

# Y SCHOOL AGE™

We build strong kids, strong families, strong communities.

## Downtown Branch YMCA

### After Care Program

Serving Chattanooga Christian and Fairyland Elementary Schools

#### What is YMCA After-Care Program?

The Downtown YMCA After-care programs run **from the close of school until 6:00pm – 5:00 pm on Wednesdays**. It is designed to be a help to families and a benefit to children. There are four primary areas of focus for the program.

- **Focus on homework:** Each child has an opportunity to work on their homework, school assignments or read for 30 minutes each day. Our staff will offer assistance as long as it does not take away from the total supervision of the group. Teachers can send homework assignments to the YMCA counselors so that we are aware of each child's responsibilities.
- **Focus on nutrition:** This year the YMCA will provide a variety of 100% fruit juice and snacks that are healthy. Snacks of vegetables, fruits, grains and cheese are some of the ways that the YMCA can encourage healthy eating.
- **Focus on fitness:** A variety of activities will be planned each afternoon to encourage exercise as a daily part of a healthy lifestyle. Jump rope, walking, running, and sports activities are some of the activities that the YMCA will offer. Each activity will be age appropriate and last 30 minutes.
- **Focus on fun:** The YMCA recognizes that children have been in a classroom setting all day. The YMCA will encourage free play under the supervision of its counselors. Free play allows children to develop social skills, relationships and build their self-confidence. Free play is scheduled twice each day for approximately 30 minutes and can include organized games, playground time or just hanging out with friends.

#### What does a sample YMCA After-Care schedule look like?

30 Minutes	5 – 8 Role Call Free Time	9 & Above Role, Snack, *Homework
30 Minutes	5 – 8 Snack, Crafts, Reading	9 & Above Free Time
30 Minutes	5 – 8 Fitness & Games	9 & Above Fitness & Games
30 Minutes	5 – 8 Free Time	9 & Above Free Time

\*Additional homework time can be added during free time provided the parents and students have informed the counselors of their need for this additional time.

#### ENROLLMENT OPTIONS

**\*There is a \$50 registration fee for any involvement in After Care\***

**Full Time                      \$50/Week Non Members (2<sup>nd</sup> Child \$45)                      \$40/Week YMCA Members (2<sup>nd</sup> Child \$35)**

The YMCA does not pro-rate a week if you are absent or if the school is closed for one day that week. The YMCA will pro-rate a week when the school is closed for two or more days.

**Part-Time Fees                      \$12 Non Members                      \$10 YMCA Members**

Select the days you need after care. You are responsible to prepay for these days. There is no second child rate for part time.

**Drop-In Fees                      \$15 per day for each child**

Not sure that you will need after care at all or maybe for emergency situations. All you need to do is fill out the registration form and pay the registration fee. Your payment of \$15 is due when you drop off the child. Failure to pay will prevent further use of the Drop In program.