



HEPA Initiative

Healthy Eating • Physical Activity



The Y has a responsibility to the families and communities we serve to address rising obesity, increasing hunger insecurity, and other health concerns among children. Driven by commitment and cause, Y-USA pledged to educate kids about healthy lifestyles, model healthy behaviors and cultivate environments that make it easier for kids to make healthier choices.

HEPA is focused on helping children make healthy food & activity choices as well as educating families about how to integrate healthier choices at home. There are guidelines which we follow to ensure healthy meals are served, the appropriate amount of physical activity is enjoyed throughout program time, screen time is limited, and family engagement is increased.

Full Day Program: The YMCA Full Day SACC program is conducted when school is on scheduled breaks and is offered to children ages 5 (must be in kindergarten) through 12 from 8:00a.m.-5:45p.m. The program follows a camp-like structure and operates at the 50 Graham Road West location. Children should bring their own afternoon snack; morning snack and lunch are provided. Swimsuit and towel is suggested, as swim time is offered whenever possible.

October: Mon. 8 & Fri. 19

November: Fri. 9 & Mon. 12

December: Thur. 27 & Fri. 28

January: Mon. 21

February: Mon. 18, Tue. 19, Wed. 20, Thur. 21, & Fri. 22

March: Thur. 14, Fri. 15 & Mon. 18

April: Mon. 15, Tue. 16, Wed. 17, Thur. 18 & Fri. 19

Fees:

\$27 SACC Participant \$31 Member (Non-SACC) \$68 Non-Member

What guardians are saying:

"The Y Leaders are positive people who genuinely care about the children and make their after school time fun!"

"My daughter loves the Y staff and all the friends she has made. She has become more outspoken and always finishes her homework on time."



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENRICHING KIDS INSIDE & OUT

Before & After School Programs



2018-2019 School Age Child Care Program

On-Site, Cassavant, Groton, & Full Day

YMCA OF ITHACA &
TOMPKINS COUNTY

WHAT YOUR KIDS DO BEFORE/AFTER SCHOOL IS AS IMPORTANT AS WHAT THEY DO AT SCHOOL

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, which builds competence and confidence in children. The program runs every regular school day in a supervised and structured environment, providing a safe before and after school alternative for children.

Moving our cause forward, we are increasing our impact in the fight against food insecurity. We will be offering a meal in compliance with HEPA & with the support of CACFP.

****FEATURED ACTIVITIES INCLUDE**** POOL CARNIVAL WATER SAFETY NUTRITION EDUCATION

On-Site After School:

Serving Ithaca & Lansing School Districts 2:20-5:45pm

Location: Y facility 50 Graham Road West, Ithaca, NY

Activities: Games and sports, reading and literacy, arts and crafts, homework assistance, outdoor recreation, snack preparation, and character development according to YMCA best standards and swimming.

Fees: Charged monthly based on the number of days per week the child attends

5 Days: \$265*

4 Days: \$238

3 Days: \$218

2 Days: \$189

***\$10 discount for families with additional children in after school**

On-Site SACC participants are required to have a membership. An annual youth membership is \$192 and a draft option is \$16/month.

AFTER SCHOOL SWIM LESSONS: Wednesday or Thursday 4:30

Each lesson is a half hour. Participants will be grouped by skill level within the class. Registration required; space is limited

Fee: Family Member \$25 Youth Member: \$31

PAYMENTS & FEES: At the time of registration there will be a \$50 non-refundable deposit (per registered child) which will be credited towards the first months payment. Registration spaces paid for are effective for September, or effective for the month following the submission of the registration materials & fees. If the child is withdrawn before attending the program the deposit will not be refunded for any reason.

New SACC families will be charged a **\$30 registration fee**. This fee is only charged one time per family.

All SACC payments are expected by the first of the month, any received **on the 2nd** or after will incur a late fee.

When children enter an Ithaca Y SACC program, a whole other world of imagination and growth opens up to them in a **safe engaging** environment. In addition to supplementing what they have learned in

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Off-Site Before & After School Programs:

Cassavant Before & After School:

Serving the Dryden School District
Before School 7:00am-school begins After School 3:00-5:45pm

Groton Before & After School

Pre-K & Kindergarten: ages 3-5& Elementary: First Grade-12 years

Serving the Groton School District
Before School 6:45am-school begins After School 3:00-5:45pm

Activities: Games and sports, reading and literacy, arts and crafts, homework assistance, outdoor recreation, snack preparation, and character development according to YMCA best standards.

After School Fees: Charged monthly based on the number of days per week the child attends.

5 Days: \$227*

4 Days: \$205

3 Days: \$184

2 Days: \$168

***\$10 discount for families with additional children in after school**

Before School Fees: \$135 per month (regardless of the number of days)

Fees do not change due to missed days, school closings, early dismissals or school vacations. The Y can conveniently draft your SACC payment via checking account or credit card on the 1st of each month. Please see the Y Welcome Center for more details.

Please contact the Senior Youth Development Director, Rachael Jackson at rjackson@ithacaymca.com or 607-257-0101.