



# BRIGHT FUTURES START HERE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF GREENVILLE  
**AFTER  
SCHOOL**

2023-2024 Parent & Guardian Handbook

# WE'RE OPEN WHEN YOU NEED US

## AFTERSCHOOL CARE

MONDAY – FRIDAY 2:15 PM – 6:00 PM

## HOLIDAY BREAKS

MONDAY – FRIDAY 7:30 AM – 6:00 PM

## LATE PICK-UP POLICY

YMCA Child Care Programs end promptly at 6:00 pm. **THERE IS A \$1 PER MINUTE FEE AFTER 6:00 PM. THIS FEE IS DUE AT THE TIME OF PICK-UP.** This policy is strictly enforced.

## WAYS TO PAY

### LOCATIONS

- Caine Halter Family YMCA
- Eastside Family YMCA
- George I. Theisen Family YMCA
- Prisma Health Family YMCA
- YMCA Judson Community Center

### TUITION

- **Weekly Tuition: \$65/\$95**

**TUITION PAYMENT** Payments are due each FRIDAY for the following week; a **\$15 late fee** will be added for payments received after FRIDAY. We reserve the right to discontinue service if the account becomes two weeks delinquent. We understand that occasional financial situations arise; please keep the Child Care Director informed as to your family's situation in advance of delinquency so we can work with you. We also offer financial assistance through our Annual Campaign scholarship program. Applications are available at the Welcome Center and at [ymcagreenville.org](http://ymcagreenville.org).

**FORMS OF PAYMENT** Cash payments cannot not be accepted at the drop off point. Only money orders, check or credit card payments can be made on site. You may also choose the weekly draft option or online payments through [ymcagreenville.org](http://ymcagreenville.org).

**AUTOMATIC WEEKLY DRAFTING** For your convenience, we offer automatic weekly drafting. By choosing the bank draft payment system for your child care fees you agree to the following:

1. I will be drafted weekly on Friday. I understand that this plan will remain in effect until I wish to terminate my Child Care or until the end of the school year.
2. I authorize the YMCA of Greenville to draft my account for any late pick-up charges which I may incur while participating in the Child Care programs.
3. If I wish to terminate or change my Child Care in any way, I must give the YMCA of Greenville Child Care Office a two business-week's written notice prior to my next debit date. If proper notice is not received, I will be held responsible for tuition regardless of whether or not my child attends the program.
4. Should any debit not be honored by my bank/credit card company for any reason, I understand that I am still responsible for the payment, **plus a \$25 service charge**. This is in addition to any service fee my bank/credit card company may require.

\*If you have registered for the Afterschool program online, you are already scheduled for automatic payments.

**ENROLLMENT AGREEMENT** Upon registering for the YMCA Afterschool Program, you are paying for your child's position in the program. You will be billed for up to 40 weeks and are responsible for paying every week during the school year from the first week of enrollment. Billing is not based on attendance nor do we offer daily rates. You will not be charged for spring break, or Christmas break (these are separate camps and fees) and will be prorated for the weeks prior to and after Christmas and for weeks that have an S.O.S. Day scheduled. Along with your weekly fees, there is a one-time enrollment fee per child. A two-week written notice is required if you decide to withdraw your child from the program.



**MOVEVILLE WELLNESS TIPS FOR PARENTS AND CAREGIVERS**

Know your motivators. Write down the people, reasons, and upcoming events that will help keep you focused.

**AN ENRICHING PROGRAM**

Our Afterschool Program is designed to provide your child with the perfect after school experience. We believe our program is unique because of our attention to building a healthy spirit, mind, and body for all. Some components include:

**DAILY HOMEWORK SUPPORT** During afterschool, the Y is committed to provide 30–45 minutes per day for kids to start their homework. We want to make sure your child has an intentional amount of quiet time to focus and work on school assignments, where staff and volunteers are available to answer questions and provide support. While homework help is provided, we feel it is also important for the parent to have an active role in their child’s homework. Homework help is only part of our afterschool program.

Our YMCA staff team will work in partnership with your family to support academic success through assistance with classwork and homework assignments are successfully submitted by required deadlines will ultimately fall to participants’ families.

**DAILY ACTIVE PLAY** Each day the kids will have a little play time to burn off some energy before they hit the books. Kids will participate in at least 30 minutes of moderate to rigorous physical activity. This could be kickball or soccer, jump rope and hopscotch, or tag games and fitness challenges. The options are endless! We’ll also provide a healthy snack for them every day.

**AFTERSCHOOL ENRICHMENT** Participants also will receive one 45-minute academic enrichment program weekly to enhance the overall exposure to a balanced curriculum. This includes nutrition and wellness, 21st Century skills, college and career exploration, leadership development, service learning, arts and crafts, and global learning.

All kids have potential and should have the opportunity to discover who they are, to express themselves, and to be nurtured to believe anything is possible. The Y works to improve the educational readiness, engagement, and outcomes of children so they can pursue their best possible future.

**VALUES-BASED PROGRAMS**

What makes the Y experience unique is our commitment to promote **Caring, Honesty, Respect, Responsibility, and Faith** in all we do. This is done through character development, small group discussions, academic enrichment and positive reinforcement of behaviors by great staff role models.

# AT YMCA CHILDCARE

**HUDDLES** Children will be placed in groups of 12 for elementary-aged children and groups of 15 for middle-school-aged children, according to age/grade with one YMCA counselor. Children will remain in this small group with their counselor rotating to different activities for the week.

**ACTIVITIES** While participants will remain with huddles and counselors, activities will be more individually focused. These activities include arts and crafts, gym games, outside time, health and wellness, brain games, STEM and enrichment activities.

## MOVEVILLE WELLNESS TIP: SELF-CARE

Taking care of yourself means you can take better care of others, so prioritize your wellbeing today! Try spending a few minutes outside today – vitamin D helps prevent disease, and boosts your mood.



# CAUSE-DRIVEN LEADERS

**COUNSELOR QUALIFICATIONS** The YMCA is a place where kids discover new activities, enjoy new and old friends and learn to develop skills and interests in a safe environment. Counselors are expected to be honest, caring, respectful, responsible, faithful, and safe so we expect the same from our participants. Counselors are 16 years or over; many are college students from the community. Staff are required to be good role models for our kids. We employ outgoing, caring and energetic staff. Afterschool staff receive monthly training including: Positive Discipline, Character Development, Developmental Needs of Children, Risk Management and all are certified in First Aid, CPR, AED, Blood Borne Pathogens, as well as up-to-date eLearning, and Social & Emotional Development.

## YMCA STAFF CODE OF CONDUCT

1. Staff will use positive techniques of guidance, including redirection, positive reinforcement, and encouragement rather than competition, comparison, and criticism. Staff will have age appropriate expectations and set up guidelines and environments that minimize the need for discipline. Physical restraint is used only as a last resort, in necessary situations (to protect the child or other children from harm), only administered in a prescribed manner by trained persons, and must be documented in writing.
2. Staff will treat each child with dignity and respect.
3. Staff will administer clear delivery and regular review of program expectations, rules and procedures to participants.
4. Staff will establish an atmosphere of appropriate behavior.
5. Staff will communicate any behavioral and/or social issues involving students to their parents in a timely manner.
6. Staff will deliver program components appropriately, demonstrating the YMCA's Five Character Values and the mission of the YMCA of Greenville.
7. Staff will deliver program information updates and reminders regularly via newsletter, email, flyers, etc.
8. Staff will respect the privacy of program participants and adhere to established confidentiality policies.
9. Staff are mandatory reporters in regards to child abuse.

# PLACEMENT

**DROP OFF (HOLIDAY CAMP AND S.O.S.)** Day Camp and School's Out Specials (S.O.S.) arrival is the between the hours of 7:30 am and 9:00 am. We begin organized activities at 9:00 am; so please have your child at the Y by 9:00 am. This is a good way for parents to receive program information and for counselors to communicate with parents.

**PICK UP & SIGN-OUT** The YMCA of Greenville recognizes the need to provide a safe and secure site for all children in our Afterschool programs. As a result, the Y will only release a child to an adult who is listed on the "Authorized Pick-up List" provided on the registration form. Furthermore, the Y staff will adhere to the rules below to protect children in their care. Adults picking up children must will be asked by a Y staff member to show a picture ID.

**CHANGES TO THE PICK-UP LIST** Parents can now add authorized pick-ups from their online portal, and it will

immediately update to our attendance dashboard for rides out. Any court orders declaring changes in custody should also be provided to the Y for our records. The primary responsible party is the only person who can amend the authorized pick-up list.

**IMPAIRMENT** Your child's safety is our priority. At times we are called to make judgments concerning his or her safety. If a YMCA staff member suspects that a parent, guardian, or other adult authorized to pick up the child is impaired when he or she arrives to pick-up the child, the YMCA will keep the child at the YMCA facility until alternative transportation can be arranged. The YMCA will first try to contact another family member or spouse; then one of the emergency contacts listed on the child's registration form. The YMCA reserves the right to involve appropriate authorities if necessary to protect the child and the YMCA.

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## WEATHER POLICY

### IF SCHOOL IS CANCELLED DUE TO WEATHER RELATED SITUATIONS

- All day care will be available at the YMCA as long as the Y is open and staff can get to work safely.
- Please call the branch to confirm opening times before you bring your child as they may vary.
- If it is snowing, children should bring in a change of clothes and shoes so we can play outside.
- There is no additional cost for program participants for all-day care on snow days.
- If school is closed for two or more days due to inclement weather, the afterschool tuition will be prorated for that week if no all day care is offered for more than two days.

**IF SCHOOL IS ON A DELAY, THE YMCA WILL NOT OFFER CHILD CARE IN THE MORNINGS BEFORE THE SCHOOL OPENS.**

### IF SCHOOL CLOSES EARLY DUE TO WEATHER

- Afterschool will open early as long as the YMCA remains open.
- Y buses will pick up children from school at release, as long as the roads are deemed safe for our vehicles and Afterschool programs are open. Otherwise parents would need to provide transportation.
- Children at school and church-based off sites will need to ride the school bus home or be picked up by parents, as programming will not be offered at those locations. Check with your local YMCA to see if child care will be offered at the YMCA if your school or church-based off site is closed.
- If weather situations make it impossible for Y vehicles to safely pickup students from schools, no afterschool programming will be offered. Please call the branch location for information regarding program closings.

**WYFF CHANNEL 4 IS OUR PRIMARY CLOSING NOTIFICATION OUTLET.**

**IN CASE OF TORNADO** Counselors will take children indoors, if possible where there are no windows. Children should duck down with heads covered against the walls. Children and staff will remain in this position until given further instruction.

**IN CASE OF THUNDER AND LIGHTENING STORMS** Counselors will bring children indoors when thunder or lightning is present. Children and staff will not be outside during inclement weather.



# WE KEEP THE PEACE

Here at the YMCA of Greenville our behavior expectations and discipline procedures are based on our Core Values of Caring, Honesty, Respect, Faith, and Responsibility. We believe in creating a safe, secure, and fun environment and believe that in order to do this, all youth need to know and understand the rules and expectations for appropriate behavior. We also believe that when youth do not follow the rules, we have an opportunity to help youth learn from their mistakes. The YMCA promotes behavior guidance and discipline through creating a positive environment, developing structure and clear limits, promoting social and emotional learning, reinforcing our core values and addressing challenging behaviors. From our Core Values we have developed these expectations:

- **Caring:** Showing kindness towards all students and staff through words and actions.
- **Honesty:** Telling the truth about your actions and feelings in an effort to help solve problems and find solutions.
- **Respectful:** Listening to other students and counselors and honoring their thoughts, requests, and expectations in a respectful manner.
- **Responsible:** Taking ownership for your words, actions, and belongings while at the YMCA, but also respecting YMCA space by taking care of the property and keeping it clean.
- **Faith:** Always respecting other's beliefs and religious practices.

All youth are expected to follow the rules established by the YMCA for the physical and emotional safety of all youth in our programs. In light of this, the YMCA does not allow the following behaviors:

- Unruly behavior within the group that disrupts the daily operations of the program

- Use of phones or other technology inappropriately
- Communicating with staff through social media and gaming platforms
- Vandalism, fighting, stealing, and threats against others
- Abusive or profane language, gestures, or physical actions towards staff or program participants
- Harassment, intimidation, bullying
- Inappropriate verbal or physical contact in a sexual nature
- Inappropriate racial comments towards other students or staff

The YMCA staff desire to partner with families of the youth in our care and communicate when issues may arise during youth programs. If a youth is unable to meet established behavior expectations, YMCA staff will follow these disciplinary steps below.

1. Conversation between staff and youth to discuss behavior and reset expectations using positive reinforcement.
2. Parents will be notified in written or verbal form if youth is not following established rules.
3. If the behavior continues, a formal write up will be given to parents to sign to serve as a warning.
4. If challenges continue, the youth will be given a suspension.
5. If after the suspension, the youth continues, in the behavior a 1-week suspension will be given and a parent conference will be scheduled to develop a behavior plan for the youth.
6. If suspensions nor a behavior plan is effective in changing the youth's behavior, they may be dismissed from the program.

**\* Please note:** these steps are guidelines and Y program directors have the right to adjust consequences on an individual basis as situations arise. We want all of our children to enjoy their experiences at the Y. We also want all of our children to be physically, emotionally, and mentally safe when in our programs. Children who interfere with the mental, emotional, and physical safety of others might not find this program a good fit, and may be asked to leave. If your child is removed from the program due to behavior, a refund will not be issued.

## Y BUS CODE OF CONDUCT

- The Student Behavior Code of Conduct applies while riding on the bus.
- Eating and drinking are not permitted on the bus.
- Riders must remain seated and wear seat belts at all times.
- Riders hands, arms, etc. may not extend outside the bus at any time.
- Riders must not tamper with the bus emergency door.
- Riders must obey the driver.
- The driver is in charge of the bus and has the right to administer disciplinary actions including assigned seats to maintain order and promote safety.
- Riders may not throw objects on the bus, shout or display any other behavior that may distract the driver and compromise the safety of those on the bus
- Per the federal mask mandate, all riders and staff are required to wear their mask while on the bus.

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**BULLYING AND CONFLICT** We believe that through the interactions between students in our program we can help develop conflict resolution skills within our students to help them in their future endeavors. We are seeing a rise in the use of the term bullying and we wanted to address this with all of our families so that you can know where we stand on this issue.

**BULLYING** is an unwanted behavior that is repeated over time, or has the potential to be repeated, and involves a power imbalance. At the Y, there is no room for bullying. We work hard to create a caring, respectful, honest, and responsible environment in order for all of our programs to feel safe. Bullying can result in these repeated behaviors: physical violence, combative or intrusive behavior, deliberately hostile actions, taunts & name calling, threats & intimidation and/or cyberbullying. Our goal at the Y is to stop bullying; to do this we need to all be upstanders (ones who recognize when something is wrong and takes action to make it right). If there is suspicion of bullying, we will carefully handle each situation case by case.

**CONFLICT** is a disagreement or argument in which both sides have an equal power balance and are expressing their views. At the Y, believe that conflict is part of youth development. In our programs, when conflict arises we allow the counselors to facilitate conversations that allow kids to work through the problem together and express themselves in a safe place. Conflict can result in these behaviors: relationship building, increased communication with peers, learning consent and boundaries and crowing from mistakes. Our goal at the Y is to teach and promote conflict resolution with the understanding that conflict is a natural and important part of Youth Development.

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**PARENT CODE OF CONDUCT** It is important that parents, guardians and authorized representatives of the child role model positive behavior while at the YMCA program. Parents, guardians and authorized representatives can also be asked to leave the program, if their behavior is deemed inappropriate.

If there is a problem with the program or with a YMCA staff member, please contact the YMCA Director of the program. This will help to avoid any confrontations that might be uncomfortable for the children, other parents, guardians, authorized representatives, authorized visitors and YMCA staff members.

Parents, guardians, authorized representatives, and authorized visitors are expected to behave respectfully when communicating with YMCA staff members. Any inappropriate behavior, abuse or harassment will result in the suspension or cancellation of the child's enrollment. This includes yelling, threatening or other perceived aggressive behavior.

Please note that refunds will not be issued if child's enrollment is suspended or terminated due to inappropriate behavior, abuse or harassment from a parent, guardian or authorized representative. Parents, guardians or authorized representatives who believe

something is unsatisfactory, should speak with the YMCA Director of the program or YMCA Branch Leadership, immediately.

Parents, guardians and authorized representatives may not discipline children who are not their own at the program site. All are expected to conduct themselves appropriately when dealing with the YMCA and with YMCA personnel.

Conduct in YMCA programs, program sites and YMCA branches must be conducive to a diverse constituency where people of all ages and backgrounds feel welcome and safe. YMCA members and guests are expected to behave in a civilized manner towards one another and towards YMCA Staff members, at all times.

Families may email or call the YMCA Director of the program regarding any concerns about the program or the YMCA. The YMCA believes that face to face conversations are most preferred when dealing with sensitive issues or concerns.

# PARENT RESPONSIBILITIES

- Parents must follow all established policies and procedures outlined in the YMCA Child Care Handbook including the pick-up policy, payment policy, late pick-up policy, etc.
- Payments may be submitted online, via phone or by check. Checks for child care program payments should be submitted to the Y member services or child care location. Parents are responsible for keeping personal payment receipts.
- Parents must notify the Y of all absenteeism of their child ahead of time by calling the child care site cell phone. This will keep our staff and bus drivers notified of when to expect and not expect your child.
- Parents are responsible for reading all emails, newsletters, flyers, etc. sent home regarding the child care program as well as regularly reviewing the Y website, Facebook page, and materials available at your child's child care location to keep well-informed about the program.
- Parents should read and review the Student Code of Conduct with their children regularly.

**STAY INFORMED** It is our priority to make sure parents are informed of what is going on in our programs. The Y will make every effort to communicate with you about activities, special events and especially about your child! We communicate through newsletters, signs posted at pick-up or drop-off time, phone calls, in person and email. It is strongly urged that parents provide email addresses so you can receive important updates. If there is ever a time you want to know more, please contact your Y and speak with the program director.



## MOVEVILLE WELLNESS TIP: PLAY TOGETHER

Set time aside each evening to do physical activity as a family liking going to the park, kicking a ball together, swimming at the Y. Socializing with your kids will boost their self-esteem, which makes it more likely they will remain active in their adulthood.

# FOR ALL FAMILIES

Did you know the YMCA of Greenville is a part of the YMCA of the USA's Diversity, Inclusion, and Global (DIG) Innovation network? The DIG Innovation network is a cohort of Ys throughout the country in fast-growing areas that are leading the Y movement's efforts in outreach to diverse and underserved communities and driving program innovation so that everyone, regardless of who they are or where they come from has an opportunity to reach their full potential. Through the DIG Innovation network, the YMCA of Greenville uses these guiding principles in organizational strategies, operations, and program development:

- Lead with empathy in all interactions and activities.
- Recognize, value, and embrace all dimensions of diversity and work toward the greatest possible inclusion.
- Foster a safe exchange of ideas, beliefs, and perspectives within and through the Y locally and globally.
- Advance social equity and bridge-building across and within all communities.

# TAKING GOOD CARE

## HEALTH AND WELLNESS

It is our sincere desire to provide quality care for your child while they are participants at Y Afterschool. It is absolutely imperative that we work together to make this happen. **If your child has felt sick during the night or does not attend school, please do not send your child to Y Afterschool.** If a child becomes ill during the program and is unable to participate in activities, we will contact the parent/guardian, and the child will be isolated from their group immediately. Any child running a temperature over 100 degrees or has vomited will be required to go home. If a child is hurt, a certified staff member will administer first aid. If the situation requires further medical attention, a staff member will attempt to contact the parent/guardian. In the event that the parent/guardian cannot be reached all contacts on the authorized pick-up list will be contacted. Please be advised that staff will not exclude your child from activities unless one or more of the following exists:

- The illness prevents the student from participating comfortably in program activities.
- The illness results in greater care needed than the counselor can provide without compromising the health and safety of the other participants.
- Child has a fever, signs of possible severe illness (i.e. lethargy, uncontrolled coughing, irritability, persistent crying, difficulty breathing, wheezing or other unusual signs) until medical evaluation allows inclusion, uncontrolled diarrhea (including one or more watery stools in a 24 hr. period), vomiting or signs of communicable illness (rash, lice, etc.)

If your child has any of the symptoms listed above, or is removed because of an above listed condition please refrain from returning to the Y until condition discontinues (a minimum of 24 hours). Please assist us in our efforts to maintain a healthy environment for our children.

## MEDICATIONS

YMCA Afterschool prefers that all medications be administered at home before the program day. However if medication needs to be administered, all prescription medication must be in the original container that identifies the prescribing physician, the name of the medication, the dosage, and the frequency of administration. All medication, including over the counter items (vitamins, creams, lotions, etc.) must be stored in the Y office and administered by the participant with oversight of program leadership staff. Check all medications in at the Y program office on the first day of each session. Please make sure child's name is on all items. Refrigeration will be provided if necessary. **DO NOT PACK MEDICATION IN BACKPACK, OR IN LUNCH.** Medication must be given directly to staff at drop-off along with the "Medicine Administration" form.

## PARENTS AS PARTNERS

The YMCA program welcomes all children and our goal is to make sure everyone has a chance to participate in our programming. In order to set all campers up to be successful in our programming, it is essential that all pertinent information about the child's needs be available to YMCA staff members from the outset of enrollment and that a continuing bond of trust and mutual partnership exists for the benefit of the child. In order to best meet the needs of the child, the YMCA asks that the parent, guardian or authorized representative schedule a conference call, in person or virtual meeting with the YMCA program leadership team. If you indicate that your child might need special accommodations while in our care, we will contact you to schedule an appointment to learn more about your family and ways you can support your child while in our care.

## WHAT'S GOING ON AT HOME

Children's actions in Y afterschool often reflect situations they are experiencing at home (i.e pet's death, divorce, sibling conflict, etc.) If any disruptive or traumatic experience should occur, please inform the director or counselor. Please review the following regarding the YMCA's policy:

- YMCA Staff and volunteers are not allowed to transport children at any time outside of YMCA programs.
- Parents may not leave children at the YMCA or program site unsupervised.
- The YMCA is a federally mandated reporter of any suspected cases of child abuse or neglect.
- YMCA staff is not allowed to babysit any children involved in any YMCA programming.
- Any traumatic experience from home that might reflect child behavior should be reported to the Youth & Family Director.

# SCHOOL'S OUT SPECIAL!

S.O.S. is a fun-filled, full-day program offered on select holidays and teacher workdays following the Greenville County School System operating calendar. Children are not required to be enrolled in the Y Afterschool or Day Camp programs in order to participate. Registration is required and payment must be received in full at least one week prior to S.O.S. day. If space is available after the registration cutoff date, a **\$15 late fee** will be applied. Financial Aid does apply to S.O.S. programming.

## **S.O.S. DAYS**

October 12-13 (Register by October 5)  
\$50/day for Y members or  
\$65/day for the community

## **WINTER BREAK CAMP 2023**

December 20-22 (Register by December 13)  
\$150/week for Y members or  
\$195/week for the community  
Daily Rate \$50/\$65

## **SPRING BREAK 2024**

March 18-22 (Register by March 11) Tuition TBD

## **MORE 2024 S.O.S. DATES TO COME!**

## **CHILD CARE IS CLOSED:**

- Labor Day, September 4
- Thanksgiving Break, November 22-24
- Christmas Day, December 25 through  
New Years Day, January 1



## **MOVEVILLE WELLNESS TIP: STAY HYDRATED**

Drinking 8-12 oz in the morning helps maintain energy throughout the day. Add berries or slices of lemon, lime, or cucumber for a great, hydrating drink!

# SWIM AT THE Y

Many of our child care programs allow for weekly swim time. The Y understands that although swimming is something that kids love, it can sometimes make parents nervous. Kids are supervised by Y staff and certified lifeguards. Swim time will take place at Y pools. To ensure everyone is safe while in the water, all participants who choose to enter the water are required to take a swim test.

Lifeguards administer all swim tests and will not pass someone unless they are confident of their abilities. If a child or teen does not pass the swim test, lifeguards will encourage them to continue practicing and test again at a later date.

Once a child or teen has taken a swim test, the lifeguards will indicate their swim level and will assign areas of the pool based upon their abilities. For more information regarding swim times or test procedures, please contact your Y.

Your Y may also offer swim lessons. Contact your local Y to find out!



## FOR HEALTHY LIVING

### HEALTHY EATING AND PHYSICAL ACTIVITY

The YMCA of Greenville implements a series of healthy eating and physical activity standards in our afterschool program as part of the Y's national commitment to combat childhood obesity and ensure that all those who participate in YMCA programs live a healthier, balanced life.

### OUR PROGRAM STANDARDS

**Programs for Parents and Child Care Providers** – We aim to implement an educational program for parents and childcare providers with physical activity and nutritional information relevant to the health of their children.

**Physical Activity** – Children will engage in at least 30 – 60 minutes of physical activity per day, including a mix of moderate and vigorous physical activities that promote bone and muscle strengthening. Play will take place outdoors whenever possible.

**Screen Time** – No access to television or movies. Limit digital device time to less than one hour per day. Digital device use is limited to homework or programs that actively engage children in activity.

**Food** – We will commit to serving fruits and vegetables at every meal with water being the primary beverage during snack time. Sugar sweetened beverages are not allowed to be brought from home and will not be served during snack time. Food and snacks will be served family style with children serving themselves. Fried foods will be prohibited in the program.

The standards are part of the Y's nationwide commitment to the Partnership for a Healthier America (PHA) that focuses on ending the childhood obesity epidemic. PHA works with the private sector and its honorary chairwoman, first lady Michelle Obama, to solve the nation's childhood obesity crisis. Over the next three to four years, the standards will benefit at least 85 percent of the more than 700,000 children who participate in the Y's early childhood and afterschool childcare programs yearly in program sites across the nation.

### MOVEVILLE WELLNESS TIP: JUST KEEP MOVING!

Focus on consistency rather than perfection! Decisions we make today affect our tomorrow. Aim to swap one unhealthy choice for a better one each day!

# This is Y.



Mehkai Lester and Gavin Turcotte know what it means to give back. The close friends and avid soccer players were surprised to learn that some children wouldn't be able to play sports, take part in the Y Afterschool program or participate in Summer Day Camp at the Y without financial assistance made possible by the YMCA of Greenville Annual Campaign. They saw a need and decided to do something to make a difference. The boys and their families started holding bake sales, raising money so other children can participate in the sports and programs they love at the Y. So far, their home-baked cookies, brownies, and muffins have raised more than \$1,450 for the Annual Campaign! Scan the QR code to see more of their story and to be inspired by these pint-sized philanthropists or visit [ymcagreenville.org/give](https://ymcagreenville.org/give).



## FINANCIAL ASSISTANCE

The YMCA of Greenville's Annual Community Support Campaign ensures that everyone in Greenville has the opportunity to learn, grow and thrive. At the Y, no child, family or adult is turned away because of an inability to pay.

If you would like to apply for a scholarship, please fill out an application and return to your local branch. Applications are available online and at your local Y.

## YMCA OF GREENVILLE

864-412-0288

[ymcagreenville.org](https://ymcagreenville.org)

### OUR MISSION

The YMCA of Greenville, following the example of Christ, builds healthy spirit, mind, and body for all.

## YMCA AFTERSCHOOL LOCATIONS

### CAINE HALTER FAMILY YMCA

721 Cleveland Street  
Greenville, SC 29601

### EASTSIDE FAMILY YMCA

1250 Taylors Road  
Taylors, SC 29687

### GEORGE I. THEISEN FAMILY YMCA

100 Inspirational Way  
Travelers Rest, SC 29690

### PRISMA HEALTH FAMILY YMCA

550 Brookwood Point Place  
Simpsonville, SC 29681

### YMCA JUDSON COMMUNITY CENTER

2 Eighth Street  
Greenville, SC 29611