



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAMDEN/NORTH HAVEN YMCA SCHOOL-AGE CHILD CARE DAILY SCHEDULE OVERVIEW

TIME	ACTIVITY	DESCRIPTION
3:00-3:15pm	Huddle Group	Children are greeted by the teachers and signed in at the program. While waiting for our friends to arrive, quiet games led by staff will be played. Qualities during small-group interactions creates a positive social environment, promotes friendships among students, and reduces and resolves behavior conflicts and bullying.
3:15-3:45pm	Academic Support/Literacy	Children will participate in 30 minutes of structured academic support daily. Children can either choose to read a book, listen to a story, or work on homework with the assistance of an educator.
3:45-4:00pm	Snack/Crew Service	Healthy snack is served family style based on HEPA guidelines. A contracted dietician plans all of the snacks served at the program daily. This is a time for the group to connect, reflecting on their day, and share experiences while supporting the community and building relationships within the program. Crew service is cleanup time or other responsibility activities encourage children to feel a sense of ownership for maintaining the program space. Crew activities offer a simple and fun way to build character through the Y's core values: caring, honesty, respect, and responsibility.
4:00-5:00pm	Creative/Enrichment Activities	Participants will engage in S.T.E.A.M activities, creative arts, music, mindfulness/yoga, swim lessons and recreational swimming, water safety education, character development through structured, educator led activities based on a variety of curriculum.
5:00-6:00pm	Healthy Movement	Health and wellness structured fun physical activities, led by teachers, of the participants choosing. Exploring a range of activities throughout the year allows participants to discover their interests and talents. Variety activities tend to be more general than mastery activities, focused less on skill building and more on trying new things and connecting with others.
6:00-6:30pm	Fun Choices/Departure	Student-choice program period—supervised, but not directed, by teachers—provide participants with an important opportunity to make individual choices and feel a sense of belonging. Use the time to encourage indoor/outdoor and imaginative play.



LET'S GO!

TIME TO
EXPLORE!