

DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For program questions contact:

Samantha Hamilton,
Director of Youth Development
shamilton@nnyymca.org
315.782.3100



Watertown Family YMCA Youth
Empowerment Program (YEP)
Internships are funded by the
Jefferson County Youth Bureau.

What you will need if selected:

- School ID
- Social Security Card
- Working Papers
(Available from your High School
Guidance Office)



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WATERTOWNYMCA.ORG

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YMCA programs:

- Indoor Sports Leagues
- Tennis & Pickleball
- Group Exercise Classes
- Swim Lessons
- Art & STEAM Programs
- Health & Wellness Programs
- Community Kitchen Classes

THE
Where You Can
Really *Do It All*
PLACE



DOWNTOWN BRANCH

YOUTH EMPOWERMENT PROGRAM (Y.E.P.)

AGES: 14 – 21 Years

DATES: October 19 – November 28



Apply early – spaces are limited!

DEADLINE: SEPTEMBER 25



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YOUTH EMPOWERMENT PROGRAM (Y.E.P.)

LOCATION

Downtown Community Center

AGES

14 – 21 Years

DATES

October 19 – November 28

6-week program includes 6 hours of Paid Time per week

PLACEMENT OPTIONS

Depending on your interest, options exist in many different departments within the YMCA including gymnastics, sports, STEAM, Child Watch, and more.

REQUIREMENTS

- YEP Application
- YMCA Employment Application

Applications must be submitted by **SEPTEMBER 25TH**. Apply early!

If selected, you will need to provide:

- School ID
- Social Security Card
- Working Papers (available from High School Guidance Office)

The Watertown Family YMCA's **YOUTH EMPOWERMENT PROGRAM** provides internships funded by the Jefferson County Youth Bureau enabling the YMCA to reach and empower those youth who have historically been under-served in their communities.

This initiative offers the ability to collaborate with experienced Y staff as well as provide greater access to essential resources and life skills such as:

- Skill development
- Workforce training
- Job placement

Our mission is to open doors to new opportunities and set local youth on a path to success in their future careers.

If you're passionate about making a difference, join the YMCA team! Together, we can create brighter futures for our youth & shape the future of our community!

IMPORTANT DATES

Deadline for Applications
September 25th – Apply early!

Launch Meeting* at Downtown Y
October 13th 4:00 – 5:30 PM
This meeting will onboard interns into the payroll system, review job expectations and code of conduct, as well as emphasize the **Wings of Change Leadership and Team-Building Program**.

Mid-Point Meeting
(Location TBD)
November 4th 4:30 – 6:00 PM

Wrap-Up Meeting (Location TBD)
November 18th 4:30 – 6:00 PM

*Your internship schedule will be covered at the initial launch meeting.

Questions? Please contact
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WATERTOWN FAMILY YMCA YOUTH EMPOWERMENT PROGRAM (YEP) INTERNSHIPS*

OVERVIEW

Internships through the **WATERTOWN FAMILY YMCA YOUTH EMPOWERMENT PROGRAM** are designed to expand access to skill development, workforce training, and job placement opportunities — setting participants on a path to success in their future careers.

REQUIREMENTS AND GUIDELINES

- Participants in the program must be between the ages of 14–21 years.
- Applicants must complete selection process including application, interview, and screening to be considered for internship.
- If selected YEP Interns will need to provide School ID, Social Security Card, and Working Papers. (Available from your high school guidance office.)
- Interns are required to attend YEP Launch, Mid-Point, and Wrap-Up Meetings. Dates will be announced prior to each session.
- Interns are required to review and sign the Code of Conduct.
- Interns must sign in upon arrival and out at the end of each shift.
- Interns will have dedicated time to observe staff, develop leadership skills, and gain hands-on experience in areas such as facilitating group games, leading activities, providing clear instructions, and adhering to structured routines.
- Staff Leads will mentor, guide, and help support all Interns. Interns will be supervised by YMCA staff member who will support them through their assigned internship schedule. (YEP interns do not count towards program ratios.)

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WATERTOWN FAMILY YMCA YOUTH EMPOWERMENT PROGRAM* (YEP) INTERNSHIP APPLICATION

Please complete all questions. Application must be submitted **NO LATER THAN SEPT 25th**
Apply early - spaces are limited!

Submission options:

- Bring completed application to Downtown YMCA Welcome Center
- Email PDF to Samantha Hamilton at shamilton@nnyymca.org

Name _____
(Last) (First) (Middle)

Preferred Name _____ Gender Identity (Optional) _____

Home Phone _____ Cell Phone _____

Street Address _____

City _____ State _____ Zip _____

Email _____

Birthday _____ Age _____
(Month/Day/Year)

School _____ Grade _____

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Why would you like to be considered for the YEP Internship Program?

What are two things you would like to learn while job shadowing?

1.

2.

How would you benefit from being part of the YEP Internship Program?

If you could pick one superpower to have at work every day, what would it be and why?

Tell us about yourself: hobbies, sports, talents — anything you want us to know about you.



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