

Positive Youth Development

Positive Youth Development is an intentional, prosocial approach that engages youth within their communities, schools, organizations, peer groups, and families. Focusing on young people's strengths promotes positive outcomes and creates the support needed for youth as they develop and build their leadership skills.

Positive Experiences + Positive Relationships + Positive Environments = Positive Youth Development



Saturday Night Lights (SNL)

Saturdays 3:30pm-8pm

2 Astor Place,
3rd floor
New York, NY 10003
(212) 674-2400



Regular Program Hours
At the Hetrick-Martin Institute:

M-F 3:30pm-7:30pm

The Hetrick-Martin Institute

Social and Supportive Services.

HMI offers Mental Health Services, Case Management, Arts Programming, Pantry (Laundry & Showers), Health Education, HIV Testing, Paid Internships and support with Housing. HMI also offers free dinner at 5pm Monday-Friday.



HETRICK-MARTIN INSTITUTE
EMPOWERMENT, EDUCATION & ADVOCACY FOR LGBTQ YOUTH

THE HETRICK-MARTIN INSTITUTE

**Saturday
Night
Lights
(SNL)**

**For youth ages
13 - 21**

**Health & Wellness
Services**



Basketball

(Practice: Thursdays & Fridays 6pm-9pm)

Basketball is sport that can be played year round that improves coordination and balance, builds muscles and endurance, burns calories, and helps develop self-discipline and concentration.

Basketball is also a great way to develop teamwork and build social skills.

Limited to ages 13-18

Boxing/Kick Boxing

(Saturdays 3:30-8pm)

Just like weightlifting, kickboxing provides resistance training benefits and improves muscular strength and endurance. Combining cardio training with resistance training, it provides a full body workout, ultimately improving posture and building core muscle strength.

Dance Class

(Mondays, Tuesdays, Wednesdays, Fridays at 6-7:30pm; and Saturdays 3:30-8pm)

Dancing is an aerobic physical activity that can be done in a group or individually. Participating in dance can improve muscle tone and strength; build stronger bones; improve the condition of the heart and lungs; and increase endurance and motor fitness. Dance can also increase coordination, agility, flexibility, balance, and spatial awareness. Other benefits of dancing include expressing the self through movement.



Saturday Night Lights (SNL)

SNL operates on the belief that physical, social, and mental health are all interconnected, and equally valuable components of healthy living. Saturday Night Light's (SNL) mission is to support the health and wellness of youth in the HMI community by providing programs that offer youth **ages 13-21** the opportunity to develop their sport, fitness, and athletic skills.

Additional Saturday Services

- Case Management
- Workshops
- Youth Led Activities
- Paid Internship Opportunities
- Free Trips
- Free Dinner
- Free Transportation

Yoga

(Tuesdays 4-5pm & Saturdays 3:30-8pm)

Yoga is a physical and mental practice/discipline that increases flexibility; muscle strength and tone; and improves respiration, energy and vitality. Practice can help maintain a balanced metabolism and contribute to weight reduction, as well as improve cardio and circulatory health. Other benefits of yoga include protection against injury and improved athletic performance.

Benefits of Sports and Physical Activity

- Combat stress
- Increase physical confidence
- Improve mental functioning
- Improve general and psychological wellbeing
- Increase self-esteem and self-confidence
- Improve social skills

