



IT'S A GREAT PLACE TO BE happy.

YMCA AFTERSCHOOL

Five – Twelve Years

Once a child reaches school age, multiple influences enter his or her life. YMCA AfterSchool ensures a safe place after school that is occupied creatively and constructively. Our AfterSchool programs are offered in partnership with area school districts and various other organizations, offering care after school in more than 250 locations.

Children participate in a balanced program of open play and structured activities while being supervised by well-trained and caring staff. Children get involved in a variety of learning centers in addition to program components such as, recreation, health enhancement, arts and humanities programs, nutritional snacks, service learning, character development and homework assistance.

YMCA AfterSchool ensures that children are given a unique mix of activities that focus on developmental assets, the building blocks that teach children how to make positive and intelligent decisions throughout life. Some of our YMCAs also offer Older Youth AfterSchool programs that target the middle school years.

The YMCA also offers **Holiday Camp** during the December and Spring Break holidays. Know that your child is taken care of and having a wonderful time while you are working and your child is on school break. Held at either the YMCA or other community buildings, the children will play games, take part in arts and crafts and so much more!

ENRICHMENT AT THE YMCA

Arts and Humanities

The YMCA has a long history of providing classes and educational opportunities to people in our communities. Programs include all types of dance classes, such as ballet, jazz, hip hop and tap; art classes, such as pottery, drawing and painting; gymnastics and tumbling classes for babies through young adult, martial arts classes and more.



TO LEARN MORE ABOUT YMCA YOUTH PROGRAMS, visit a Y near you or on-line at ymcahouston.org



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. The YMCA strives to turn no one away due to inability to pay.



YOUTH SPORTS

The YMCA believes that youth sports programs encourage and promote healthy and strong kids, families and communities by placing a priority on family involvement, healthy competition rather than rivalry, the value of participation over winning, team building as well as individual development, a positive self-image and a sense of fair play and mutual respect for others. Caring adult coaches and volunteers create an asset-rich environment in which children learn and practice the core values of responsibility, honesty, respect, faith and caring.

The many youth sports programs include:

soccer	tennis	baseball
basketball	roller hockey	volleyball
flag football	softball	and more

YMCA CLUBS

At a YMCA Club, young people meet on a weekly basis primarily during after school hours, working closely with their peers and a counselor on skill and character-building activities, as well as on planning and organizing club projects. The club's goals are to enhance the personal growth and social skills of young people in order to develop leaders who will be a positive force in their communities.

YMCA G.I.R.L.S. GIRLS IN REAL LIFE SITUATIONS

YMCA G.I.R.L.S. programs are currently operated for girls in grades 5-7. Programs provide structured fun, educational and self-exploration sessions led by strong positive role models to adolescent girls which promote character development, self-determination, and positive life choices.

HEALTH AND WELLNESS

YMCA health and wellness programs include fitness for youth. Group exercise classes for youth focus on age and developmentally appropriate fitness activity. Some of the group exercise classes offered are specifically for youth, such as kickboxing, hip hop dance, yoga, spinning and strength training. Our goal at the YMCA is to help build a lifetime of positive health habits through engaging and fun physical activities.

AQUATICS

YMCA Aquatics is about water safety, skill development and fun for everyone. At the YMCA, aquatics include swim lessons for all ages, water exercise, lifeguard certification, fitness, and water safety programs. We have an aquatic program for every skill level and interest. Our programs are about more than just the techniques and skills; they are about building friendships, developing self-esteem and creating positive experiences that will last a lifetime.

Swim lessons: The YMCA offers a wide range of swimming options. Swimming builds self-confidence and develops the whole person – spirit, mind, and body. Classes are divided into ability groups and trained instructors emphasize personal safety, swimming skills, endurance and social skills, while guiding students with praise and encouragement.

Lifeguarding: This certification course is designed to give participants the skills and knowledge needed to be lifeguards in the pool. The comprehensive course offers up-to-date information on how to guard, anticipate and prevent problems, and to take action to help those in danger. It also teaches safety and survival skills every swimmer needs to know, accident prevention, guarding techniques, emergency systems, rescue skills and first aid in aquatic environments.

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