



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **2025 Counselor in Training Program (CIT):** Teen Leadership Development program.

The CIT program provides leadership camp experiences for teens 13 to 17. For the summer of 2025, we are excited to create two opportunities for teens to participate in our Y Camps at the family centers: CIT1 and CIT2. Benefits and requirements are identified below.

### **CIT 1**

This has not changed from the previous year. Participants will be assigned to Day Camp Groups for a week, working alongside college age Counselors with kids' ages 3 to 12. Participants will work and create friendships with teens from other schools; learn from college age counselors; gain community service hours for school and/or college applications; gain invaluable skills working with kids and learn how to be successful in a workplace. A two week (does not have to be consecutive) commitment is required in addition to the training requirements. Participant must be able to commit to Monday through Friday for each registered week.

**Ages:** 13-17. Must be 13 by June 1, 2025

**Registration:** Tuesday March 4 through Friday May 30, 2025. (No registrations will be taken after May 30.)

**Training Requirement:** Four trainings are required for completion **before** the start of Week 1 of Day Camp.

- Child Abuse Prevention (CAP)
- Day Camp 101
- Foundations of Volunteerism
- Group Management
- Staff Training Week. CITs will be invited to attend a portion of one of the training days for the paid counselors the week prior to the first week of day camp for that center.

The trainings do not have to be completed in any order. Each Center will have their training schedule established by March 4, 2025. Registrants not completing the trainings by the start of Week 1 will not be permitted to be on the schedule.

**Time Commitment:** A minimum of two weeks is required to work. Teens may commit to more than two weeks.

Teens have four options to participate in program:

1. Assigned to an Itty Bitty group.  
M-F|8:15am-12:15pm
2. Assigned to an Itty Bitty group but work a full day as program support.  
M-F|8:15am-4:15pm
3. Assigned to a Mid-Week Group Tuesday – Thursday but still be required to attend Monday – Friday and be assigned as program support for Monday and Fridays.  
M-F|8:15am-4:15pm

4. Assigned to a All-Week Group.

M-F|8:15am-4:15pm

Must participate in one of the three options without variance.

Please do not sign up for any weeks that you are anticipating a need to be absent on a day.

The weekly summer sessions will fall between June 16 and September 5, 2025.

**What to do:**

- Register for CIT1
- After Registration a packet will be mailed which will include the following:
  - 2025 CIT Scheduling Form
  - Code of Conduct. CIT and Parent must sign this form.
  - A training schedule.
- All required trainings must be completed prior to the summer season. Those registered that do not attend the trainings will not be permitted to work.

**CIT2**

This level is a new addition to the program. CIT2s will serve as program support to the campers and counselors. As a group they will be responsible to lead a campfire, supervise lunch, help lead camp groups activities, assist in Check In and Out and help program the weekly theme. Additionally, they will learn leadership skills and participate in team building skills as well as gain insight of the operations of Y Camp that can be beneficial for those wanting to become a counselor in future summers. CIT2 may be invited to assist in teaching the CIT1 training classes and sharing their previous experiences as a CIT1.

**Ages:** 14-17.

**Prerequisite:** Must have participated as a CIT in one of two previous summers or equivalent experience in a Day Camp or Camp experience. (Equivalent Experience will be determined if substantial enough by the Y Camp Director)

**Registration:** Registration not required. However, an application process will need to be completed. Please email your center's Y Camp Director to receive the application. Applications will be available March 4<sup>th</sup>. The application time period will end Friday May 30.

**Training Requirement:** Attended the following trainings in previous year(s).

- Child Abuse Prevention (CAP)
- Day Camp 101
- Foundations of Volunteerism
- Group Management

Applicants chosen to be a CIT2 will need to attend the following trainings:

- Child Abuse Prevention (CAP)
- Association Day Camp Training  
Sunday June 8, 10am-5:30pm  
Mel Korum Family YMCA

**Time Commitment:** A minimum of four weeks is required to work. Teens may commit to more than four weeks.

Teens are required to be in program from 8:15m – 4:15pm Monday through Friday. Partial days or weeks will not be permitted.

Please do not sign up for any weeks that you are anticipating a need to be absent on a day.

The weekly summer sessions will fall between June 16 and September 5, 2025.

**What to do:**

- Contact the Day Camp Director at your center and request an application.
- Application filled out and schedule an interview. There will be pre-schedule interview times available.
- Upon application, interview and acceptance, the following will forms will be provided.
  - 2025 CIT Scheduling Form
  - Code of Conduct. CIT and Parent must sign this form.
  - A training schedule.
- All required trainings must be completed prior to the summer season. Those registered that do not attend the trainings will not be permitted to work.