

# FIND YOUR AFTER SCHOOL SPOT. FIND YOUR Y.

## Jerry Long Family YMCA After School Academy

### **Before and After School Academy is part of the YMCA's history of dedication to youth development.**

It was established to meet the needs of working parents while providing children with a fun, safe, and enriching environment. Our program offers a variety of daily activities focusing on the following:

- Academic Support (Reading and STEM)
- CATCH curriculum\*
- Confidence and Character Development
- Fitness and Health Education
- Games
- Service Learning
- Homework Support with certified teachers
- YMCA Healthy Eating and Physical Activity Standards
- Healthy Snacks
- Guest Speakers and demonstrations
- Arts and crafts

Learning doesn't stop when the school day ends. The Y provides the academic support needed to help students achieve their full potential. Each day is filled with educational activities that also incorporate active play to develop a lifelong love of health and wellness.

### **BUILD YOUR OWN PLAN:**

Choose an option that works for you! After School, Spring Break and Out of School days. A one time \$45 registration fee applies to all before and after school options.

#### **After School Options**

##### **3 Day-After School (Monthly Rate)**

- \$190 Members
- \$225 Potential Members

##### **5 Day-After School (Monthly Rate)**

- \$220 Members
- \$270 Potential Members

#### **Out of School Days** (Daily Rate. Payment is due at registration.)

- \$35 Members
- \$45 Potential Members



\*CATCH stands for Coordinated Approach to Child's Health. For over 25 years, the CATCH platform has been proven to launch kids and communities toward healthier lifestyles. Originators of "GO, SLOW and WHOA" food categories, CATCH is the most cost effective means of preventing childhood obesity, in an environment that's fun and easy to sustain.

## Important Dates to Remember

Remember: Snow and Early Release days are included FREE in all After School options.\*

### SEPTEMBER

|             |           |        |
|-------------|-----------|--------|
| September 5 | Labor Day | CLOSED |
|-------------|-----------|--------|

### OCTOBER

|            |                   |                       |
|------------|-------------------|-----------------------|
| October 31 | Out of School Day | 7:00 a.m. – 6:00 p.m. |
|------------|-------------------|-----------------------|

### NOVEMBER

|                |                          |                       |
|----------------|--------------------------|-----------------------|
| November 11    | Veterans Day             | 7:00 a.m. – 6:00 p.m. |
| November 23    | Out of School Day        | 7:00 a.m. – 6:00 p.m. |
| November 24–25 | Thanksgiving and Holiday | CLOSED                |

### DECEMBER

|                |                     |                       |
|----------------|---------------------|-----------------------|
| December 19–23 | Winter Camp         | 7:00 a.m. – 6:00 p.m. |
| December 26    | Day After Christmas | CLOSED                |
| December 27–30 | Winter Camp         | 7:00 a.m. – 6:00 p.m. |

### JANUARY

|             |                                |                       |
|-------------|--------------------------------|-----------------------|
| January 2–3 | Out of School Day              | 7:00 a.m. – 6:00 p.m. |
| January 16  | Martin Luther King Jr. Holiday | 7:00 a.m. – 6:00 p.m. |

### FEBRUARY

|             |                   |                       |
|-------------|-------------------|-----------------------|
| February 20 | Out of School Day | 7:00 a.m. – 6:00 p.m. |
|-------------|-------------------|-----------------------|

### MARCH

|          |                   |                       |
|----------|-------------------|-----------------------|
| March 31 | Out of School Day | 7:00 a.m. – 6:00 p.m. |
|----------|-------------------|-----------------------|

### APRIL

|           |                   |                       |
|-----------|-------------------|-----------------------|
| April 3–6 | Spring Break Camp | 7:00 a.m. – 6:00 p.m. |
| April 7   | Good Friday       | CLOSED                |
| April 10  | Out of School Day | CLOSED                |

### MAY

|        |                      |        |
|--------|----------------------|--------|
| May 29 | Memorial Day Holiday | CLOSED |
|--------|----------------------|--------|

\*Those not enrolled in the YMCA After School Program must pay Out of School Day prices.

### SCHOOLS SERVED

Lewisville Elementary\*\*  
Meadowlark Elementary\*  
Morgan Elementary\*  
Southwest Elementary\*

### PROGRAM LOCATION After School

Jerry Long Family YMCA  
Jerry Long Family YMCA  
Jerry Long Family YMCA  
Jerry Long Family YMCA

\*Parents will need to request transportation to the Y from WSFCS.

\*\*Children will be transported to the Y by a YMCA bus.

## MAXIMIZE YOUR SAVINGS!

Become a YMCA member and save money on After School Academy, Youth Sports, Swim Lessons, and more!

- Unlimited access to the YMCA
- Free group and family fitness classes
- Free access to swimming pool, basketball, and racquetball courts
- Free Kids Zone (formerly Child Watch) available with memberships that include dependents
- Discounted rates on Youth Sports, Swim Lessons, and other programs
- No membership contracts!

## FINANCIAL ASSISTANCE

The Y is committed to turning no one away from a program or membership due to an inability to pay. Financial assistance is available through the Y's Open Doors program to those who qualify. Inquire at the YMCA for more information or call our Youth Development office at 336 727 4849. The Y is a United Way Agency.



"I can't begin to express my appreciation and gratitude to the Y for its after school program. It has been a great comfort to me for many years to know my children were in a safe, caring environment with people I trust. They are provided with a healthy snack, homework time, and fun activities every day. The counselors exhibit and encourage positive character traits and are true mentors. Thank you, YMCA after school for all you do to care for our children!" – Stacey R.

**For more information, please visit [www.ymcanwnc.org](http://www.ymcanwnc.org) or your local branch.**