



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARN GROW THRIVE

Y AFTER SCHOOL ACADEMY  
VANDERBILT YMCA 2016 - 2017

**VANDERBILT YMCA**  
224 East 47<sup>th</sup> Street  
New York, NY 10017  
212-912-2500  
[ymcanyc.org/vanderbilt](http://ymcanyc.org/vanderbilt)

 @vanderbiltymca

 [facebook.com/vanderbiltymca](https://facebook.com/vanderbiltymca)

 @vanderbiltymca

New York City's YMCA | WE'RE HERE FOR GOOD.™

**September 2016**

Dear Parents/Guardians,

We would like to take this opportunity to thank you for your interest in our Y After School Academy. It is a pleasure to have your child be a part of our family. In this guide you will find all the paperwork needed to get your child started in the program, as well as all other pertinent information about our program. Once again, we would like to welcome you and thank you for your interest in joining our Y After School Academy. We are sure you and your child will have a positive experience with the staff and the program. If you have any further questions or concerns, please feel free to contact me at 212-912-2520 or [lgarcia@ymcanyc.org](mailto:lgarcia@ymcanyc.org).

Best Regards,



**Lisa Garcia**

Senior Youth and Family Director



At the Vanderbilt YMCA, we recognize that the family is the primary and most important source of a child's values. We try to give each child a supportive environment where he or she can become more aware of how values work, what values he or she has and how to use those values in decision-making. We hope that our program contributes to the positive development of your child and has a positive impact on your family.

## Y AFTER SCHOOL ACADEMY (AGES 5-12)

Thank you for your interest in the Vanderbilt Y After School Academy. The purpose of this guide is to provide you with important information about our After School Academy. Academies will consist of a series of eight-week sessions in which your child will participate in a theme-based approach to learning. Themes are selected to support the Department of Education's curriculum and will help to augment your child's in-school instruction and retention. At the end of each eight-week session, parents/guardians will be invited to attend a cumulative event to view the children's work.

### YMCA MISSION STATEMENT

The YMCA of Greater New York is a community service organization that promotes positive values through programs that build spirit, mind and body, welcoming all people, with a focus on youth.

### VANDERBILT Y AFTER SCHOOL ACADEMY PROGRAM GOALS

1. To encourage a more positive self image and belief in our children's ability to succeed by recognizing their individual talents, accomplishments and worth.
2. To contribute to their education by encouraging our children to work on their assignments conscientiously and accurately with the support and guidance of our dedicated staff members.
3. To provide an opportunity for children to channel their energy into developing coordination while participating in fun, educational activities.
4. To build character and a strong sense of values by stressing the importance of fair play, sportsmanship and teamwork.
5. To provide sufficient opportunity for each child to reflect, imagine and grow in ways that enhance individuality.
6. To establish and maintain an atmosphere of mutual caring, respect and understanding.
7. To offer a safe, convenient, affordable and high-quality program to all participants.
8. To give each child an opportunity to achieve his or her potential in a variety of recreational, educational and cultural activities of his or her choosing.
9. TO HAVE FUN!!





## Y AFTER SCHOOL ACADEMY

When children enter the Y After School program, a whole other world of imagination and growth opens up to them. In addition to supplementing what they have learned in school, they participate in interactive learning models that engage critical thinking skills, get assistance with their homework from trained YMCA staff, have a chance to socialize with each other, and form long-lasting friendships that enhance their development, growth and self-confidence.

Our curriculum is based on a program model that focuses on learning enhancement, health and recreation, and building competence and confidence in children. The program runs every regular school day, from 3 p.m. to 6 p.m., in a supervised and structured environment, providing a safe after school alternative for children.

We offer a variety of educational and enrichment activities throughout the week. Please see below for a breakdown of the week. A schedule will be given out on the first day of after school labeling the activities offered per age group.







## Y AFTER SCHOOL ACADEMY FEE INFORMATION

The school age childcare program operates Monday through Friday from **3:00 – 6:00 PM**. Our program corresponds with the New York City Board of Education calendar.

Y After School rates are based on a ten month, 180 day school year. Yearly fees are divided into ten equal monthly payments.

On the 15th of each month, payment for the following month is due. For example, payment for the month of March is due no later than February 15th. A \$25 late fee will be charged for all payments made after the 15th of each month. For your convenience, the Vanderbilt YMCA asks that all participants make monthly payments via credit card or bank draft. Please complete our authorization form, which can be obtained by e-mailing Gina Olivieri at [golivieri@ymcanyc.org](mailto:golivieri@ymcanyc.org).

*The tuition for the first and last month is due at time of enrollment and is non-refundable.*

	2 days/week	3 days/week	5 days/week
Member	\$218/month	\$261/month	\$327/month
Community	\$262/month	\$315/month	\$398/month

*Financial assistance and sibling discounts are available for all programs with the exception of transportation, extended day and Holiday Camp.*

**EXTENDED DAY OPTION – HOURS 6:00 – 7:00 PM** The Vanderbilt YMCA Y After School Program offers an extended day option to allow parents the flexibility they need to juggle evening meetings, as often as necessary. Select the plan that works best for your schedule -- two, three or five days per week -- or pay just \$11 per day as needed. This option is available to families enrolled in the after school program.

EXTENDED DAY OPTION		
2 days/week	3 days/week	5 days/week
\$ 66/month	\$ 79/month	\$116/month

### DISCOUNTS

**10%**  
Sibling Discount



## MONDAY, WEDNESDAY AND FRIDAY

### **ACADEMY THEME PROJECT BASED LEARNING:**

Children will have the opportunity to participate in structured activities focused around a theme. These activities will have hands on learning; children will learn while having fun.

### **THE THEMES FOR THE 2016-2017 CALENDAR ARE**

#### **September to October**

My Selfie - During this academy, students can explore who they are, learn about one another, their families, their community and how they feel about their world.

#### **October to December**

Party in the USA (American History) - History through the years (researching various eras of American history).

#### **January to March**

Space Quest 1,2,3, Blastoff - everything and more about space.

#### **March to April**

Dare to Dream; Elevate, Innovate, Demonstrate Diversity & Culture - celebrating diversity.

### **ACADEMIC SUPPORT**

Participants are consistently provided with a focused and supportive environment in which to complete their homework assignments and work with Y staff to understand and reinforce the academic lessons learned during the school-day.

#### **Arts**

Through various artistic outlets - including dance, arts & crafts, song, and performance - participants are provided with tools, activities and positive reinforcement to express themselves and delve further into a theme or topic using their imagination and creativity.



## STEAM

Y staff engage participants in age-appropriate, hands-on science, technology, engineering, art or math activities that are related to that week's theme. Through small group and independent learning activities, participants explore the history of a topic, how it is made, and the STEAM components utilized.

Facilitator's teach participants the Scientific Method and chart each STEAM activity with the group.

## English Language Arts (ELA)

Through theme-related books, articles, short stories, and poems, participants open up a world of history and imagination. Y staff engage participants in large, small and independent reading activities that focus on literacy, comprehension and content retention.

## Core Values

Life Skills and Youth Development. The YMCA core values of respect, responsibility, honesty and caring, as well as the Developmental Assets and youth-development principles, come to life through service learning projects, small group discussions, research and writing-based activities, and preparation for culminating events.







## TUESDAY AND THURSDAY

### HEALTHY LIFESTYLES:

Children will have the opportunity to participate in various structured activities focused around healthy lifestyles.

### FITNESS FUSION

Get healthy and into top shape! Children experience fun fitness activities in a noncompetitive environment. Class features easy to follow exercises suited to improve upper body conditioning and agility. Activities will include dance, team building games, traditional sports, yoga and youth exercise activities.

### AQUATICS

Swim at the Vanderbilt Y! Swimming is great exercise for children of all swim levels. Participants are taught not only swimming skills, but also how to enjoy aquatic activities throughout their lives. Covered skills include personal safety, survival and rescue skills, water sports and structured games. Children will be divided into three levels and given red (beginner), yellow (intermediate) or green (advanced) swim caps to indicate their swim level. Please note that the changing time is included within swim period.

### SOCCER

Children will learn the fundamentals of soccer in a fun, educational, safe and non-competitive environment.

### SEIDO KARATE

A fun class with all the "kicks"! Seido teaches self-defense, concentration and focus.





## TRANSPORTATION

Transportation is available from school to the Y. Pick up is done via public transportation (bus) from PS 116, PS 59 and other neighborhood schools. Please contact us if your child's school is not listed to find out if we can arrange transportation for your child's school. MetroCards are included in our pricing. You must wait for confirmation from the Director or Assistant Director before relying on Y transportation.

	2 days/week	3 days/week	5 days/week
<b>Member</b>	\$82/month	\$106/month	\$132/month
<b>Community</b>	\$92/month	\$118/month	\$154/month

## Y AFTER SCHOOL ACADEMY SCHEDULE

	Monday	Wednesday	Friday
<b>3:00 – 3:35 PM</b>	Arrival/Sign-In	Arrival/Sign-In	Arrival/Sign-In
<b>3:40 – 4:20 PM</b>	Snack/ Academic Hour	Snack/ Academic Hour	Snack/ Academic Hour
<b>4:30 – 5:45 PM</b>	Academy	Academy	Academy
<b>5:45 – 5:55 PM</b>	End of Day Wrap Up	End of Day Wrap Up	End of Day Wrap Up
<b>6:00 PM</b>	Dismissal	Dismissal	Dismissal
<b>6:00 – 7:00 PM</b>	Extended Day	Extended Day	Extended Day

	Tuesday	Thursday
<b>3:00 – 3:35 PM</b>	Arrival/Sign-In	Arrival/Sign-In
<b>3:40 – 4:10 PM</b>	Snack/ Academic Hour	Snack/Academic Hour
<b>4:15 – 5:00 PM</b>	Period 1	Period 1
<b>5:10 – 6:00 PM</b>	Period 2	Period 2
<b>6:00 PM</b>	Dismissal	Dismissal
<b>6:00 – 7:00 PM</b>	Extended Day	Extended Day

On Tuesdays and Thursdays (Periods 1 and 2), participants attend one of the activities listed on page 4 of this guide. Please note that swim will be offered throughout the ten-month program during Tuesdays Period 2. Other offered activities may vary.

## HOLIDAY CAMP (SCHOOL FUN DAYS)

When school is out, the Y is there to keep kids safe and engaged in fun, healthy activities to let working moms and dads rest easy. Y Holiday Camp engages kids in healthy physical activity and fosters positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members. Registration for Holiday Camp closes one week before the actual holiday. Please see the New York City Public Schools Calendar below for Holiday Camp dates.

**\* Hours 8:00 AM – 6:00 PM**

<b>Y After School Academy Participant:</b>	<b>\$35/day</b>
<b>Member:</b>	<b>\$65/day</b>
<b>Community:</b>	<b>\$85/day</b>

## 2016–2017 VANDERBILT YMCA AFTER SCHOOL CALENDAR\*

**OFFICIAL FIRST DAY OF AFTER SCHOOL:**  
Tuesday, September 13

### HOLIDAY CAMP WILL BE OFFERED ON THE FOLLOWING DAYS

Rosh Hashanah	Monday, October 3 and Tuesday, October 4
Yom Kippur	Wednesday, October 12
Columbus Day	Monday, October 10
Election Day	Tuesday, November 8
Veterans Day	Friday, November 11
Winter Recess	Tuesday, December 27 through Friday, December 30
Dr. Martin Luther King Jr	Monday, January 16
Mid-Winter Recess	Monday, February 20 through Friday, February 24
Spring Recess	Monday, April 10 through Thursday, April 13 & Monday, April 17 through Tuesday, April 18
Clerical Day	Monday, June 12
Last Day After School	Thursday, June 22

# Y AFTER SCHOOL ACADEMY GENERAL POLICIES

## APPLICATION

At the time of registration, an application and medical form must be filled out. Every child must have a completed application on file with all updated information such as emergency contact numbers, authorized pickups and address. If there is a change that needs to be made, please inform the offices as soon as possible. A 60 day notice is needed if you are withdrawing from the program. You must receive confirmation of registration from the Director or Assistant Director prior to your child's first day of after school.

The tuition for the first and last month is due at time of enrollment and is non-refundable.

## MEDICAL FORM

A complete medical form filled out AND signed by a doctor with your child's immunization dates is required before your child's first day in the Y After School Academy.

## HALF DAY DISMISSAL

In the event of a half-day, we provide service as long as there is enough staff to cover the additional hours. An additional charge of \$15 per half day is due three days in advance. The three day notice is necessary to ensure proper staff supervision is provided. Lunch must be provided for any half days.

## SNACK

Children receive a light, healthy snack and beverage during Y After School. Parents can also provide additional snack for their child if they prefer.

## MEDICATIONS

The Vanderbilt YMCA program staff is not permitted under any circumstances to administer either prescription or non-prescription medications.

## ABSENCES

It is the parent's responsibility to notify the Y After School program at 212-912-2516 or e-mail [golivieri@ymcanyc.org](mailto:golivieri@ymcanyc.org) before 12:00 PM if your child will not be attending the after school program for the day.

## ILLNESS

In order to protect your child, as well as prevent the spread of illness among our children and staff, please do not send a sick child to Y After School. If your child arrives ill or becomes ill at any time during the course of the daily program, we will contact you to pick him or her up immediately.

## CREDIT/REFUND/WITHDRAWALS

It is the policy of the YMCA of Greater New York that no refunds or credits will be granted due to a child's illness, vacation, or other reasons.

## PARENT AUTHORIZATION AND DISMISSAL

Your child will only be dismissed to people listed on the Vanderbilt Y After School program application. You MUST list a backup person in case you are unable to pick up your child by 6:00 P.M. We will not release your child to anyone unless we have written authorization. All parents or alternate escorts must show photo ID and sign out their child each evening on a sheet provided by your child's counselor. Please see Page 2 of this guide for more information regarding our Extended Day option. Please note that parents who arrive after 6:00 P.M. to pick up their child will be charged the daily extended day fee of \$11.

## PERSONAL ITEMS

Personal items such as lunch boxes, backpacks, coats, and sweaters must be marked with the child's name. We urge all children to leave valuable belongings and electronic devices at home. The YMCA cannot be responsible for any lost or stolen items.

## SPECIAL EVENTS

In order to provide children with enriching experiences, the Vanderbilt YMCA will coordinate special theme day and projects with each grade. The Y After School program coordinator will notify you in advance of all these events. Parents are always welcome to assist us in these special activities.



**VANDERBILT YMCA**  
224 East 47<sup>th</sup> Street  
New York, NY 10017  
212-912-2500  
[ymcanyc.org/vanderbilt](http://ymcanyc.org/vanderbilt)

 [@vanderbiltymca](https://twitter.com/vanderbiltymca)

 [facebook.com/vanderbiltymca](https://facebook.com/vanderbiltymca)

 [@vanderbiltymca](https://www.instagram.com/vanderbiltymca)

New York City's YMCA | **WE'RE HERE FOR GOOD.™**