



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Shawnee Mission Y-Club Parent Information

MultiSite Coordinators: Maigan Bridgette and Domonique Bell

Senior Program Director: Stephanie Miller

YMCA Youth Development Services

Business Team: 816.360.3390

<https://kansascityymca.org/programs/before-and-after-school>

Registration typically open for the following school year towards the end of May

In our Y Club before and after school program, children in kindergarten through sixth grade enjoy and benefit from:

- **Homework enrichment** – Qualified and trained staff enhance and support school-day learning while providing youth with homework help
- **Healthy snacks and physical activity** – Youth have the opportunity to enjoy healthy snack choices and 30 minutes of physical fitness daily
- **Small and large group activities** – Youth make meaningful and intentional choices with hands-on activities focusing on arts and humanities, STEM (science, technology, engineering, mathematics), nutrition education and service learning
- **Focus on building community** – Team building activities and day-to-day interactions with peers and Y Club staff focus on building positive relationships and enhancing conflict resolution skills
- **Youth voice and leadership** – Youth are empowered through opportunities to provide input, from helping to develop daily activities and snack menus to leading activities with peers

What does Y-Club look like?

Before School Schedule:

- 7:00-7:50: Table Top Activities (Board Games, Art, Card Games, etc.)
- 7:50-8:00: Clean-up / Dismiss for class

After School Schedule:

- 3:05-3:30: Handwashing & Snack Time
- 3:30-3:45: Handwashing & Announcements
- 3:45-4:30: Physical Fitness Activities (Gym or Outside pending the weather)
- 4:30-5:15: Clubs or STEM Activities
- 5:15-5:40: Enrichment Time (Homework, Reading, Journals)
- 5:40-6:00: Closing Activities & Table Top Activities

**This schedule is subject to vary from school to school