



ACTIVE KIDS DO BETTER! AFTER SCHOOL FIT KIDS

KEARNEY FAMILY YMCA

We are on a mission to keep kids active & healthy while trying to prevent youth obesity in our community! We will intentionally keep kids moving through sports, fitness & games, while promoting confidence, an active lifestyle & more importantly, having fun at a very important time of the day (After School)! Kids will explore our Jr. Loper Sports (football, basketball, volleyball, running, swimming & soccer) PLUS those old-school backyard games we all knew & loved growing up (Capture the Flag, Kickball & etc) in a safe and encouraging environment. In addition to sports & games, kids will be introduced to Weight Training and Speed & Agility in a fun and safe method that promotes proper mechanics and form to prevent injuries and improve performance. Transportation from school to the YMCA is provided via RYDE.

Key Program Goals:

- *Provide Sports /Fitness Opportunities
- *Positive Environment for growth & confidence
- *Positive Role Models

- *Promote A Healthy Lifestyle
- *Improved Performance
- *New Friendships

- *Promote Active Participation
- *Promote YMCA Core Values
- *Have Fun

DID YOU KNOW?

- ◆ That afterschool is the peak time for kids to commit crimes, become victims of crimes, and experiment with drugs, alcohol, and cigarettes.
- ◆ Of kids ages 6-17, only 24% get enough physical activity.
- ◆ Students, who regularly participate in sports make better decisions, improve work habits & grades, and have higher graduation rates
- ◆ 88% of kids who regularly participate in quality after-school programs have better social skills.
- ◆ 74% of parents agree that afterschool programs keep children safe and out of trouble

GRADES: 4-8th Grade (25-26 School Year)
DATES **Fall Session** | August 18-December 18th (Monday-Friday)
Winter/Spring Session: | January 12-May 21 (Monday-Friday)

*Program will not take place on days KPS does not have school**

TIMES: 3:45-5:45PM

FEE: **Members:** \$50/week **Non-Members:** \$60/week ***Financial Assistance is Available**

Program fees will be deducted/paid the Monday of each week. You may stop your registration and payments at any time prior to your next scheduled payment.

SAMPLE DAILY SCHEDULE:

3:45-4:00PM: Arrival & Snack
4:00-4:45PM: Sports Session (Basketball, Football, Volleyball, Soccer, Running, etc)
4:45-5:15PM: Wellness Center | PE Games | Swimming
5:15-5:45PM: Free Time/Homework

MORE INFORMATION

Ray Longoria | Program Director
308-237-9622 | rlongoria@kearneyymca.org



SCAN ME!



MEMBERSHIP BENEFITS



SOMETHING FOR
EVERYONE IN THE FAMILY



FREE GROUP
EXERCISE CLASSES



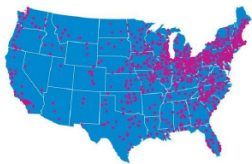
YOUTH SPORTS &
PROGRAM DISCOUNT



INDOOR SWIMMING POOL
& SWIM LESSONS



FREE CHILD WATCH
WHILE YOU WORK OUT



NATIONWIDE ACCESS TO
YMCA's ACROSS THE U.S.



NO CONTRACTS
NO COMMITMENTS
NO ANNUAL FEE



STATE OF THE ART WELLNESS
CENTER WITH CARDIO &
STRENGTH EQUIPMENT



CHILD CARE &
AFTER SCHOOL PROGRAM
DISCOUNT



YMCA 360 W/ EXCLUSIVE
ON-DEMAND CLASSES