FREE Activities for Houston and Wasilla students!

Hello Wasilla and Houston students and families! Youth 360 is thrilled to launch our activity stipend program. We believe that involvement in school and community activities is essential for middle and high schoolers. We are excited to help middle and high school students build connections and have fun in our community.

Activities Include:
- Rock Climbing
- Hiking
- Lego Club
- Dance
- Football
- Vocational Training
- Yoga
- Fitness
- Martial Arts
- Soccer
- Youth Leadership
- Rugby
- Summer Camps

Youth 360 also runs free afterschool and summer programs at Houston Jr./Sr. and Wasilla Middle/High Schools. Visit www.youth-360.org or call 373-3613 to sign up!
How does this program work?

Youth 360 locates a variety of Mat-Su activities and makes them available to families in Wasilla and Houston. Families choose an activity from our catalog, and Youth 360 will cover the cost of ONE approved activity from this catalog for each student.

Why is this important?

Community connections matter for young people. Youth that are connected to their community, peers and families are more likely to succeed at school, work and life. Organized activities are a great way to build social and community connections.

Who is eligible?

Any student enrolled in Wasilla Middle School, Wasilla High School or Houston Jr./Sr. High is eligible. Incoming 6th graders are eligible the summer before their 6th grade year.

How do I sign up?

ONLINE: Visit www.youth-360.org and click “Enroll for Stipends”. Complete required information. Youth 360 will contact you via your preferred method to confirm.

PHONE: Call 373-3613 to sign up over the phone.

IN-PERSON: Visit our youth clubs on the campuses of Wasilla High School or Houston Jr./Sr. High. Our friendly team can help you sign up.

What else do I need to do?

ACT FAST! Some activities are starting soon. Families are responsible for signing up for activities through Youth 360, completing any additional requirements needed from the provider, and ensuring your student attends scheduled activities. Parents and students are also asked to complete a brief post-activity survey to provide feedback to Youth 360.

List of Activity Providers

Look through the catalog for details about each activity!

- Onward and Upward
- Wasilla Youth Soccer
- Mat-Su Legos
- Alaska Center for the Martial Arts
- Yoga Om Alaska/GLOW Girls
- Denali Education Center
- Fearless Fitness
- Denali Rock Climbing & Fitness
- All About Dance
- Kangoo Club Big Lake
- Camp Kellogg
- Mat-Su Seahawks Football Camp
- Alaska Youth Rugby Club
- Northern Industrial Training

MORE FREE TEEN ACTIVITIES IN THE MAT-SU!

Our partners at Thrive Mat-Su offer a variety of teen activities and opportunities. Students and parents can sign up for text alerts and never miss an activity!

Text "THRIVE" to 907-745-5826 and fill out the interest survey. Text "YOUTH 360" to the same number to receive updates on Youth 360 activities.
SUMMER ROCK CLIMBING:
Packed full of adventure, this 4 day rock climbing course starts from the ground up. From belaying to mindfulness techniques we’ll teach you all the basics necessary for you to develop solid climbing abilities. Along with rock climbing we’ll also be camping out each night; enjoying backcountry meals & fireside S’mores. Get ready to Ascend!

Program 1: Monday June 28 - Thursday July 1, 2021
Program 2: Wednesday July 7 - Saturday July 10, 2021

Onward & Upward is a local non-profit specializing in adventure based education. They’re accredited by the Association of Experiential Education and meet the highest standards for risk management and student care. Learn more at www.onwardandupward.org.

Youth 360’s stipend will cover the Ropes Course Challenge OR the summer Rock Climbing Course.

Wasilla Youth Soccer Association

WYSA offers summer recreational leagues for kids ages 16 and under. Each team has a weekly practice and game. Whether you are looking to participate casually or competitively, WYSA is a great place to learn new skills and meet new friends.

2021 Season Dates:
May 24 - July 23
ACT FAST!
Registration closes soon.

Phone: 376-1013
wasillayouthsoccer.sportngin.com
E-Mail: wysaoffice@gmail.com
Locations TBD: Wasilla area

Youth 360’s stipend will cover participation in WYSA’s summer rec league.

Mat-Su Legos

Lego classes consist of at least 2-4 students. Students learn to work together to solve problems in a scientific manner, and work as a team to use learned skills to work the Lego league obstacle courses. Over 7-8 weeks, their skills abound, as do their relationships. Robotics classes, Lego League and recreational Lego building are available!
Available for students in grades 6-8.

244 W Sylvan Rd #15, Wasilla AK 99623 (Meadow Lakes Mall).
Phone – 715-9174
Facebook.com/matsulegos

Youth 360’s stipend will cover 4 months of weekly Lego classes.
Alaska Center for the Martial Arts is a multi-style martial arts school with emphasis on traditional values of hard work, respect, and honor. Our structured classes are meant to help develop coordination, physical fitness, mental strength, as well as gain valuable social skills.

Our classes include lessons in character education with a strong emphasis on respect and discipline. Training and working hard together in a positive environment builds strong bonds between students and has helped show improvement in anger management, relationships at home, and academic performance.

**COURSE OPTIONS:**

**TANG SOO DO:** Traditional karate with an emphasis on character development. Includes training in traditional forms and self-defense.

**MUAY THAI:** Traditional Thai boxing, incorporating the use of hands, feet, elbows, and knees.

Classes are scheduled Monday through Friday, ranging from 2:30-7:30.

ACMA classes are located at 845 N. Randalls Way, Wasilla AK 99654

Youth 360's stipend will cover 2 months of Tang Soo Do or Muay Thai courses at ACMA.

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GIRLS LEADING OUR WORLD (G.L.O.W.)

TEEN/PRE-TEEN EMPOWERMENT PROGRAM

GLOW provides weekly opportunities to meet with other girls, ages 9-14. Together, in this safe environment, the girls discuss their dreams, challenges, goals and obstacles and soothe their minds and souls.

Each 60-75 minute class includes:

1. GLOW Circle time to provide a safe place for girls to share their opinions and feelings.
2. Exposure to fun, creative fitness activities to promote the benefits of daily physical exercise. This varies every week, from walking outdoors, aerial yoga, yoga & meditation, barre, relaxation strategies, breathing, kickboxing, or maybe even short self defense demo!
3. Coaching to set and work toward their personal goals.

Classes occur on Saturdays at Yoga Om, 960 S. Check St., Wasilla.

Website: yogaomalaska.com; Phone: 841-5395

Youth 360's stipend will cover 3 months of GLOW programming.

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Denali Education Center empowers and inspires young people to find mental, physical & community strength through wilderness experiences.

**COURSE OPTIONS:**

**TALKEETNA DISCOVERY CAMP:** Talkeetna Discovery Camp provides youth with experiential learning adventures through hiking, exploring, and discovering the diverse habitats of the Northern Susitna Valley. This week-long day camp is open to students entering 1st-8th grade.

2021 Dates: July 19-23 (6th grade), July 26-30 (7th/8th grade)

**DENALI BACKCOUNTRY ADVENTURES:** A 4-day backcountry camping experience for high school students interested in exploring Denali’s wilderness. DBA is open to students entering high school (9th-12th grades) in the fall. No prior experience is necessary - if you are adventurous, have a positive attitude, and are interested in improving your wilderness and leadership skills, this expedition will be the highlight of your summer.

2021 Dates: July 4th-9th

Phone: 683-2597

Website: www.denali.org, E-Mail: youth@denali.org
Fearless Fitness Youth Training Programs
June 7th - August 6th

FIT RATER FASTER: Tuesdays and Thursdays 10:00AM - 11:00AM
FFF is the perfect program for the athlete who wants to improve their athletic ability and increase their speed and stamina! This program is great for cross country and track athletes, or even just your runner enthusiasts!

FOUNDATIONS OF STRENGTH: Mondays and Wednesdays 10:30AM - 11:30 AM
Many high school athletes don't receive proper coaching and education for strength training and weight lifting. This leads to muscle imbalances or serious injuries. By teaching body control, proper lifting form and recovery techniques we can become stronger, healthier athletes! (HIGH SCHOOL STUDENTS ONLY)

THE COMPLETE ATHLETE: Tuesday and Thursday Mornings (Time Pending)
The complete athlete program is focused on helping young athletes of any skill level learn the most important foundations of health and fitness! Participants will be introduced to basic strength training, essential eating habits, recovery techniques, and building mental strength all while having fun!

Location: Grizzly Family Fitness
1507 N. Double B St., Palmer
Phone: 252-8676

Youth 360's stipend will cover one summer fitness course.

At Denali Rock Climbing & Fitness, our goal is to enrich the minds, bodies and spirits of all those with whom we come in contact. It is our mission to serve our members with the highest standards of ethics and stewardship. We take pride in every member of our team for striving to achieve excellence.

COURSE OPTIONS:
ROCK CLIMBING: Rock Climbing is a great way to get in shape or stay in shape. It’s fun and different compared to a lot of more conventional methods of fitness, but we’re sure that it is one you will love!
Rock Climbing courses are offered 5 days per week.

YOUTH CROSSFIT: We have several programs specifically dedicated to offering great opportunities to youth. Crossfit is a great way to make sure that our young people try new things and above all remain active! Our coaches promote an environment of respect and a strong work ethic.
Teen Crossfit courses are available M/T/Th. Ages 12-18.

Location: 1080 N Wasilla Fishhook Rd., Wasilla
Phone: 373-3488
Web: denaligymnastics.com

Youth 360's stipend will cover 3 months of weekly climbing or Crossfit classes.

We teach dance, including clogging teams that travel out of state, and recreational/intro classes in jazz, hip-hop, and clogging.

We perform and learn as a team, to develop and lasting relationships in the studio and share our skills with the community. Our kids love their community and enjoy learning!

244 W Sylvan Rd #15, Wasilla AK 99623
(Meadow Lakes Mall)
Phone: 715-9174
Facebook.com/allaboutdanceak

Youth 360's stipend will cover 4 months of weekly dance classes.
Flag Football and Cheer Camps

Mat-Su Seahawks will host 3 flag football/cheer camps during summer 2021 in Houston, Wasilla and Palmer. No experience necessary! Equipment provided. For students entering 7th-9th grade.

The sessions will include fitness & wellness activities, safety & technique training, scrimmages, and games.

Dates:
- Wasilla Camp: June 7th-11th
- Palmer Camp: June 14th-18th
- Houston Camp: June 21st-25th

Contact:
- www.matsuseahawks.net
- 907-694-7850
- webmatsuseahawks@gmail.com
Youth Rugby in Mat-Su

Co-ed youth rugby is coming to the Valley! Ages 12 and under can try it out in a social, semi-competitive learning format. Non-contact rules will be used. Each participant will get a rugby ball to take home!

Summer season runs from May 1st-June 30th.
Activities will be held at the Menard Center, 1001 S. Clapp St., Wasilla.
KICKOFF EVENT on May 1st, from 10-noon at the Menard Center.

Contact:
www.rugbyalaska.org
907-519-5535
akuouthrugby@gmail.com

NIT offers a variety of courses to prepare youth for success in the workforce.

INTRO TO AUTOMOTIVE MECHANICS
Engine, Drive Train, Fuel System, Cooling System, Running Gear, Brakes, and Electrical. Practical Application
25 Contact Hours / 50 Hours of Independent Study
Includes Practical Lab Application

PERSONAL FINANCE
Are you ready to take control of your financial future? This course is geared to build smart money habits and learning how to avoid common financial mistakes.
25 Contact Hours / 50 Hours of Independent Study

INTRO TO BASIC WELDING
Basic welding principles, tools, gases, filler metals. Theory-based with simulator and lab sessions available weekly.
25 Contact Hours / 50 Independent Study
Live Online Instruction
Self-paced Independent Study
Practical Demonstration (Lab)

NIT's core philosophy and vision is based on our 5 Anchors of success. These Anchors are stressed in everything we do:
Integrity
Consistency
Will to Succeed
Respect
Professionalism

homeschool@nitalaska.com
nitalaska.com
907-357-6400

Youth 360's stipend will cover enrollment in one NIT course during spring/summer 2021.

Do you know of other activities for middle and high school students in the Mat-Su? Please let us know! We’d love to add more options to our future catalogs. Activity providers can call us at 373-3613 or visit youth-360.org for more information.