Ketchikan Youth Activity Book
Numerous studies confirm the benefits of youth participating in extracurricular activities. The goal of this resource guide is to help families identify and connect their children to the various opportunities available for youth in Ketchikan.

Funding for this project was provided by the Department of Early Education and Development.

--- Scholarships Available ---

Many of groups listed in this book offer scholarships, each organization can be contacted directly for more information. Two additional scholarships options are listed below:

**Rotary 2000** offers scholarship assistance to qualifying families. Applications are available through the specific youth activity, or contact Wendy Olson at 617-1868.

**KIC** offers scholarship assistance to tribal members for several activities listed in this booklet. For more information on this program contact Helene Simpson at 228-9288.

--- Transportation ---

If requested, youth may receive bus tokens for transportation to various activities via the Borough Bus. Contact Revilla High school for more information: (907) 225-6681

--- Youth Calendars ---

The **United Way of Southeast Alaska** website is a comprehensive resource guide for parents and youth. It provides information about upcoming and ongoing before/after school and weekend activities as well as seasonal camps for children and adolescents in Ketchikan.

[www.youthconnect.unitedwayseak.org](http://www.youthconnect.unitedwayseak.org)

The **KRBD** community calendar lists upcoming events and activities for both adults and youth. The categories are color-coded by event type and by targeted age. Community members are encouraged to add upcoming events.

[www.krbd.org/community-calendar](http://www.krbd.org/community-calendar)
ActOut: First City Players
- Cost: $150-$200
- Equipment: None
- Season: February through April
- Registration: January
- Phone number: (907) 225-4792
- Address: 335 Main St.
- Email: info@firstcityplayers.org
- Website: www.firstcityplayers.org

ArtsCool: First City Players
- Cost: $175-$600
- Equipment: None
- Season: July through August
- Registration: June
- Phone number: (907) 225-4792
- Address: 335 Main St.
- Email: info@firstcityplayers.org
- Website: www.firstcityplayers.org

Family Boundaries: Family has clear rules and consequences and monitors the child’s whereabouts.
School Boundaries: School provides clear rules and consequences.
Neighborhood Boundaries: Neighbors take responsibility for monitoring the child’s behavior.
Adult Role Models: Parent(s) and other adults in the child’s family, as well as non-family adults, model positive, responsible behavior.
Positive Peer Influence: Child’s closest friends model positive, responsible behavior.
High Expectations: Parent(s) and teachers expect the child to do her or his best at school and in other activities.

Ketchikan Indian Community
- Cost: Free, open to all tribal youth in Ketchikan and Saxman
- Equipment: None
- Season: September through May
- Registration: Anytime
- Phone number: (907) 228-9374
- Address: 615 Stedman St.
- Email: sskan@kictribe.org
- Website: www.kictribe.org

Boys and Girls Club
- Cost: Free, open to all tribal youth in Ketchikan and Saxman
- Equipment: None
- Season: September through May
- Registration: Anytime
- Phone number: (907) 228-9374
- Address: 615 Stedman St.
- Email: sskan@kictribe.org
- Website: www.kictribe.org

After School Clubs
- Ages 3 to 6 years
  - Cost: $20/Year (after school) $25/Week (summer)
  - Equipment: None
  - Season: After school season: September-May: 3:00-6:00 pm, Summer season: June-August, 7:45 am-5:45 pm
  - Registration: Call ahead to ensure space
  - Phone number: (907) 225-5437
  - Address: 1200 Tongass Ave.
  - Email: cweber@bgcalaska.org

Boys and Girls Club
- Ages 7 to 18 years
  - Cost: Free, open to all tribal youth in Ketchikan and Saxman
  - Equipment: None
  - Season: September through May
  - Registration: Anytime
  - Phone number: (907) 228-9374
  - Address: 615 Stedman St.
  - Email: sskan@kictribe.org
  - Website: www.kictribe.org

Preschool Crafts: Parks and Recreation
- Cost: $3.50
- Equipment: None
- Season: September-May
  Tuesdays at 11:00 am
- Phone number: (907) 228-6657
- Address: 601 Schoenbar Rd.
- Email: susanw@kgbak.us
- Website: www.borough.ketchikan.ak.us
Babysitting
Clinic: Parks and Recreation
- Cost: $34
- Equipment: None
- Season: February, May, and November
  Tues., Wed., Thurs.: 4:00-6:00 pm
- Registration: Anytime before session
- Phone number: (907) 228-6657
- Address: 601 Schoenbar Rd.
- Email: susanw@kgbsd.org
- Website: www.borough.ketchikan.ak.us

Baseball
Ketchikan Little League
- Cost: $65-$85
- Equipment: Baseball mitt, cleats for older divisions
- Season: April through July
- Registration: Begins January
- Phone number: (907) 617-1868
- Address: P.O. Box 5455
- Fax: (907) 247-1418
- Website: www.ketchikanlittleleague.com

Basketball
Ketchikan Dribblers League
- Cost: $50-$90
- Equipment: Tennis shoes
- Season: October through February
- Registration: October
- Phone number: (907) 225-8133
- Fax: (907) 247-8133
- Address: 2721 Seventh Ave.
- Email: info@ketchikandribblers.com
- Website: www.ketchikandribblers.com

Big Brothers Big Sisters
- Cost: Free
- Equipment: None
- Season: Year-round
- Registration: Wait time varies depending on adult volunteers
- Phone number: (907) 247-3350
- Address: P.O. Box 8033
- Fax: (907) 247-3350
- Phone number: (907) 247-3350
- Email: Joann.Flora@bbbsak.org
- Website: www.ketchikandribblers.com

Developmental Assets

Achievement Motivation: Child is motivated and strives to do well in school.
Learning Engagement: Child is responsive, attentive, and actively engaged in learning at school and enjoys participating in learning activities outside of school.
Homework: Child usually hands in homework on time.
Bonding to School: Child cares about teachers and other adults at school.
Reading for Pleasure: Child enjoys and engages in reading for fun most days of the week.

Commitment to Learning

Constructive Use of Time

Creative Activities: Child participates in music, art, drama, or creative writing two or more times per week.
Child Programs: Child participates two or more times per week in co-curricular school activities or structured community programs for children.
Religious Community: Child attends religious programs or services one or more times per week.
Time at Home: Child spends some time most days both in high-quality interaction with parents and doing things at home other than watching TV or playing video games.
**Dance**

**Ballet: Ketchikan Theater Ballet**
- Cost: $450+/year
- Equipment: Appropriate attire, shoes, performance costume
- Season: September through mid-May
- Registration: Third Saturday in August
- Phone number: (907) 225-9311
- Address: P.O. Box 6118
- Email: ktbdance@hotmail.com
- Website: www.ktbdance.com

**DanceMania/MAXcrew/MAXfx: StudioMax**
- Cost: $165
- Equipment: None
- Season: Fall: September through November
  Spring: February through April
  Summer: June through August
- Registration: Two weeks before session
- Phone number: (907) 821-0488
- Address: 2544 Tongass Ave.
- Email: studio.max@live.com
- Website: www.studiomaxktn.com

**Jazz: Ketchikan Theater Ballet**
- Cost: $450+/year
- Equipment: Appropriate attire, shoes, performance costume
- Season: September through mid-May
- Registration: Third Saturday in August
- Phone number: (907) 225-9311
- Address: P.O. Box 6118
- Email: ktbdance@hotmail.com
- Website: www.ktbdance.com

**Tap Dance: Ketchikan Theater Ballet**
- Cost: $450+/year
- Equipment: Appropriate attire, shoes, performance costume
- Season: September through mid-May
- Registration: Third Saturday in August
- Phone number: (907) 225-9311
- Address: P.O. Box 6118
- Email: ktbdance@hotmail.com
- Website: www.ktbdance.com

---

**Social Competencies**

- **Planning and Decision Making:** Child thinks about decisions and is usually happy with results of her or his decisions.
- **Interpersonal Competence:** Young person has empathy, sensitivity, and friendship skills.
- **Cultural Competence:** Child knows and is comfortable with people of different racial, ethnic, and cultural backgrounds and with her or his own cultural identity.
- **Resistance Skills:** Child can stay away from people who are likely to get her or him in trouble and is able to say no to doing wrong or dangerous things.
- **Peaceful Conflict Resolution:** Child seeks to resolve conflict nonviolently.

**Positive Values**

- **Caring:** Parent(s) tell the child it is important to help other people.
- **Equality and Social Justice:** Parent(s) tell the child it is important to speak up for equal rights for all people.
- **Integrity:** Parent(s) tell the child it is important to stand up for one's beliefs.
- **Honesty:** Parent(s) tell the child it is important to tell the truth.
- **Responsibility:** Parent(s) tell the child it is important to accept personal responsibility for behavior.
- **Healthy Lifestyle:** Parent(s) tell the child it is important to have good health habits and an understanding of healthy sexuality.
Faith Youth Groups

Calvary Bible Church
- Cost: Free
- Equipment: None
- Season: High school—year-round on Sundays 5:45-8:15; middle school—September through May on Thursdays 6:45-8:15
- Registration: None
- Phone number: (907) 225-2528
- Address: 835 Monroe St.
- Email: rpshaner@yahoo.com
- Website: www.ketchikan.younglife.org

Keepin’ it Holy: South Tongass Alliance Church
- Cost: Free
- Equipment: None
- Season: September through May: Every Thursday Junior High: 5:00-6:30 pm High School: 7:00-8:30 pm June through August: Once a month
- Registration: None
- Phone number: (907) 617-0750
- Address: 932 Lincoln St.
- Email: mcgarrigans@hotmail.com

Young Life
- Cost: Free
- Equipment: None
- Season: September through May
- Registration: None
- Phone number: (907) 617-3320
- Address: P.O. Box 6142
- Email: ketchikanyl@gmail.com
- Website: www.ketchikan.younglife.org

Gymnastics

Ketchikan Gymnastics Club
- Cost: $36-$48/month
- Equipment: Appropriate attire
- Season: Monthly sessions all year
- Registration: Monthly
- Phone number: (907) 247-4966
- Address: 4049 Tongass Ave. Upper
- Open gym each Wednesday from 10:00 am - 12:00 pm for children up to age 5—Cost: $2.00

Kayaking for Kids: Southeast Sea Kayaks
- Cost: $119/per child
- Equipment: None
- Season: August
- Registration: Register online
- Phone number: (907) 225-1258
- Address: 3 Salmon Landing
- Email: addle@kayakketchikan.com
- Website: www.kayakketchikan.com
- Custom group programs also available

Adventure Kayaker: Southeast Sea Kayaks
- Cost: $139/per child
- Equipment: None
- Season: August
- Registration: Register online
- Phone number: (907) 225-1258
- Address: 3 Salmon Landing
- Email: addle@kayakketchikan.com
- Website: www.kayakketchikan.com
- Custom group programs also available
**Library Activities**

**Family Night: Ketchikan Public Library**
- Cost: Free
- Equipment: None
- Season: 3rd Thursday during school year (call ahead to ensure event time)
- Registration: None
- Phone number: (907) 225-0370
- Address: 629 Dock St.
- Email: library@firstcitylibraries.org
- Website: www.firstcitylibraries.org

**Teen Advisory Group: Ketchikan Public Library**
- Cost: Free
- Equipment: None
- Season: Year-round
- Registration: Anytime
- Phone number: (907) 225-3331
- Address: 629 Dock St.
- Email: poffice@firstcitylibraries.org
- Website: www.firstcitylibraries.org

**Storytime: Ketchikan Public Library**
- Cost: Free
- Equipment: None
- Season: Year round Thursdays and Fridays at 10:30 am
- Registration: None
- Phone number: (907) 225-0370
- Address: 629 Dock St.
- Fax: (907) 225-0153
- Email: library@firstcitylibraries.org
- Website: www.firstcitylibraries.org

**Log Rolling**

**Ketchikan Cohos Log Rolling Team**
- Cost: $100
- Equipment: None
- Season: June through August
- Registration: June
- Phone number: (907) 617-6001
- Address: P.O. Box 9112
- Email: logrollers@ketchikancohos.com
- Website: www.ketchikancohos.com

**Martial Arts**

**Okinawan Karate: Parks and Recreation**
- Cost: $30/Quarter
- Equipment: None
- Season: Year-round Tuesdays/Thursdays 6:30-7:30 pm
- Registration: Year-round
- Phone number: (907) 228-6657
- Address: 601 Schoenbar Rd.
- Email: susanw@kgbak.us
- Website: www.borough.ketchikan.ak.us

**Judo: Parks and Recreation**
- Cost: $25/Month
- Equipment: None
- Season: Year-round
- Phone number: (907) 228-6657
- Address: 601 Schoenbar Rd.
- Email: susanw@kgbak.us
- Website: www.borough.ketchikan.ak.us
Tae Kwon Do: Parks and Recreation
- Cost: $55/Quarter
- Equipment: None
- Season: Winter, Spring, and Fall
  - Wednesdays: 5:45-6:45 pm
  - Saturdays: 9:00-10:00 am
- Registration: Prior to season start
- Phone number: (907) 228-6657
- Address: 601 Schoenbar Rd.
- Email: susanw@kgbak.us
- Website: www.borough.ketchikan.ak.us

Music

McPherson Music Youth Bands
- Cost: Call for tuition rates
- Equipment: Saxophones, trumpets, trombones, bass guitars, drums
- Season: Year-round
- Registration: August (Fall season)
  - December (Spring season)
  - May (Summer season)
- Phone number: (907) 225-3650—Roy or Tina
- Address: 2400 Tongass Ave.
- Email: mcpmusic@kpunet.net
- Website: www.mcphersonalaska.com
- Other: Private lessons also available

Ketchikan Children’s Choir
- Cost: $50
- Equipment: None
- Season: Fall: September through November
  - Spring: January through April
- Registration: Anytime
- Phone number: (907) 821-0048
- Address: 1200 Tongass Ave. Room #1
- Email: tmachoir@yahoo.com

Piano Lessons: Lessons A’Lallette
- Ages 5 to 12 years
- Cost: $35/Half hour; $65/Hour
- Equipment: Lesson and Theory Piano Book
- Season: Year-round
- Registration: Anytime before scheduling sessions
- Phone number: (907) 225-9508
- Address: 637 Tower Road
- Email: 2sing@live.com

Singing Lessons: Lessons A’Lallette
- Ages 8 to 18 years
- Cost: $35/Half hour; $65/Hour
- Equipment: Vocal Exercise Book
- Season: Year-round
- Registration: Anytime before scheduling sessions
- Phone number: (907) 225-9508
- Address: 637 Tower Road
- Email: 2sing@live.com

Piano Lessons: Purple J
- Ages 5 to 12 years
- Cost: $55/Quarter
- Equipment: None
- Season: Winter, Spring, and Fall
  - Wednesdays: 5:45-6:45 pm
  - Saturdays: 9:00-10:00 am
- Registration: Prior to season start
- Phone number: (907) 228-6657
- Address: 601 Schoenbar Rd.
- Email: susanw@kgbak.us
- Website: www.borough.ketchikan.ak.us

Ketchikan Children’s Choir
- Grades fourth through sixth
- Cost: $50
- Equipment: None
- Season: Fall: September through November
  - Spring: January through April
- Registration: Anytime
- Phone number: (907) 821-0048
- Address: 1200 Tongass Ave. Room #1
- Email: tmachoir@yahoo.com

Other: Private lessons also available

Music

McPherson Music Youth Bands
- Grades sixth through twelfth
- Cost: Call for tuition rates
- Equipment: Saxophones, trumpets, trombones, bass guitars, drums
- Season: Year-round
- Registration: August (Fall season)
  - December (Spring season)
  - May (Summer season)
- Phone number: (907) 225-3650—Roy or Tina
- Address: 2400 Tongass Ave.
- Email: mcpmusic@kpunet.net
- Website: www.mcphersonalaska.com
- Other: Private lessons also available

Ketchikan Children’s Choir
- Grades fourth through sixth
- Cost: $50
- Equipment: None
- Season: Fall: September through November
  - Spring: January through April
- Registration: Anytime
- Phone number: (907) 821-0048
- Address: 1200 Tongass Ave. Room #1
- Email: tmachoir@yahoo.com

Music

McPherson Music Youth Bands
- Grades sixth through twelfth
- Cost: Call for tuition rates
- Equipment: Saxophones, trumpets, trombones, bass guitars, drums
- Season: Year-round
- Registration: August (Fall season)
  - December (Spring season)
  - May (Summer season)
- Phone number: (907) 225-3650—Roy or Tina
- Address: 2400 Tongass Ave.
- Email: mcpmusic@kpunet.net
- Website: www.mcphersonalaska.com
- Other: Private lessons also available

Ketchikan Children’s Choir
- Grades fourth through sixth
- Cost: $50
- Equipment: None
- Season: Fall: September through November
  - Spring: January through April
- Registration: Anytime
- Phone number: (907) 821-0048
- Address: 1200 Tongass Ave. Room #1
- Email: tmachoir@yahoo.com

Ketchikan Children’s Choir
- Grades fourth through sixth
- Cost: $50
- Equipment: None
- Season: Fall: September through November
  - Spring: January through April
- Registration: Anytime
- Phone number: (907) 821-0048
- Address: 1200 Tongass Ave. Room #1
- Email: tmachoir@yahoo.com

Music

McPherson Music Youth Bands
- Grades sixth through twelfth
- Cost: Call for tuition rates
- Equipment: Saxophones, trumpets, trombones, bass guitars, drums
- Season: Year-round
- Registration: August (Fall season)
  - December (Spring season)
  - May (Summer season)
- Phone number: (907) 225-3650—Roy or Tina
- Address: 2400 Tongass Ave.
- Email: mcpmusic@kpunet.net
- Website: www.mcphersonalaska.com
- Other: Private lessons also available

Ketchikan Children’s Choir
- Grades fourth through sixth
- Cost: $50
- Equipment: None
- Season: Fall: September through November
  - Spring: January through April
- Registration: Anytime
- Phone number: (907) 821-0048
- Address: 1200 Tongass Ave. Room #1
- Email: tmachoir@yahoo.com

Music

McPherson Music Youth Bands
- Grades sixth through twelfth
- Cost: Call for tuition rates
- Equipment: Saxophones, trumpets, trombones, bass guitars, drums
- Season: Year-round
- Registration: August (Fall season)
  - December (Spring season)
  - May (Summer season)
- Phone number: (907) 225-3650—Roy or Tina
- Address: 2400 Tongass Ave.
- Email: mcpmusic@kpunet.net
- Website: www.mcphersonalaska.com
- Other: Private lessons also available

Ketchikan Children’s Choir
- Grades fourth through sixth
- Cost: $50
- Equipment: None
- Season: Fall: September through November
  - Spring: January through April
- Registration: Anytime
- Phone number: (907) 821-0048
- Address: 1200 Tongass Ave. Room #1
- Email: tmachoir@yahoo.com

Music

McPherson Music Youth Bands
- Grades sixth through twelfth
- Cost: Call for tuition rates
- Equipment: Saxophones, trumpets, trombones, bass guitars, drums
- Season: Year-round
- Registration: August (Fall season)
  - December (Spring season)
  - May (Summer season)
- Phone number: (907) 225-3650—Roy or Tina
- Address: 2400 Tongass Ave.
- Email: mcpmusic@kpunet.net
- Website: www.mcphersonalaska.com
- Other: Private lessons also available

Ketchikan Children’s Choir
- Grades fourth through sixth
- Cost: $50
- Equipment: None
- Season: Fall: September through November
  - Spring: January through April
- Registration: Anytime
- Phone number: (907) 821-0048
- Address: 1200 Tongass Ave. Room #1
- Email: tmachoir@yahoo.com

Music

McPherson Music Youth Bands
- Grades sixth through twelfth
- Cost: Call for tuition rates
- Equipment: Saxophones, trumpets, trombones, bass guitars, drums
- Season: Year-round
- Registration: August (Fall season)
  - December (Spring season)
  - May (Summer season)
- Phone number: (907) 225-3650—Roy or Tina
- Address: 2400 Tongass Ave.
- Email: mcpmusic@kpunet.net
- Website: www.mcphersonalaska.com
- Other: Private lessons also available

Ketchikan Children’s Choir
- Grades fourth through sixth
- Cost: $50
- Equipment: None
- Season: Fall: September through November
  - Spring: January through April
- Registration: Anytime
- Phone number: (907) 821-0048
- Address: 1200 Tongass Ave. Room #1
- Email: tmachoir@yahoo.com
**Paintball**

Paintball Field: Ketchikan Youth Initiatives

- Cost: $5-$25
- Equipment: Marker, mask, paintballs (can be rented)
- Season: April through October
- Registration: None
- Phone number: (907) 617-5990
- Address: 4.2 Miles east of Ward Cove on Revilla Road
- Email: kyihotshots@gmail.com or kyibobbie@gmail.com
- Website: www.kyiyouth.org
- Facebook: kyihotshots group

**Play Group**

Early Learning Play Group: Community Connections

- Cost: Free
- Equipment: None
- Season: Year round-except for summers Mondays, 10:00-11:00 am at the Rec Center
- Registration: None
- Phone number: (907) 225-7825
- Address: 201 Deermount St.
- Website: www.comconnections.org

**Running**

Girls on the Run: Women in Safe Homes

- Cost: $96
- Equipment: Running shoes (WISH may provide)
- Season: Fall: September-November
- Spring: February-May
- Registration: Fall: September
- Spring: February
- Phone number: (907) 225-9474
- Address: P.O. Box 6552
- Email: girlsongtherunketchikan@gmail.com
- Website: www.wishak.org

Races: Ketchikan Running Club

- Cost: Varies depending on race
- Equipment: Running shoes
- Season: Year-round
- Registration: Anytime before race
- Address: P.O. Box 23609
- Email: gretchenklein48@gmail.com
- Website: www.ketchikanrunningclub.org
- Facebook: Ketchikan Running and Walking Club Group

**Shooting**

Ketchikan Youth Shotgun League

- Cost: $40 Registration, + $20/week
- Equipment: None (personal guns allowed)
- Season: One practice per week. Fall: September through December; Spring: Late January through middle May
- Registration: Fall: August; Spring: January
- Phone number: 225-2475
- Address: 55 Beacon Hill Ln.
- Meeting place: Ketchikan Rod and Gun Club
- Email: boyd.porter@alaska.gov

**Developmental Assets**

- Personal Power: Child feels he or she has some influence over things that happen in her or his life.
- Self-Esteem: Child likes and is proud to be the person that he or she is.
- Sense of Purpose: Child sometimes thinks about what life means and whether there is a purpose for her or his life.
- Positive View of Personal Future: Child is optimistic about her or his personal future.
Children’s Activity Room

- Cost: $2.00/Hour
- Equipment: None
- Season: Year-round
  - June-August: 9:00-1:00 pm
  - Sept.-May: 9:00-1:00 & 4:00-7:00 pm
- Phone number: (907) 228-6657
- Address: 601 Schoenbar Rd.
- Email: susanw@kgbak.us
- Website: www.borough.ketchikan.ak.us

Open Gym

- Cost: $2.00
- Equipment: None
- Season: September through May
  - Monday-Friday, 9:00-1:00 pm
- Phone number: (907) 228-6657
- Address: 601 Schoenbar Rd.
- Email: susanw@kgbak.us
- Website: www.borough.ketchikan.ak.us

Roller Skating

- Cost: $2.50/Person; $7.00/Family
- Equipment: None
- Season: Saturdays (Fall, Winter, Spring)
  - 3:00-4:45 pm;
  - 5:00-6:45 pm;
  - 7:00-8:45 pm
- Phone number: (907) 228-6657
- Address: 601 Schoenbar Rd.
- Email: susanw@kgbak.us
- Website: www.borough.ketchikan.ak.us

Skateboard Lessons

- Cost: $20
- Equipment: Skateboard
- Season: Mid-August
- Registration: Mid-August
- Phone number: (907) 228-6657
- Address: 601 Schoenbar Rd.
- Email: susanw@kgbak.us
- Website: www.borough.ketchikan.ak.us

Scouting

Girl Scouts: Girl Scouts of Alaska

- Cost: $17/Year
- Equipment: Uniform and book
- Season: October 1st through September 30th
- Registration: September (sign ups are year-round)
- Phone number: (907) 617-2160
- Address: 16465 N. Tongass
- Email: smiller@girlsoutsalaska.org

Boy Scouts: Great Alaska Council

- Cost: $1.25/Month
- Equipment: Uniform and book
- Season: Year round
- Registration: September is main recruitment but registration is year-round
- Phone number: (907) 523-0416 or (907) 957-7893
- Address: 3117 Patterson St.
  Anchorage, AK 99504
- Email: jasaenz@bsamail.org
- Website: www.scoutingalaska.org/

Ketchikan Parks and Recreation

Children’s Activity Room

- Ages 4 to 18 years

Open Gym

- Ages 2 to 6 years
Soccer

Indoor: Ketchikan Youth Soccer League
- Cost: $85
- Equipment: Soccer shoes, shin guards
- Season: January through March
- Registration: November 1st—November 30th
- Phone number: (907) 225-5975
- Fax number: (907) 247-5975
- Address: P.O. Box 5271
- Email: tnyouthsoccer@gci.net
- Website: www.ketchikanyouthsoccer.net

Outdoor: Ketchikan Youth Soccer League
- Cost: $65-$85
- Equipment: Soccer shoes, shin guards
- Season: Mid-August through October
- Registration: June 1st — July 31st
- Phone number: (907) 225-5975
- Fax number: (907) 247-5975
- Address: P.O. Box 5271
- Email: tnyouthsoccer@gci.net
- Website: www.ketchikanyouthsoccer.net

Swimming

Ketchikan Killer Whales
- Cost: $50-$65/Month
- Equipment: Swimsuits, shorts, goggles
- Season: Year round, kick off in September
- Registration: August
- Phone number: (907) 821-2582
- Address: P.O. Box 5711
- Email: kkwswim@gmail.com
- Website: www.ketchikankillerwhales.com

Swimming Lessons: Parks and Recreation
- Cost: $45/Session
- Equipment: Swimming suit
- Season: Sessions are year-round
- Registration: Anytime before sessions
- Phone number: (907) 225-9579
- Address: 601 Schoenbar Rd.
- Email: parksandrec@kgbak.us

40 Developmental Assets

Empowerment

Community Values Youth: Child feels valued and appreciated by adults in the community.
Children as Resources: Child is included in decisions at home and in the community.
Service to Others: Child has opportunities to help others in the community.
Safety: Child feels safe at home, school, and in the neighborhood.

Support

Family Support: Family life provides high levels of love and support.
Positive Family Communication: Parent(s) and child communicate positively. Child feels comfortable seeking advice and counsel from parent(s).
Other Adult Relationships: Child receives support from adults other than her or his parent(s).
Caring Neighborhood: Child person experiences caring neighbors.
Caring School Climate: Relationships with teachers and peers provide a caring, encouraging environment.
Parent Involvement in Schooling: Parent(s) are actively involved in helping the child succeed in school.
**Wrestling**

**Mat Rats: Parks and Recreation**
- Cost: $60
- Equipment: None
- Season: Mid-January through February
- Registration: Prior to season start
- Phone number: (907) 228-6657
- Address: 601 Schoenbar Rd.
- Email: susanw@kgbak.us
- Website: www.borough.ketchikan.ak.us

**Youth Court**

**Ketchikan Youth Court**
- Cost: Free
- Equipment: None
- Season: Year-round
- Registration: Youth must participate in a 9-week course beginning in September and in February
- Phone number: (907) 225-2293
- Address: 500 Mission St., Suite 4
- Email: ktnyouthcourt@gmail.com
- Website: www.ketchikanyouthcourt.com

---

This booklet is a collaborative effort between the Ketchikan Wellness Coalition’s Empowering Youth Task Force and Revilla High School, and was compiled by Aftan Lynch.

For more information on the resources available in this booklet, contact the Ketchikan Wellness Coalition at 225-9355 or ktnwc@yahoo.com