



# Y-CLUB

## Before & After School Care For Dakota Valley School District

The YMCA has been a part of the Siouxland Community since 1884 and we are committed to helping each child learn, grow and thrive! We are cause-driven leaders that provide quality care focusing on the following areas: youth development, healthy living and social responsibility. Our desire is to treat each child as an individual as we seek to implement our four core values: Caring, Honesty, Respect & Responsibility into everything we do for before & after-school programming.

We not only provide affordable, quality care, but also bring parents the opportunity to choose a before & after school program that teaches children about leading a healthy lifestyle. Through the use of CATCH (Coordinated Approach to Child Health), your children will create behavior changes by identifying healthy foods, and by increasing the amount of physical activity by participating in recreational sports, swim lessons, dance & theatre classes, volunteerism through social responsibility & so much more.

**"Y-CLUB wouldn't just benefit the child but the family as a whole!"**

**"When I think about the YMCA, I think about kids!"**



### Areas of Focus:

- Arts & Crafts
- CATCH: nutritional & physical activity education
- STEM: science, technology, engineering & math
- Homework: qualified staff to help children succeed
- Swim Lessons
- Sports & Recreational activities
- Theatre & Dance classes
- Cooking
- Service Learning and Entrepreneurship
- & so much more!



# Y-CLUB

**Before & After School Care  
For Dakota Valley School District**

**Monday - Friday**

6:30 - 8:10 AM | 3:15 - 6:00 PM

## Sample Schedule

(Subject to change)

### MONDAY:

3:15-3:30 PM: Free Time/Welcome

3:30-4:30 PM: STEM: Science, Technology, Engineering, Math & Arts/Crafts

4:30-5:30 PM: CATCH: Coordinated Approach To Child Health & Nutritional Snack

5:30-6:00 PM: Homework/Tutoring & Free Time

### TUESDAY:

3:15-3:30 PM: Free Time/Welcome & Nutritional Snack

3:30-4:30 PM: Technology & Literacy

4:30-5:30 PM: Sports & Recreation & Movement

5:30-6:00 PM: Homework/Tutoring & Free Time

\*Every 3rd Tuesday of the month Sports & Rec hour = Dance/Theatre Classes

### WEDNESDAY: THEME OF THE MONTH DAY

3:15-3:30 PM: Free Time/Welcome

3:30-4:30 PM: STEM: Science, Technology, Engineering, Math & Arts/Crafts

4:30-5:30 PM: CATCH: Coordinated Approach To Child Health & Nutritional Snack

5:30-6:00 PM: Homework/Tutoring & Free Time

### THURSDAY: SWIM DAY

3:15-3:30 PM: Free Time/Welcome

3:30-5:00 PM: Off Site (YMCA) Swim Lessons

5:30-6:00 PM: Homework/Tutoring & Free Time

### FRIDAY: THEME OF THE MONTH DAY

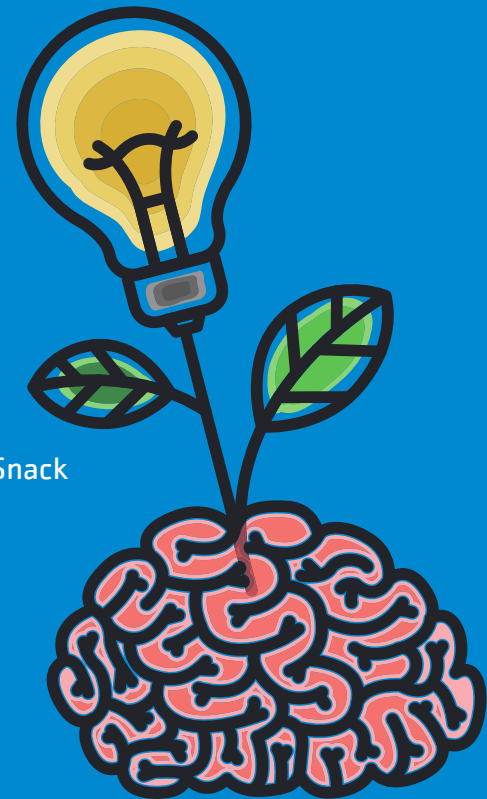
3:15-3:30 PM: Free Time/Welcome

3:30-4:30 PM: Arts/Crafts based on Theme of the Month

4:30-5:30 PM: CATCH: Coordinated Approach To Child Health & Nutritional Snack

5:30-6:00 PM: Homework/Tutoring & Free Time

\*Every 4th Friday of the month = Field Trip or Special Speaker



## REGISTRATION FEES:

**Before School Only**  
**\$35/week**

**After School Only**  
**\$65/week**

**Before & After School**  
**\$90/week**

- More information regarding no school days to come.
- Annual Registration Fee of \$40 due at the time of registration to hold child's spot.
- 10% sibling discount on each child's weekly fees after first child.
- The YMCA believes that everyone should have access to the Y and its programs. Financial Assistance is available.