



- ☆ Free Program ☆ Free Y Membership ☆
- ☆ Free Dinner ☆ Free Transportation ☆

Hillcrest Family Services is again offering **Y CLUB**; an after school program for youth ages 12-18, grades 6th to 12th. **The program is designed to help youth become better decision makers and raise their self esteem** through team building activities, small group activities, field trips, and other events. It is held at the Dubuque Community Y on Mondays and Wednesdays from 3 – 8. The program lasts the entire school year and consists of 40 girls and boys. The program will entail:

<p>Home work help </p> <p><i>Creative Self Expression</i> </p> <p><i>Healthy Lifestyle Education</i></p> <p>Substance Education </p>	<p>SERVICE LEARNING </p> <p>Nutrition & Exercise</p> <p><i>Career Development</i> </p>
--	--

If you are interested in registering, please contact Paula at (563) 583-6431 or return the bottom of this sheet to Robert Kimble at the Dubuque Community Y.

_____ Yes _____ Maybe, would like more information

Student Name _____ School _____ Grade _____

Guardian Name _____ Phone Number _____