



BUILDING TOUR GUIDE

2023 - 2024

ABOUT US

The Milford Youth Center after school program is open for youth ages 8 -18, free of charge, from 2:15-6:00 pm Monday through Friday (unless otherwise noted on our monthly calendar). The After School program runs through the school calendar year! For the summer months, we transition into a summer camp program! The facility is also available for rentals (gymnasium, conference room, batting cages), by appointment only. All program spaces are monitored by MYC staff members.

Summer Outings!



Many Rooms To Explore!



Outside Our Building



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FRONT LOBBY

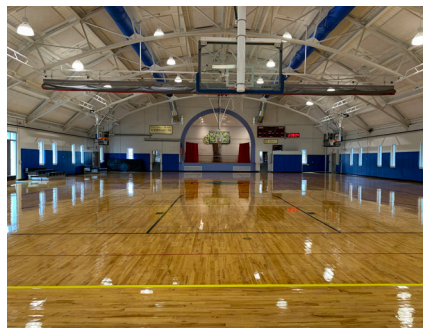
The Milford Youth Centers free 10-month afterschool program gives youth who live in Milford and/or attend Milford Public schools a place to stay after school. To maintain this program, and to ensure the safety of all our members, the MYC uses a program called MySeniorCenter to catalog the daily attendance of the building. Each member will have an account and a sign-in card to use at their convenience during our operating hours! All new members will watch a 7-minute rules video, that reviews all our policies and gives them an in-depth preview to all the spaces they use during the program!



THE GYM

Open gym is a non-structured program where youth are allowed free play and choice of activities in the gym during the program hours.

- Kids leave backpacks on the racks (watched by cameras)
- Nobody is allowed on stage for safety purposes
- Volleyball, football and soccer are run from 4-5pm in the back court
- Water is allowed and kids can sit on bleachers
- The MYC also runs volleyball and basketball tournaments, dodgeballs games, exercise and fitness programs, and hosts rentals in this space!



KITCHEN

The kitchen is one of the three spaces that is always open at the MYC! Every member has the opportunity to get FREE dinner and snack everyday thanks to our collaboration with CACFP, the Hockomock Area YMCA, and the Milford School Services Department! Staff can keep track of kids getting snack and lunch through the MySeniorCenter system We offer a share table for the kids to put their unopened food for others to take so we don't have waste. The vending machine is available for all kids to use, we do not make change for the kids! We cannot guarantee an allergen friendly environment, but all food provided in the lunches are nut free!



GAMEROOM

The game room is always open for the students to come into! All the gaming tables, board games, and video games are for their use! There are no violent games available for the kids to use. No food or drink allowed. Lists to make sure every kid gets a fair chance to play. Also offers a homework space when there's a Quiet Zone.



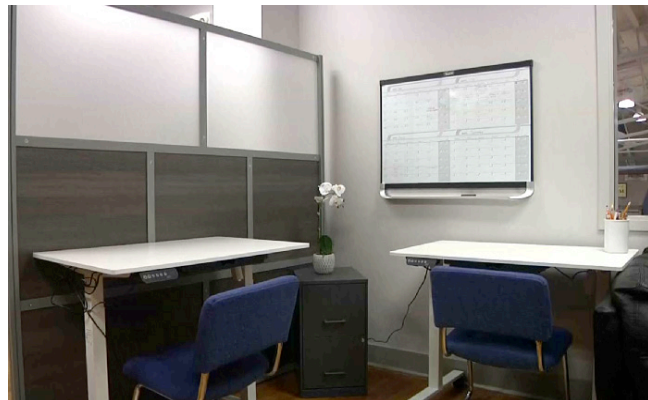
QUIET ZONE | COMPUTER LAB

Quiet Zone offers the kids a quiet and more private space to either read, do homework, or wind down after a long school day! They even have full access to our computer lab!



CONFERENCE ROOM

Gardening crafts, Sewing, and Book club are some of the many programs that take place in the conference room! This space is also where the Milford Youth Commission meets to review all the amazing things the MYC is accomplishing!



ARTS | SOCIAL EMOTIONAL

Arts and Crafts is led by program Coordinator Joanna Abrantes! This program encourages youth to draw, paint, and craft projects to develop their artistic talents. Arts & Crafts gives the youth a creative outlet that allows their imaginations to flourish. The social emotional room gives everyone a place to cool down and recollect if needed. A great place for anyone to rest and relax.



STEAM | NUTRITION

STEAM/Nutrition Space: STEAM (Science, Technology, Engineering, Arts, and Mathematics) is a program where youth will be engaged in activities that nurture their curiosity and inspire creativity. Students will learn problem solving, develop critical-thinking skills, and more! This will be a great program for kiddos who love to be “hands-on”! The MYC Nutrition program is a great opportunity for children to develop a good relationship with food! The program lets them experiment and taste test food while learning the nutritional value of it!



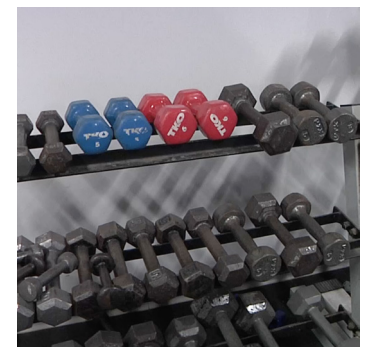
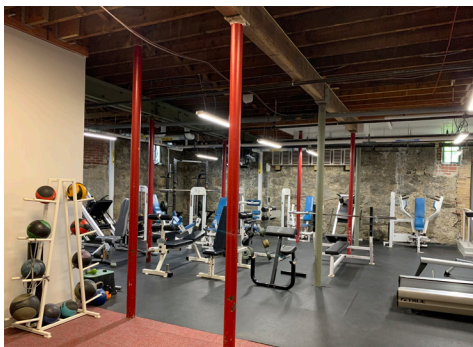
BOXING

The MYC Boxing program is fully run by volunteers with a boxing background and training. This is a program where kids will learn basic boxing techniques and skills, with no need for any prior boxing knowledge! They start by learning the drills in the boxing room, where they also are taught about the equipment and their various purposes, once they get comfortable, they practice in the ring with instructors and staff members!



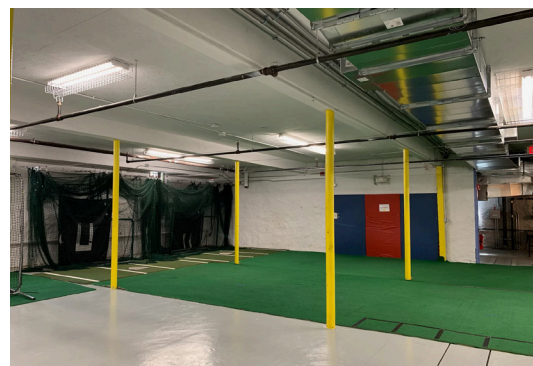
WEIGHT ROOM

This program will be overseen by MYC staff. It will give kids 12-18 an opportunity to use the weight equipment safely and learn about how to care for their bodies in a healthy way!



BATTING CAGES

Open mostly for rentals, the batting cages are on the center's lower level. Here, you can take a few swings and hit a few balls.



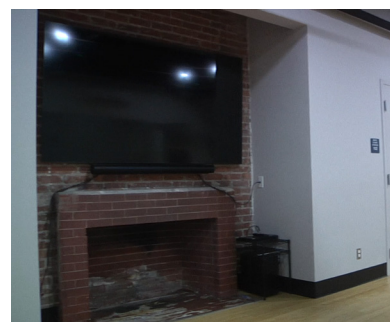
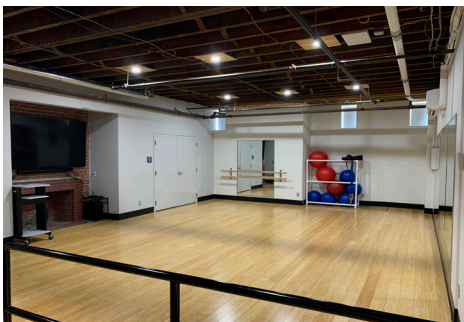
LIFE SKILLS

Late Board Member and Youth Center Advocate Ron Taylor inspired this new program space! The goal of this program is to partner with various local programs, companies, and volunteers with specific skill sets to equip the kids with knowledge on life skills! We have had carpenters, the Districts Attorney's office, CPR instructors, the US Army, banks, and even more come into our space to teach the youth about different opportunities they have in school and after they graduate! We hope this program helps them navigate the many different pathways they will pursue when they are older!



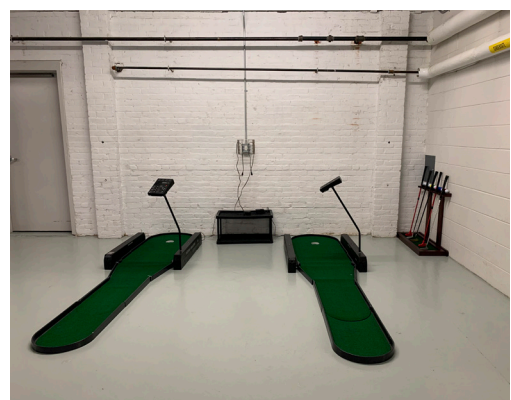
DANCE ROOM

Dance Room: Our dance program, run by MYC trained staff, give youth the opportunity to participate in a free weekly class where they learn hip hop, tap, jazz, lyrical, ballet, contemporary and modern style dances. This room also doubles as a movie space for our after school program!



PUTT PUTT GOLF

In a small corner next to the boxing ring, we have two small golf practices. This area isn't often used by children. More often part of rental packages.



CONTACTING US

The Center is open on the weekends, according to rentals and Monday-Friday, regularly from 10AM-6PM. We recommend calling the Center before visiting during morning/early afternoon hours, to make an appointment and/or to make sure staff is available.

For questions please contact us at:

Email: milfordyouthcenter@milfordma.gov

Phone: (508) 473-1756

Address: 24 Pearl St. Milford, MA 01757

WATCH THE MYC VIDEO TOUR



From Stacy to the Center!



Find Us At

milfordyouthcenter.org