



# FIRTH YOUTH CENTER

SUMMER 2023

*Mondays*

8:00AM-4:30PM  
9:00AM-12:00PM  
11:30AM-12:30PM  
5:00-6:30PM

Summer Camp  
Playground Program (3 P'burg Parks + Alpha)  
Summer Lunch Program  
Wrestling Club (Varsity)

*Tuesdays*

8:00AM-4:30PM  
9:00AM-12:00PM  
11:30AM-12:30PM  
5:00-6:30PM  
5:30-6:30PM  
6:30-8:00PM

Summer Camp  
Playground Program (3 P'burg Parks + Alpha)  
Summer Lunch Program  
Grades 6th-8th Summer Drop-In  
Dine & Dash Dinner Program  
Grades 3rd-5th Summer Drop-In

*Wednesdays*

8:00AM-4:30PM  
9:00AM-12:00PM  
11:30AM-12:30PM  
5:30-6:30PM  
6:30-8:00PM  
5:00-6:30PM  
6:30-8:00PM

Summer Camp  
Playground Program (3 P'burg Parks + Alpha)  
Summer Lunch Program  
Wrestling Club (Novice)  
Wrestling Club (Varsity)  
Grades 6th-8th Becoming #GOALS Drop-In  
Grades 9th-12th Becoming #GOALS Drop-In

*Thursdays*

8:00AM-4:30PM  
9:00AM-12:00PM  
11:30AM-12:30PM  
4:30-6:00PM  
5:00-6:30PM  
5:30-6:30PM  
6:30-8:00PM

Summer Camp  
Playground Program (3 P'burg Parks + Alpha)  
Summer Lunch Program  
Jiu Jitsu Classes  
Grades 6th-8th Summer Drop-In  
Dine & Dash Dinner Program  
Grades 9th-12th Summer Drop-In

*Fridays*

8:00AM-4:30PM  
11:30AM-12:30PM

Summer Camp  
Summer Lunch Program

VISIT [WWW.FIRTHYOUTHCENTER.COM](http://WWW.FIRTHYOUTHCENTER.COM) FOR SPECIFIC SCHEDULED ACTIVITIES & DETAILS.

DROP-IN, DINE & DASH, & LUNCH PROGRAMS RUN JUNE 20-AUGUST 25.

PLAYGROUND PROGRAMS RUN JUNE 26-JULY 27. SEE WEBSITE FOR LOCATIONS & ACTIVITIES.

SCHEDULES SUBJECT TO CHANGE. FOR MEMBERSHIP & POLICY INFO, VISIT THE WEBSITE OR CALL THE OFFICE.



FirthYouthCenter.com



908.454.7281



info@firthyouthcenter.com





*El Firth Youth Center se complace en presentar...*

# CAMPAMENTO DE VERANO 2023



**Junio 12 - Agosto 23 8AM-4:30PM**  
**por edades 6-12**

**ACTIVIDADES, JUEGOS, COMPETICIONES, EDUCACIÓN DEL CARÁCTER, CIENCIA, TECNOLOGÍA, INGENIERÍA, CLASES DE ARTE, EXCURSIONES Y MUCHO MÁS!**

LA INSCRIPCIÓN ES LIMITADA, EL PRIMERO EN LLEGAR ES EL PRIMERO EN SER ATENDIDO. ¡LOS PAQUETES DE INSCRIPCIÓN ESTARÁN DISPONIBLES EN [WWW.FIRTHYOUTHCENTER.COM](http://WWW.FIRTHYOUTHCENTER.COM) Y EN EL SITIO ANTES DEL VIERNES 31 DE MARZO!  
¡NO SE PIERDA LAS ACTUALIZACIONES DEL PROGRAMA Y ASEGÚRESE DE SUSCRIBIRSE A NUESTRO BOLETÍN ELECTRÓNICO!



[www.FirthYouthCenter.com](http://www.FirthYouthCenter.com)



908.454.7281



[info@firthyouthcenter.com](mailto:info@firthyouthcenter.com)



\*Se da preferencia de inscripción a los niños de Phillipsburg.

¿Nuevo en la zona? ¡Llama para programar un recorrido privado!



*The Firth Youth Center is pleased to present...*

# SUMMER CAMP 2023



**JUNE 12 - AUG 23 8AM-4:30PM  
FOR AGES 6-12**

**ACTIVITIES, GAMES, COMPETITIONS, CHARACTER  
EDUCATION, SCIENCE, TECHNOLOGY, ENGINEERING,  
ART CLASSES, FIELD TRIPS & SO MUCH MORE!**

ENROLLMENT IS LIMITED, FIRST COME-FIRST SERVE. ENROLLMENT PACKETS WILL BE AVAILABLE  
ON [WWW.FIRTHYOUTHCENTER.COM](http://WWW.FIRTHYOUTHCENTER.COM) AND ON-SITE BY FRIDAY, MARCH 31ST!  
DON'T MISS OUT ON PROGRAM UPDATES AND BE SURE TO SIGN-UP FOR OUR E-NEWSLETTER!



[www.FirthYouthCenter.com](http://www.FirthYouthCenter.com)



908.454.7281



[info@firthyouthcenter.com](mailto:info@firthyouthcenter.com)



\*Enrollment preference given to Phillipsburg children.

New to the area? Call to set-up a private tour!



THE TOWN OF PHILLIPSBURG AND THE FYC ARE PARTNERING TO PRESENT...

# SUMMER PLAYGROUND PROGRAM

**JUNE 26 - JULY 27**

**MONDAYS, TUESDAYS, WEDNESDAYS, THURSDAYS 9am-12pm**

**WALTERS PARK,  
DELAWARE HEIGHTS, AND  
FIRTH PLAYGROUNDS**

**GAMES • CRAFTS • COMPETITIONS  
CHARACTER EDUCATION • STEM LESSONS  
SPECIAL VISITORS • LOTS OF FUN**

This FREE Playground Program is open to all Alpha kids ages 6-12 years old.  
FYC Parental Consent/Emergency Contact Form must be completed. No Fee!  
Two FYC Mentors will organize and lead daily activities for kids!

Visit [www.firthyouthcenter.com/programs](http://www.firthyouthcenter.com/programs)  
for announcements, activity schedules, and more info.



[firthyouthcenter.com](http://firthyouthcenter.com)



908-454-7281



[info@firthyouthcenter.com](mailto:info@firthyouthcenter.com)





LA CIUDAD DE PHILLIPSBURG Y EL FYC SE ASOCIARON PARA PRESENTAR...

# PROGRAMA DE JUEGOS DE VERANO

**26 DE JUNIO - 27 DE JULIO**

**LUNES, MARTES, MIÉRCOLES, JUEVES 9am-12pm**

**PARQUE DE WALTERS,  
FIRTH Y DELWARE HEIGHTS**

JUEGOS • ARTESANÍA • COMPETICIONES  
EDUCACIÓN DEL CARÁCTER • LECCIONES DE STEM  
VISITANTES ESPECIALES • MUCHA DIVERSIÓN

Este programa de juegos GRATUITO está abierto a todos los niños de Alpha de 6 a 12 años de edad. Se debe completar el formulario de contacto de emergencia/consentimiento de los padres de FYC. ¡Sin cargo! ¡Dos mentores de FYC organizarán y dirigirán las actividades diarias para los niños!

Visita [www.firthyouthcenter.com/programs](http://www.firthyouthcenter.com/programs)  
para anuncios, horarios de actividades y más información.

JOSEPH H.  
**FIRTH  
YOUTH  
CENTER**  
Proudly serving the children of  
Phillipsburg since 1954.



[firthyouthcenter.com](http://firthyouthcenter.com)



908-454-7281



[info@firthyouthcenter.com](mailto:info@firthyouthcenter.com)





THE BOROUGH OF ALPHA AND THE FYC ARE PARTNERING TO PRESENT...

# SUMMER PLAYGROUND PROGRAM

**JUNE 26 - JULY 27**

**MONDAYS, TUESDAYS, WEDNESDAYS, THURSDAYS 9am-12pm**



## ALPHA PARK AND PAVILION

GAMES • CRAFTS • COMPETITIONS  
CHARACTER EDUCATION • STEM LESSONS  
SPECIAL VISITORS • LOTS OF FUN

This FREE Playground Program is open to all Alpha kids ages 6-12 years old.  
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Visit [www.firthyouthcenter.com/programs](http://www.firthyouthcenter.com/programs)  
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LA CIUDAD DE ALPHA Y EL FYC SE ASOCIARON PARA PRESENTAR...

# PROGRAMA DE JUEGOS DE VERANO

**26 DE JUNIO - 27 DE JULIO**

**LUNES, MARTES, MIÉRCOLES, JUEVES 9am-12pm**

## PARQUE DE ALPHA Y PABELLÓN

JUEGOS • ARTESANÍA • COMPETICIONES  
EDUCACIÓN DEL CARÁCTER • LECCIONES DE STEM  
VISITANTES ESPECIALES • MUCHA DIVERSIÓN

Este programa de juegos GRATUITO está abierto a todos los niños de Alpha de 6 a 12 años de edad. Se debe completar el formulario de contacto de emergencia/consentimiento de los padres de FYC. ¡Sin cargo! Dos mentores de FYC organizarán y dirigirán las actividades diarias para los niños!

JOSEPH H.

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# PLAYGROUND Program ACTIVITY CALENDAR

## Weeks #1 & 2

Monday	Tuesday	Wednesday	Thursday
<b>S.T.E.A.M. Week! 6/26</b> Ice Breakers, Minute to Win It Games, Penny Boat Challenge  <b>Mystery Reader @ F&amp;W</b> <b>Drone Demo @ F</b>	<b>6/27</b> Pinch Pots Day #1, Cloud Dough, Topping Towers, M-Y-O Chalk Obstacle Course  <b>Face Painting @ F&amp;W</b> <b>Mystery Reader @ DH&amp;A</b> <b>Drone Demo @ W</b>	<b>6/28</b> <b>Worldly Wednesday</b> <b>Visitor Presentation</b>  Pinch Pots Day #2, Water Drop Races, Marble Art, Nature Walk  <b>Drone Demo @ DH</b>	<b>6/29</b> <b>New Friends Icy Social</b> Marshmallow Launcher, Bouncing Bubbles, STEAM Builder Bins or LEGOs  <b>Face Painting @ DH&amp;A</b> <b>Drone Demo @ A</b>
<b>HERO Week! 7/3</b> Local Fire Dept. Visit with Truck Tours  Themed Fire Truck Crafts, Games, and Water Games	<b>7/4</b> <b>Happy 4th of July!</b> <b>Playground Program is OPEN</b>  Superhero Scavenger Hunt, Chalk Towns, Superhero Activities, Straw Rockets, and Firecracker Ice Pops	<b>7/5</b> <b>Phillipsburg Police</b> <b>Officers Visit @ F&amp;W</b>  Timed Playground Obstacle Course Design, Make your own Superhero bookmark	<b>7/6</b> <b>Phillipsburg Police</b> <b>Officers Visit @ DH&amp;A</b>  Jump Rope Games, Red Light-Green Light Challenge, Gratitude Lesson with Posters  <b>Kona Ice Truck Visits</b>

THIS FREE PROGRAM IS OPEN TO ALL PHILLIPSBURG & ALPHA KIDS AGES 6-12. TWO FYC MENTORS WILL LEAD DAILY ACTIVITIES 9AM-12PM! PARENTAL CONSENT/ EMERGENCY CONTACT FORM MUST BE COMPLETE. NO FEE! FORMS AVAILABLE ON WEBSITE OR AT PLAYGROUNDS. MORE ACTIVITIES WILL BE AVAILABLE EACH DAY!



### LOCATIONS:

**W:** Walters Park & Pavilion  
**F:** Firth Playground (Marshall St.)  
**DH:** Delaware Heights Playground  
**A:** Alpha Park & Pavilion



Schedule subject to change. Check social media for cancellations due to inclement weather.



[www.FirthYouthCenter.com/programs](http://www.FirthYouthCenter.com/programs)



[playground@firthyouthcenter.com](mailto:playground@firthyouthcenter.com)



908.454.7281



# SUMMER WEDNESDAYS

AT THE FIRTH YOUTH CENTER  
JUNE 21 - AUGUST 16

5-6:30pm Drop-in Grades 6th-8th

6:30-8pm Drop-in Grades 9th-12th

Drop-In EVERY Wednesday throughout the summer plus we'll be featuring additional opportunities to build grit, optimism, ambition, leadership, and self-sufficiency skills:

6/28	5:45-6:30	Homemade Fitness with Coach Aaron Borroughs (6th-8th)
6/28	6:45-7:30	Homemade Fitness with Coach Aaron Borroughs (9th-12th)
7/12	6-7pm	Art Expression for Middle School
7/12	5-6pm	Healthy Relationships Presented by DASACC (6th-8th)
7/19	6-7pm	Art Expression for Middle School
7/19	5-6pm	Healthy Relationships Presented by DASACC (9th-12th)
7/24*	6-7pm	Car Care 101 with Mr. Longacre (6th-12th)
7/26	6-7pm	Shanthi Project Mindfulness Workshops (Girls 6th-9th)
8/02	6-7pm	Art Expression for Middle School
8/09	6-7pm	Art Expression for Middle School
8/14*	6-7pm	Car Care 101 with Mr. Longacre (6th-12th)
8/16	6-7pm	Shanthi Project Mindfulness Workshops (Girls 6th-9th)

BECOMING  
#GOALS

GRITTY, OPTIMISTIC, AMBITIOUS, LEADERS, WHO ARE SELF-SUFFICIENT

\*Car Care 101 is held on Monday evenings. Doors open at 5:45pm.  
Youth must have 2023 Parental Consent/ Emergency Contact Member  
Form completed. Copies are available on website or at FYC.  
Programs made possible thanks to NJ DCF, Northern ACES Region.



908-454-7281



JENN@FIRTHYOUTHCENTER.COM





**THE FIRTH YOUTH CENTER IS PLEASED TO ANNOUNCE...**

# **SUMMER DROP-IN EXPANSION**

**OPEN GYM • GAMES • HEALTHY DINNERS  
SPECIAL GUESTS • PREVENTION PROGRAMS**

**JUNE 20 - AUGUST 22**

**GRADES  
3RD-5TH**

**TUESDAYS  
6:30-8PM**

**GRADES  
6TH-8TH**

**TUES & THURS  
5-6:30PM**

**GRADES  
9TH-12TH**

**THURSDAYS  
6:30-8PM**

Summer Drop-In Expansion is free of charge! Funding is provided through the New Jersey Governor's Juvenile Justice and Delinquency Prevention (JJDP) Committee and administered through the Juvenile Justice Commission. FYC Waiver/Emergency Contact required. FYC is closed on 7/4/23.

Questions?  908.454.7281

 [programs@firthyouthcenter.com](mailto:programs@firthyouthcenter.com)

 [FirthYouthCenter.com](http://FirthYouthCenter.com)



**LEAD**  
PHILLIPSBURG  
Drug-Free Community Coalition





**THE FIRTH YOUTH CENTER IS PLEASED TO ANNOUNCE...**

# **SUMMER DROP-IN EXPANSION ENRICHMENT ACTIVITY SCHEDULE**

<b>DATE/TIME</b>	<b>GRADES</b>	<b>ACTIVITY</b>
June 20th 6:15-6:45PM	3rd-8th	Kona Ice Truck
June 20th 6:30-7:30PM	3rd-5th	WCCC Robotics & Drone Demonstrations
June 27th 6:30-7:30PM	3rd-5th	Silent Fun Music Dance Party
June 27th 5:30-7:30PM	3rd-8th	Zufall Health "Cooking Matters" Classes
June 29th 5:30-7:30PM	6th-12th	WCCC Robotics & Drone Demonstrations
July 11th 5:30-7:30PM	3rd-8th	Zufall Health "Cooking Matters" Classes
July 11th 5:30-7:30PM	3rd-8th	Henna Tattoo Artist
July 13th 5:45-7:30PM	6th-12th	Boot Camp Sessions - Homemade Fitness
July 18th 5:30-7:30PM	3rd-8th	Zufall Health "Cooking Matters" Classes
July 20th 6:30-8PM	9th-12th	3 v 3 Basketball Tournament with Trophies
July 25th 5:30-7:30PM	3rd-8th	Zufall Health "Cooking Matters" Classes
July 27th 5:45-7:30PM	6th-12th	Boot Camp Sessions - Homemade Fitness
Aug. 1st 6:30-7:30PM	3rd-5th	Eyes of the Wild - Wildlife Assembly
Aug. 8th 5:30-7:30PM	3rd-8th	Zufall Health "Cooking Matters" Classes
Aug. 8th 6:30-8PM	3rd-5th	Professional Face Painter
Aug. 10th 6-7:15PM	3rd-8th	Nutrition Sessions with Take Home Kits
Aug. 15th 5:30-7:30PM	3rd-5th	Zufall Health "Cooking Matters" Classes
Aug. 15th 5-8PM	3rd-8th	Dunk Tank
Aug. 17th 5-8PM	6th-12th	Dunk Tank & Kona Ice Truck

Summer Drop-In Expansion is free of charge! Funding is provided through the New Jersey Governor's Juvenile Justice and Delinquency Prevention (JJDP) Committee and administered through the Juvenile Justice Commission. FYC Waiver/Emergency Contact required.

**LEAD**  
**PHILLIPSBURG**  
Drug-Free Community Coalition



Questions?



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programs@firthyouthcenter.com



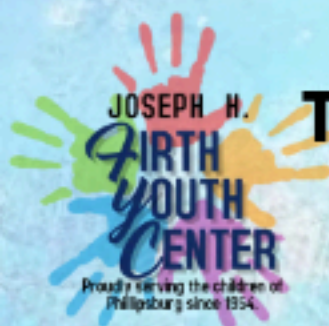
FirthYouthCenter.com





# DINE & DASH SUMMER SCHEDULE

<b>TUES, JUNE 20</b>	<b>ROTISSERIE CHICKEN, BAKED ZITI, ROASTED VEGETABLES</b>
<b>THURS, JUNE 22</b>	<b>ROTISSERIE CHICKEN, AU GRATIN POTATOES, BROCCOLI</b>
<b>TUES, JUNE 27</b>	<b>HERBED TURKEY BREAST, WILD RICE, GARLIC GREEN BEANS</b>
<b>THURS, JUNE 29</b>	<b>TURKEY &amp; SWISS ROLL-UPS, BROCCOLI &amp; CAULIFLOWER</b>
<b>THURS, JULY 6</b>	<b>CHICKEN NUGGETS, WILD RICE, ROASTED VEGETABLES</b>
<b>TUES, JULY 11</b>	<b>CHEESE LASAGNA AND GARLIC GREEN BEANS</b>
<b>THURS, JULY 13</b>	<b>ROTISSERIE CHICKEN, BAKED ZITI, ROASTED VEGETABLES</b>
<b>TUES, JULY 18</b>	<b>ROTISSERIE CHICKEN, AU GRATIN POTATOES, BROCCOLI</b>
<b>THURS, JULY 20</b>	<b>HERBED TURKEY BREAST, WILD RICE, GARLIC GREEN BEANS</b>
<b>TUES, JULY 25</b>	<b>TURKEY &amp; SWISS ROLL-UPS, BROCCOLI &amp; CAULIFLOWER</b>
<b>THURS, JULY 27</b>	<b>CHICKEN NUGGETS, WILD RICE, ROASTED VEGETABLES</b>
<b>TUES, AUG 1</b>	<b>CHEESE LASAGNA AND GARLIC GREEN BEANS</b>
<b>THURS, AUG 3</b>	<b>ROTISSERIE CHICKEN, BAKED ZITI, ROASTED VEGETABLES</b>
<b>TUES, AUG 8</b>	<b>ROTISSERIE CHICKEN, AU GRATIN POTATOES, BROCCOLI</b>
<b>THURS, AUG 10</b>	<b>HERBED TURKEY BREAST, WILD RICE, GARLIC GREEN BEANS</b>
<b>TUES, AUG 15</b>	<b>TURKEY &amp; SWISS ROLL-UPS, BROCCOLI &amp; CAULIFLOWER</b>
<b>THURS, AUG 17</b>	<b>CHICKEN NUGGETS, WILD RICE, ROASTED VEGETABLES</b>
<b>TUES, AUG 22</b>	<b>CHEESE LASAGNA AND GARLIC GREEN BEANS</b>



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Questions?



908.454.7281



programs@firthyouthcenter.com



FirthYouthCenter.com





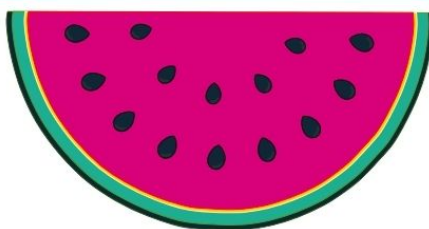


**NORWESCAP**

# Free Summer Lunch Program

*for children up to age 18 in Phillipsburg*

Monday through Friday  
June 20- August 25, 2023  
11:30 am to 12:30 pm



## Open Sites:

Phillipsburg Housing Authority Community Room  
535 Fisher Ave, Phillipsburg, NJ

Firth Youth Center  
108 Fleming Dr, Phillipsburg

Norwescap Traditions Family Success Center  
712 S Main St, Phillipsburg



Questions?

Call (908)454-4322

[www.norwescap.org](http://www.norwescap.org)



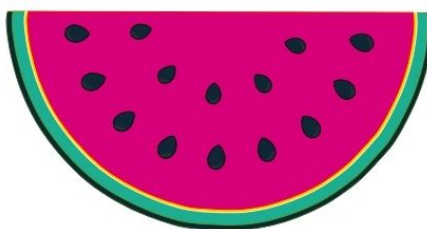


**NORWESCAP**

# Programa De Almuerzo Gratis

*para niños menores de 18 en Phillipsburg*

de lunes a viernes  
20 de junio al 25 de agosto de 2023  
11:30 am to 12:30 pm



## lugares abiertos:

Phillipsburg Housing Authority Community Room  
535 Fisher Ave, Phillipsburg, NJ

Firth Youth Center  
108 Fleming Dr, Phillipsburg

Norwescap Traditions Family Success Center  
712 S Main St, Phillipsburg



Preguntas?

llamar (908)454-4322

[www.norwescap.org](http://www.norwescap.org)





## June 2023

Mon	Tue	Wed	Thu	Fri
<b>19</b>  JUNETEENTH HOLIDAY NO LUNCH	<b>20</b> Strawberry yogurt Cucumber coins Fresh orange, Muffins 1% Chocolate Milk	<b>21</b> Turkey ham, Turkey Salami, Provolone Cheese on Roll Fresh Carrots, Applesauce 1% White Milk	<b>22</b> Pizza slice Mixed fruit cup 1% White Milk	<b>23</b> Turkey Ham & American Cheese on Pretzel Roll Broccoli bites, Raisins 1% Chocolate Milk
<b>26</b> Bagel, Cream Cheese Mozzarella Cheesestick & Strawberry Yogurt; Baby Carrots, Apple Slices, 1% White Milk	<b>27</b> Turkey & American Cheese on Croissant Celery Sticks, Orange 1% Chocolate Milk	<b>28</b> 2 Mozzarella Cheesesticks Cheerios Cereal Cucumber coins, Banana 1% White Milk	<b>29</b> Pizza slice Applesauce 1% White Milk	<b>30</b> Crispy Chicken Wrap on flour tortilla Broccoli bites, Pear 1% Chocolate Milk

## July 2023

Mon	Tue	Wed	Thu	Fri
<b>3</b> Grilled Chicken on Kaiser Roll Celery Sticks, Apple Slices 1% White Milk	<b>4</b> HOLIDAY NO LUNCH	<b>5</b> Turkey ham, Turkey Salami, Provolone Cheese on Roll Fresh Carrots, Applesauce 1% White Milk	<b>6</b> Pizza slice Mixed fruit cup 1% White Milk	<b>7</b> Turkey Ham & American Cheese on Pretzel Roll Broccoli bites, Raisins 1% Chocolate Milk
<b>10</b> Bagel, Cream Cheese Mozzarella Cheesestick & Strawberry Yogurt; Baby Carrots, Apple Slices, 1% White Milk	<b>11</b> Turkey & American Cheese on Croissant Celery Sticks, Orange 1% Chocolate Milk	<b>12</b> 2 Mozzarella Cheesesticks Cheerios Cereal Cucumber coins, Banana 1% White Milk	<b>13</b> Pizza slice Applesauce 1% White Milk	<b>14</b> Crispy Chicken Wrap on flour tortilla Broccoli bites, Pear 1% Chocolate Milk
<b>17</b> Grilled Chicken on Kaiser Roll Celery Sticks Apple Slices 1% White Milk	<b>18</b> Strawberry yogurt Cucumber coins Fresh orange, Muffins 1% Chocolate Milk	<b>19</b> Turkey ham, Turkey Salami, Provolone Cheese on Roll Fresh Carrots, Applesauce 1% White Milk	<b>20</b> Pizza slice Mixed fruit cup 1% White Milk	<b>21</b> Turkey Ham & American Cheese on Pretzel Roll Broccoli bites, Raisins 1% Chocolate Milk
<b>24</b> Bagel, Cream Cheese Mozzarella Cheesestick & Strawberry Yogurt; Baby Carrots, Apple Slices, 1% White Milk	<b>25</b> Turkey & American Cheese on Croissant Celery Sticks, Orange 1% Chocolate Milk	<b>26</b> 2 Mozzarella Cheesesticks Cheerios Cereal Cucumber coins, Banana 1% White Milk	<b>27</b> Pizza slice Applesauce 1% White Milk	<b>28</b> Crispy Chicken Wrap on flour tortilla Broccoli bites, Pear 1% Chocolate Milk
<b>31</b> Grilled Chicken on Kaiser Roll Celery Sticks, Apple Slices 1% White Milk				



# FIRTH YOUTH WRESTLING CLUB

## FEATURING... COACH JOHN GARRIQUES

**DETAILS:** Off-Season Session #2: June 6- July 12

VARSITY (Grades 1st-8th, Must have 1 year Varsity exp)  
-Mon. 5:30-7pm & Wed. 6:30-8pm (12 sessions)  
*Monday 6/5 changed to Tuesday 6/6 due to Graduations. Session 2 starts 6/6.*

NOVICE (Grades 1st-8th, No Varsity exp)  
-Wednesdays 5:30-6:30pm (6 sessions)  
Must be FYC Member (\$15 annual fee)

**NEW FOR 2023:** Strength & Conditioning components  
Practices/Matches with Clubs across Lehigh Valley  
Opportunities to attend Summer Tournament

**FEE:** Varsity: \$60 per child outside of P'burg\*  
Novice: \$25 per child outside of P'burg\*  
\*PES & PMS students fee waived

**LOCATION:** Firth Youth Center Wrestling Room  
**REGISTER @ [FirthYouthCenter.com](http://FirthYouthCenter.com)**



**COME PRACTICE AND COMPETE WITH SOME OF THE BEST YOUTH WRESTLERS AROUND!**

Learn positioning, motion, getting angles, attitude on bottom to get out, GRIT, and much more!



**INFO@FIRTHYOUTHCENTER.COM**



**908-454-7281**



**108 FLEMING DR., PBURG**



**FIRTHYOUTHCENTER.COM**



The Firth Youth Center is a private 501(c)(3) charitable organization devoted to serving the vulnerable youth of Phillipsburg, NJ since 1954 through a wide variety of educational, recreational, and athletic opportunities. The Firth Youth Center is committed to building the resiliency of our most underserved populations while continuously promoting diversity, equity, and inclusion for the betterment of our children and community.