

COUNSELORS IN TRAINING (CIT) PROGRAM



GATEWAY REGION YMCA Counselor in Training Program(CIT)

The Gateway Region YMCA environment provides a unique opportunity for youth to build leadership skills by gaining hands-on experience assisting our team of camp counselors with our younger campers. The goal of the Y's Counselor in Training (CIT) program is to teach teens leadership skills that can be used at school, home and in the community. CIT's will focus on developing their role in camp and creating a fun and positive experience for younger campers. CIT program participants can range between the ages of 13-15 years old - ages vary by branch.

The CIT program application will open February 1st.

CIT families will need to complete this application and **submit it by March 27th, 2026**. Once an application is submitted, the Camp Program Director will contact the CIT and schedule a time for an interview to finalize the selection process. *Please note that not everyone interviewed will be selected for the program*

CIT Program Requirements

- Minimum of 4 Weeks
- Hours - 8:45am-4:00pm
- CITs can participate in Before and After Care, assisting staff during this time at no additional cost.
- \$50/Week for the program.
- Individuals who participate for more than 4 weeks will not be charged for additional weeks.

Application Process

- CIT applicants and parents/guardians will complete the [CIT Google Form](#)

Interview Process

- Interviews are conducted with the CIT only, not parents/guardians.
- All CITs will receive the same interview questions.
- CITs may be asked for individual or group interviews. The process will vary depending on the branch.
- The CIT roles and responsibilities will be reviewed
- If they are selected, they will receive an email with the details of training dates and next steps.
- Please note that not everyone interviewed will be selected for the program. We encourage teens to seek [teen Y camp programs](#) for the summer.

Registration Process

- We require a minimum of 4 weeks for program continuity, but encourage adding additional weeks at no extra charge.

Please contact your Y branch and ask for the Camp Program Director for more information.