



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**CAPITAL AREA YMCA**  
SCHOOL AGE CHILD CARE BEFORE / AFTER SCHOOL

# Welcome to the Capital Area YMCA's School Age Child Care!

We are pleased to welcome you and your family to our out of school time programs provided by the Capital Area YMCA, serving Trenton, Ewing, and Lawrence. We are delighted to be serving the Lawrence Township Public Schools with Before and/or After School Programs that build character, develop leadership, foster growth in social and academic skills, and most importantly provides hours of fun and friendship for kids.

The YMCA School Age Child Care Program focuses its curriculum on building healthy life styles by offering activities that support spirit, mind, and body. Program participants will have opportunities to make friends, explore interests, run, play, develop new skills, and engage in critical thinking. Our CATCH program encourages physical activity for children each afternoon, ensures minimal screen time, and provides daily healthy snacks.

During the school year, 15.1 million children nationwide do not have access to after school programs and are left unsupervised after 3pm, according to the Afterschool Alliance. In YMCA School Age Child Care Programs, youth are in a safe and nurturing environment with caring adults who encourage them to reach their full potential and explore interests.

As the leading non-profit for youth development, the YMCA is the nation's largest child care provider; we believe all kids deserve the opportunity to discover who they are and what they can achieve.

In YMCA programs, millions of youth are cultivating the values, skills and relationships that lead to positive behaviors, better health and education achievement.

The YMCA is for youth development, healthy living, and social responsibility. Our out of school time programs work in partnership with schools and parents to build developmental assets in young people to help them prepare for a healthy and happy life.

We hope that each family has a great experience with our YMCA.

# CAPITAL AREA YMCA

SERVING TRENTON,  
EWING, AND LAWRENCE

## OUR CAUSE

At the Y, strengthening community is our cause. We believe that lasting personal and social change can only come about when we work together to invest in our kids, our health and our neighbors. With a focus on youth development, healthy living & social responsibility, the YMCA nurtures the potential of youth and teens, improves the nation's health and well being and provides opportunities to give back and support our neighbors.

## OUR ROOTS

The YMCA has been engaging the greater Princeton area for over 105 years. The YMCA has a legacy of providing a variety of opportunities for the youth and families in our community to build healthy spirit, mind, and body. Through programs that nurture the potential of youth, promote healthy living, and foster social responsibility, the Y continues to provide invaluable experiences for all. YMCA programs advance our collective cause by providing new experiences and growth opportunities. We celebrate and honor common values of respect, responsibility, honesty, and caring by infusing character development into the foundation and practice of our programs.

## THE Y IS FOR EVERYONE

The YMCA makes accessible the support and opportunities that empower people and communities to participate and make a difference locally. As a nonprofit, charitable organization we serve the entire community. Donations support our financial assistance program and our commitment – to strive to keep programs open to all.

## OUR FOCUS

### Youth Development

nurturing the potential of every child and teen

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

### Healthy Living

improving the nation's health and well-being

- Health, Wellness, & Fitness
- Sports & Recreation
- Family Time

### Social Responsibility

giving back and providing support to our neighbors

- Community Service
- Volunteerism & Giving
- Service Learning
- Financial Assistance for all



# YMCA S.A.C.C. PROGRAM MODEL

## Goals, Outcomes, and Curriculum Framework

### GOAL 1

#### **Provide an environment of safety, support, care, and fun.**

##### Objectives/Outcomes:

- All staff receive initial and ongoing training in health and safety procedures.
- Health and safety procedures are followed at all times.
- Staff demonstrates caring and supportive behavior towards all children.
- Children report and are observed having a good time and participating.
- Children report feeling safe and valued while in YMCA programs

### GOAL 2

#### **Develop the inner-strength and character of young people.**

##### Objectives/Outcomes:

- Staff guide children through problem solving and decision opportunities.
- Children are given leadership opportunities.
- Children demonstrate self-awareness and self-respect.
- Staff provide activities/opportunities that facilitate self-awareness and reflection.

### GOAL 3

#### **Increase the physical fitness and self-awareness.**

##### Objectives/Outcomes:

- Children engage in a variety of physical activities daily for at least 45 minutes.
- Children acquire knowledge of good nutrition and healthy lifestyle principles.
- Children are given opportunities for creative expression.

### GOAL 4

#### **Strengthen the interpersonal and social skills of young people.**

##### Objectives/Outcomes:

- Children are given opportunities to make choices and practice problem-solving.
- Staff lead cooperative games and activities.
- Staff guide child awareness of the connection between actions and consequences.
- Staff and the environment facilitate positive interaction among children.

### GOAL 5

#### **Demonstrate the importance of good character traits and YMCA core values.**

##### Objectives/Outcomes:

- Quality curriculum and activities are implemented daily.
- Staff model and take advantage of opportunities to discuss the core value traits.
- Children demonstrate and are acknowledged for demonstrating character values.
- Staff demonstrate and are acknowledged for demonstrating character values.

### GOAL 6

#### **Foster an appreciation for diversity.**

##### Objectives/Outcomes:

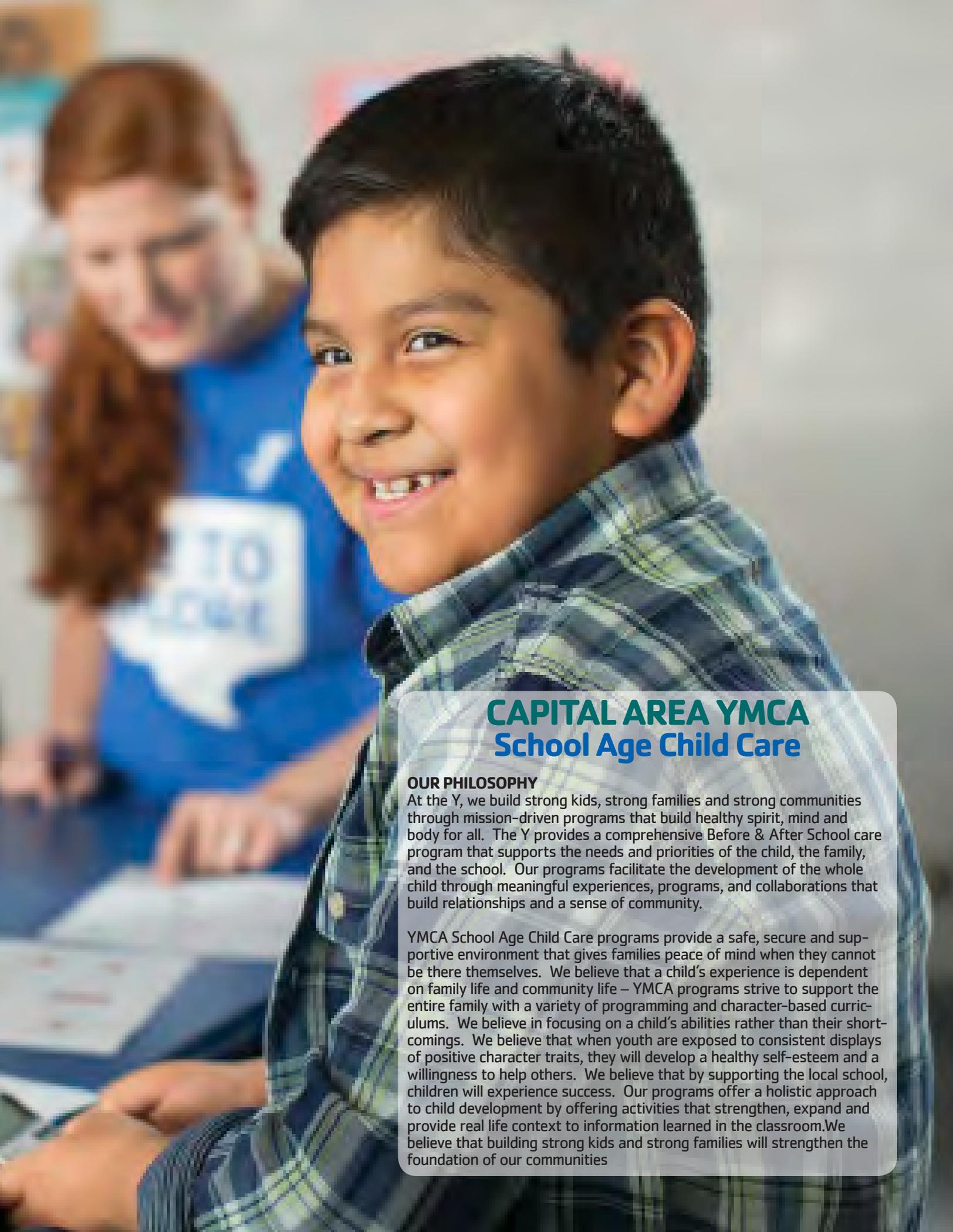
- Children demonstrate respect and acceptance of others.
- Staff model acceptance and respect for diversity.
- Staff will look for daily opportunities to demonstrate/teach the value of diversity.
- Staff provide multi-cultural art and enrichment activities.

### GOAL 7

#### **Complement and integrate the child's educational experience with a well-rounded curriculum.**

##### Objectives/Outcomes:

- All curriculum elements and components are visible in lesson plans.
- Children are given opportunity to participate in activity planning.
- Staff support cognitive development and academic achievement of children.
- Children develop a sense of involvement, responsibility, and empowerment as a member of a learning community.



## CAPITAL AREA YMCA School Age Child Care

### OUR PHILOSOPHY

At the Y, we build strong kids, strong families and strong communities through mission-driven programs that build healthy spirit, mind and body for all. The Y provides a comprehensive Before & After School care program that supports the needs and priorities of the child, the family, and the school. Our programs facilitate the development of the whole child through meaningful experiences, programs, and collaborations that build relationships and a sense of community.

YMCA School Age Child Care programs provide a safe, secure and supportive environment that gives families peace of mind when they cannot be there themselves. We believe that a child's experience is dependent on family life and community life – YMCA programs strive to support the entire family with a variety of programming and character-based curriculums. We believe in focusing on a child's abilities rather than their shortcomings. We believe that when youth are exposed to consistent displays of positive character traits, they will develop a healthy self-esteem and a willingness to help others. We believe that by supporting the local school, children will experience success. Our programs offer a holistic approach to child development by offering activities that strengthen, expand and provide real life context to information learned in the classroom. We believe that building strong kids and strong families will strengthen the foundation of our communities

# Typical Afternoon

SCHOOL  
DISMISSAL  
ATTENDANCE

BATHROOM  
&  
WASH HANDS

PLAYGROUND  
PHYSICAL  
ACTIVITY

HEALTHY  
SNACKS

## PROGRAM BENEFITS SCHOOL AGE CHILD CARE

### FOR FAMILIES

- Safe, licensed programs on school campus
- Parents have peace of mind, children are safe and engaged
- Homework support and diverse curriculum
- Family events
- Holiday and Summer Care

### FOR SCHOOLS

- Onsite, quality afterschool care for families
- Academic enrichment and extra-curricular opportunities
- Holiday and Summer Care for families
- Physical Education & Art programs
- Access to programs that foster youth development, healthy living and social responsibility

### FOR CHILDREN

- Children feel safe and valued
- Youth demonstrate self-awareness and self-respect
- Youth acquire knowledge of healthy lifestyle principles
- Youth engage in physical activities
- Youth practice problem solving and conflict resolution skills
- Youth understand and demonstrate positive character traits
- Youth show respect and acceptance for others
- Youth have fun and make new friends

**HOMEWORK  
ASSISTANCE  
& QUIET TIME**

**PROGRAM  
ENDS FOR  
THE DAY**

**INTEREST  
CENTERS**

Lego's, Sports, Arts &  
Crafts, STEM, Reading  
And a lot of FUN!

## The Capital Area YMCA's School Age Child Care Programs

### **BEFORE & AFTER SCHOOL CARE**

Child Care at the YMCA is about nurturing a child's development by providing a safe place for them to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

### **SCHOOL'S OUT PROGRAM**

The YMCA's School's Out program provides families with a safe and affordable option for childcare during the school year on days when school is not in session, while providing their children with a theme-based day of imagination, friendship and fun activities. Children in our Before/After School Program are invited to spend their out-of-school time with the YMCA where they can play games, make arts and crafts and share in a variety of YMCA favorites.

### **SUMMER CAMP**

Children will discover new interests, gain independence, and make lasting friendships - all while having a great time in a safe and structured environment! Our fun-filled summer program is packed with weekly field trips, specialty clubs, sports, and outdoor activities.

## **OUR MISSION**

To put Christian principles into practice through programs that build spirit, mind, and body for all.

## **OUR VISION**

To improve lives and strengthen character through youth development, healthy living and social responsibility driven by passionate staff and volunteers.

## **OUR VALUES**

Respect, Responsibility, Caring, and Honesty – Our values are celebrated by staff and members and provide a positive foundation for all Y programs and a healthy connection with others.

## **OUR COMMITMENT**

To keep programs open for all. The Y is a nonprofit, charitable organization that serves the entire community. Donations support our financial assistance program.

## **OUR CAUSE**

Strengthening the foundation of communities.



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