



NINE AFTER SCHOOL COMPONENTS

The Y's enhanced curriculum framework—created in partnership with national experts in youth development programming—offers comprehensive, age-appropriate, engaging programming. Our innovative after school programs focuses on nine research-based core components:

1. ACADEMIC ENRICHMENT

Children have the opportunity to work in small group settings to hone their skills in math, literacy and STEAM (science, technology, engineering, arts, and math). Opportunities to complete homework are given every day.

2. COLLEGE AND CAREER EXPLORATION

We know that it is vitally important for children of all ages to explore the interests and talents that allow them to be successful.

3. 21ST CENTURY SKILLS

Children learn how to be 21st century citizens through group work; conflict resolution; life and career skills; learning and innovation skills; and information, media, and technology skills.

4. SERVICE LEARNING

Whether they are participating in a canned food drive or cleaning up their communities, the children in our programs have the opportunity to “give back.” They participate in ongoing projects to create positive, lasting change.

5. ARTS EDUCATION

Children explore drama, photography, drawing, painting, music, and creative writing through a variety of approaches and materials. By valuing process over product, youth in our programs learn about problem-solving and creative risk-taking in supportive environments.

6. LEADERSHIP DEVELOPMENT

Children have the opportunity to be leaders at the Y and in their community. Writing, speaking, presentation, and conflict resolution skills are developed.

7. HEALTH AND WELLNESS

Kids enjoy at least 30 minutes of moderate to vigorous physical activity daily through the Coordinated Approach to Child Health (CATCH) curriculum and participation in sports. We provide a healthy snack and learn the importance of good nutrition.

8. GLOBAL LEARNING

Through interaction with international foods and music and studies of foreign language and culture, our programs create global citizens. Children in our programs learn to value all perspectives.

9. PARENT AND FAMILY ENGAGEMENT

Parent newsletters and family events ensure that we regularly invite parents into our programs. Our Family First Fridays, held the first Friday of every month at the Deer Path Branch offer families a fun way to connect with each other and with other families.

For questions and to learn more, please contact Wendy Crocetti, 908-483-4622, wcrocetti@hcymca.org. Or visit www.hcymca.org/afterschool.