



# KIRKLAND TEEN

**348 Kirkland Ave  
Kirkland, WA 98033  
425.822.3088 • ymcaaktub.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. Join us alongside community partners and The City of Kirkland as we work towards strengthening the community together.

### Fall & Winter Hours

Mon, Tues, Thur . . . . . 2:00 - 7:00pm  
Wed, Fri . . . . . 1:00 - 7:00pm

### Café Stage:

It's Friday Night! Come check out what is happening on the KTUB Café Stage. Open to all ages 13 and up.

1st Friday: Karaoke . . . . . 6:00-8:00pm  
2nd Friday: Poetry Unjudged. . . . 6:30-8pm  
1st & 3rd Friday: Open Mic . . . 6:00-8:00pm

*For more specifics contact KTUB staff Malia, MVillani@seattlemca.org*

### Drop In

**Anyone age 13 to 19** is welcome at KTUB during our open hours of operation. Play pool, video games, or ping pong, or check your email in our career center. 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.

**REGISTER @  
YMAKTUB.ORG**



## KTUB PROGRAMS Ages 13-19

KTUB 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 [ymcaaktub.org](http://ymcaaktub.org) or email [info@ymcaaktub.org](mailto:info@ymcaaktub.org).

### Monthly Community Service

Come join KTUB on their monthly service projects, and gain some community service hours as well! Take part in fun projects such as, teaching kids technology, connecting with seniors, community cleanup, and many more. Each month there will be a different opportunity!

*Contact Carlos Guerrero, CGuerrero@Seattlemca.org, for specifics • Transportation is provided*

### KTUB Tutoring

**Wednesdays, 3:00-5:00pm**

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

*Call ahead or drop-in • FREE  
Call or stop by for more information*

### Fitness

**Tuesdays, 4:00-5:00pm**

Come have fun and increase your agility, speed and endurance! Train to sharpen your minds and body to become the best athlete you can be! Come ready to work and have fun doing it. Drop-ins welcomed. Calls appreciated.

### Friday Feed

**Every Friday, 6:00-7:00pm**

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. While the primary goal of this program is to meet a basic need by providing teens with a well-balanced meal, Friday Feed also strives to collaborate with local groups and organizations to build community, create a culture of social responsibility, and promote healthy living.

*FREE • Interested in sponsoring?  
Contact: Adjackson@seattlemca.org*

### Paint for a Cause

**1st Tuesday of the month, 5:00-7:00pm**

KTUB partners with GGB, Girls Giving Back, to create one of a kind art which is donated to recent GGB shelter renovations. This FREE workshop is the perfect way to get involved in community service or for a budding artist! Supplies provided, bring your creative juices! Calling ahead is appreciated, so we can reserve your canvas.

*For more info check out these websites:  
[ymcaaktub.org](http://ymcaaktub.org) and [Girlsgivingback.org](http://Girlsgivingback.org)*

# UNION BUILDING

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PROGRAMS Ages 13–19

### Film 101

**Mondays, 3:00–4:30pm**

Cover a large set of filmmaking skills, from story development to directing, cinematography, editing, lighting, and sound design and develop technical expertise that will lay the groundwork for creativity. Uses Adobe Creative Cloud software.

### Ping Pong Tournaments

**Mondays, 5:00pm**

Ping pong master? Don't miss out on our weekly tournaments. Weekly winner will receive a \$10 gift card.

*Details: Cody, [Cchrist@seattlemca.org](mailto:Cchrist@seattlemca.org)*

### Music Technology

**Wednesdays, 4:00–5:30pm  
and some Fridays when we have a show.**

Learn how to setup and produce/mix live shows, operate a live sound system, mix live bands, and more! This class is for beginners and those with experience alike. Get hands on experience running live sound alongside our technician while learning the ins and outs of the industry and processes.

*Earn volunteer hours and experience working facility rentals with our technician.*

*For more information contact KTUB Staff Cody, [CChrist@seattlemca.org](mailto:CChrist@seattlemca.org)*

### Esports Gaming Team

**Thursdays, 4:00–6:00pm**

Join the Esports gaming club and discover what it takes to become a competitive esports athlete. Focused around teamwork, sportsmanship, and respect for fellow gamers. Covers college recruiting, career options and allow eligible athletes to compete in YMCA KTUB and local gaming tournaments.

### KTUB Game Club

**Thursdays, 5:00–7:00pm**

A space where young gamers can come and enjoy competitive gaming, make new friends, share common interests and learn about the gaming industry as a whole. Covers the gaming job market, trends, new tech/software, virtual reality, app development, and includes field trips to explore local gaming companies.

*Details: Antione, [Adjackson@seattlemca.org](mailto:Adjackson@seattlemca.org)*



### Pokémon

**Fridays, 6:00–8:00pm**

Interested in learning how to play Pokémon? Join us every Friday for our weekly games. Whether you are a seasoned vet or just beginning, all skills levels are welcome!

*Call 425.822.3088 for more information*

### Fortnite Tournament

**2nd and 4th Fridays**

Itching for some good Duos competition and build Battles?! Bring your partner and we'll see you in Tilted Towers! \$15 gift cards for 1st place team 2nd place prizes for runners up.

### Mackie Stage Shows

**Every 4th Friday**

Youth artists & bands take the KTUB Mackie stage! Main stage shows are booked in advance. Please contact staff for show openings. Tickets for sale in advance or at the door. Ticketing prices vary.

*For booking information contact our staff:*

*Cody, [Cchrist@seattlemca.org](mailto:Cchrist@seattlemca.org)*

### College P.R.E.P (Planning, Readiness, Expectations, and Preparation)

Thinking about college? Let KTUB staff support you. KTUB staff will work with youth weekly to help guide them, and make sure that they are on track to meet necessary academic requirements. Youth will work with a staff member to identify different secondary options, and resources for funding, suited to their needs.

*Call 425.822.3088 for more information  
and to sign up*

## VOLUNTEER

You can positively impact lives right in your own community. Nearly 10,000 volunteers of all ages help the Y nurture youth, improve health and well-being and assist our neighbors in need. We value your time and enthusiasm and look forward to creating a fun, fulfilling volunteer experience for you.

### Y KTUB volunteers enjoy:

- A wide variety of programs to fit personal interests
- Options for one-time, seasonal and ongoing volunteerism
- Making new friends, networking and gaining experience

### How to begin

Contact [Adjackson@seattlemca.org](mailto:Adjackson@seattlemca.org), for more information and to be sent a volunteer application. Or visit KTUB to pick up a volunteer application.

## OUTREACH/COUNSELING

### Y(outh) E(astside) S(ervices)

KTUB partners with YES to provide an on-site counselor who provides free services to youth by scheduled appointment or drop-in. Young people can also connect with the YES team, who assist homeless young people with case management, finding shelter, transportation, access to health care or work towards family reconciliation when possible.

*Mon, Tues, Wed, Fri 2pm–7pm*

*[Tyrelle@youtheastideservices.org](mailto:Tyrelle@youtheastideservices.org)*

## FACILITY RENTALS

KTUB is the perfect venue for dances, birthday parties, graduations, and other group events. With stages, dance floor, café, and lounge, KTUB facility can accommodate any occasion. Our recently renovated board room is great for community meetings.

*More details: [Adjackson@seattlemca.org](mailto:Adjackson@seattlemca.org)*