



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# BRINGING FAMILIES THE BEST

BEFORE AND AFTER SCHOOL CARE

YMCA OF CENTRAL KENTUCKY



# Who WE ARE

## Welcome to the Y.

We're an inclusive organization of men, women, and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility. We know that lasting personal and social change comes about when we all work together. That's why, at the Y, **strengthening community is the heart of our cause.**

## YOUTH DEVELOPMENT

Empowering young people to reach their full potential

- Child Care
- Education & Leadership
- Camp
- Swim, Sports & Play

## HEALTHY LIVING

Improving individual and community well-being

- Family Time
- Group Fitness & Personal Training
- Sports
- Lifelong Learning

## SOCIAL RESPONSIBILITY

Providing support and inspiring action in our communities

- Volunteering & Giving



# READY, SET, EXPLORE!



The YMCA's Before & After School program curriculum includes a wide range of activities to keep your child engaged and active! These components make our programs so much more than childcare- it is a safe space for your child to learn, grow, and have fun!

## PHYSICAL ACTIVITY

Participants will have a chance to be physically active every day at the Before & After School program. This could include time spent outside on the playground and sports fields or inside in the gym or other open space. No matter where we play, we are sure to have a blast!

## HOMEWORK HELP

We set aside time every day to focus on getting homework completed with the help from YMCA staff. If participants do not have homework, alternative quiet activities are available.

## SNACK

An afternoon snack is offered to every participant. The Y follows the HEPA (Healthy Eating and Physical Activity) standards which outlines specific nutritional guidelines that must be met.

## ARTS

Art projects can be done individually or as a group. These projects allow participants to use their creativity and fine motor skills to create works of art (and sometimes get a little messy along the way)!

## ACADEMIC ENRICHMENT

Academic activities are offered daily to participants, and could include math, literacy, or STEM activities. Often times, these activities are connected to what your child is learning in the classroom as an extension of the school day!

## LEADERSHIP DEVELOPMENT

The Y offers "youth led programming" which allows participants to develop critical leadership skills. Often times, participants are able to teach others about their interests and passions, like soccer or making friendship bracelets.

## GLOBAL LEARNING & INCLUSION

We spend time every week learning about different cultures and events that celebrate diverse perspectives, ideas, beliefs, and customs.

## COLLEGE & CAREER READINESS

Guest speakers and activities are offered that focus on the different people and jobs within their communities!

## FAMILY & PARENT ENGAGEMENT

We offer multiple ways for parents and families to engage including monthly events, interactions with staff, and volunteer opportunities.

## SERVICE LEARNING

Participants help to plan and implement projects designed to give back to the community. Examples include a recycling program or donating homemade items to animal shelters.

## PROGRAM GOALS

### ACHIEVEMENT, RELATIONSHIPS, BELONGING

In the Y's Before & After School programs, we focus on three main outcomes that drive all of our programs.

#### ACHIEVEMENT

We want to make sure that every child tries something new and leaves the Y with a new skill. This could be trying kickball for the first time, learning how to make friendship bracelets, or even developing their leadership skills by leading a group activity. Every child should have the chance to step outside of their comfort zone to experience new things.

#### RELATIONSHIPS

We want to make sure every child makes a connection at the Y with their fellow classmates and the staff. We want to help kids not only make new friends, but learn how to be good friends, too. We do this through being intentional with team building activities, opportunities to learn about those around us, and using our four core values.

#### BELONGING

Every child should feel safe and at home at the YMCA Before & After School program. The Y is a space to be yourself and be welcomed by the people around you! We create this sense of belonging through the relationships we build and a warm and welcoming atmosphere.

#### CORE VALUES

The YMCA of Central KY works to accomplish its mission by living and sharing the following core values:

- Caring: considerate to the needs and feelings of others
- Honesty: being trustworthy and truthful
- Respect: treating others, the environment, and yourself with dignity
- Responsibility: accepting accountability for your actions and role in the community



# Success in SCHOOL & LIFE

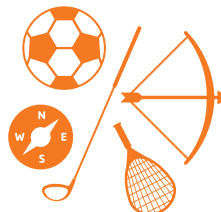
The **Y's Before & After School program** provides youth with a safe place to go before and after the bell. More importantly, it helps youth realize who they are and what they can achieve.

The balanced program supports academic achievement, fosters health and wellness, and instills positive social-emotional skills through:

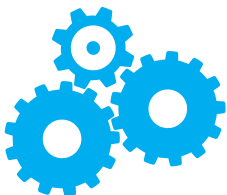
## LITERACY & READING



## Y KIDS ARE FIT



## STEM



## FAMILY ENGAGEMENT



## NUTRITIONAL EDUCATION



## SERVICE LEARNING



## ARTS



## HOMEWORK HELP



## SOCIAL AND EMOTIONAL SKILLS



## CHARACTER DEVELOPMENT



**The Y is the largest provider**  
of Before & After School programs  
**Nationally, Statewide & in Central Kentucky**  
with a history of  
**loyalty, trust & satisfaction.**



# YMCA CHILD CARE MISSION

To foster the ongoing development of all children with quality, affordable, and accessible child care programs which ensure each child a positive, safe, and nurturing environment in collaboration with families, schools and community.



**KEVIN HAURY**  
Senior Director of Program Operations  
859-218-0018

[ymcackey.org](http://ymcackey.org)