Sketch Party

Come show off your latest drawings, learn a new spin on your Manga or play pass and draw! Supplies provided!

Fridays • 5:00–6:00pm

**348 Kirkland Ave
Kirkland, WA 98033
P 425.822.3088 • ktub.org**

Through the Kirkland Teen Union Building, the Y strives to meet and exceed the social and cultural needs of young people while offering resources that empower them to become active, caring and responsible community members. As a recreation, resource and arts center, this unique facility gives teens a positive, supportive environment to develop their skills, connect with their peers and make a difference locally. The Y is dedicated to youth development, and alongside our partners and supports we're working to strengthen our community now and for the future.

Spring Hours

Tuesday & Thursday 3–8pm
Wednesday 1–8pm
Friday 3–8pm / 3–11pm for concerts
Saturday 4–8pm / 4–11pm for concerts

Summer Hours

Monday- Friday 10–2pm Camp Programs
..... and 3–7pm Drop In
Saturday Events and Concerts ONLY



**Register at
www.ktub.org**

UNION BUILDING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE PROGRAMS

Friday Feed

Friday Feed is a free meal program offered at KTUB every Friday night at 6:00pm and is open to all young people between the ages of 13–22, regardless of income. While the primary goal of this program is to meet a basic need by providing teens with a well-balanced meal, Teen Feed also strives to collaborate with local groups and organizations to build community, create a culture of social responsibility, and to promote healthy living principles.

Every Friday • 6:00pm • FREE

Teen Leadership Board

Meeting once every other week, with monthly service projects and special events, Teen Leadership Board is a chance for youth to actively shape the community at KTUB and in their community. Earn volunteer hours and make a difference where it counts. Being part of the TLB is a fun and gratifying way to while to learn and participate while gaining valuable experience necessary for any resume or college application.

Every other Friday • FREE • Max 20 participants

Youth and Government

Put your values into action. Meet new friends and mentors that will help you learn and grow while becoming familiar with the legislative process, the art of debate, and public speaking. Alongside your peers, the YMCA Youth and Government program will provide you with the opportunity to debate topics and bills that are important to you. Students learn about state government through an experiential process where young people become "Senators, Representatives, Lobbyists and Reports. In May, teens take over the Capitol building and debate their own bills! This is a fee-based program.

*October–May, Wednesdays *Meets at Bellevue Y*
6:00–7:30pm • FREE*

KTUB Tutoring

Need math help? KTUB has tutoring available for Middle and High School students!

*Tuesdays: 5:00–7:00pm • Call ahead or drop-in
Beginning in September*

Drop-In Career Services

During this time, participants can schedule a one on one appointment to meet with an advisor to work on resumes, cover letters, job searches and more.

By Appointment • FREE • Max 1 student per half hour



Music Internship Program

Do you love music? Want to learn more about the music industry, booking, audio production, and show management? This is your chance. Learn from working industry musicians, make new friends, and get into show for FREE!

*Tuesdays OR Thursdays • 5:00–8:00pm + event schedule
FREE • Max 15 participants*

Pokémon

Interested in learning how to play Pokemon? Join us every Friday from 6–8pm at KTUB, for our weekly games. Whether you are a seasoned vet or just beginning, all skill levels are welcome!

Fridays 6:00–8:00pm



Open Mic Program

Want a chance to perform in a safe, judgment free atmosphere? Join us the first Friday of every month. Come at 6pm for Friday Feed, then stay to perform in or watch open mic from 7–9pm. Performers of all talents may sign up day of to share their creativity for a supportive audience.

*1st Friday of every month • 7:00–9:00pm • FREE
Max 25 students*

One Song, One Chance 2015

One Song One chance is a large scale battle of the bands hosted by the YMCA KTUB. Open to any genre, musicians ages 13–19 compete in front of a 300+ person audience and a panel of industry professionals for a chance to win a six month "band developmental deal" (which includes a fully produced record, merch, band photos, connections with industry professionals and sold out CD release show) and a grand prize from our sponsors. Winners from the previous years have continued to sign record and publishing deals, land a spot in EMP's "Sound Off" competition and have had opportunities to open for national touring artists. Don't miss the chance to perform your best song and take your musical career to the next level. Sign up today!

To sign up, email onesongbooking@gmail.com

*October 2nd: Solo Acts
October 3rd: Bands
October 24th: Finals*