



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DID YOU KNOW?

The YMCA is the largest Child Care provider in Central Ohio, Ohio and Nationally.

Y-Club Before & After School Care

We serve children and youth in grades K-8 through 54 programs in these districts:

- » Columbus City since 1991
- » Olentangy Local since 1991
- » Pickerington Local since 1992
- » Hamilton Local since 1989
- » South-Western City since 1989
- » Whitehall City since 1995
- » Circleville City since 1989
- » Teays Valley Local since 2003
- » Westfall Local since 2012
- » KIPP Columbus since 2016

YMCA 21st Century Learning Centers

- » Southwestern City
- » Columbus City
- » Partners in Whitehall City

Summer Learning Loss Collaborations

- » Whitehall City
- » Southwestern City
- » Columbus City

Food Program CACFP/SFPS

- » Columbus City
- » Hamilton Local
- » Pickerington Local
- » Southwestern City
- » Whitehall City
- » Circleville City

Y-Club Partnerships School-Operated After School Tutoring Programs

- » Columbus City
- » Whitehall City

CONTACT

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BUILDING BRIGHTER FUTURES TOGETHER

Y-Club School District Partnerships YMCA OF CENTRAL OHIO

Y-CLUB CURRICULUM

Second only to human relationships, a well-planned curriculum will help define a child's experience in the Y-Club program. Y-Club curriculum components include but are not limited to:

- » Arts & Humanities
- » Service Learning
- » Character Development
- » Literacy
- » Homework & Academic Support
- » Interest Areas
- » Games
- » Science/Discovery (STEM)
- » Health, Wellness & Fitness
- » Social Competence & Conflict Resolution

CHARACTER DEVELOPMENT

The four YMCA Cores Values of Caring, Honesty, Respect, and Responsibility form the basis for our programs. Our staff model YMCA values and assist children in building strong character based on these Core Values.

EDUCATIONAL ASSISTANCE

Time and space, as well as YMCA staff, are available to assist children with their homework assignments and facilitate additionally enriching activities.

Y-KIDS ARE FIT: Moving Kids Toward A Healthy Lifestyle

Y-Kids Are Fit is about giving children the opportunity to participate in regular physical activity and learn about healthy choices. The program focuses on fitness, health and nutrition.

Y-Kids Are Fit's user-friendly curriculum includes 30 to 45-minute physical activity lessons per day (games, exercises, stretching, etc.) designed to be implemented 3-5 days per week. Youth learn about and experience hands-on activities relating to health and nutrition.

The Y believes a healthy lifestyle is important for all ages and the family's involvement is imperative to the program's success. Through the Y-Kids Are Fit program family component, families are encouraged to be active with their children, which helps leading a healthier lifestyle become a family focus.

Y-Kids Are Fit is provided in our Before and After School programs.



ON THE WEB » ymcacolumbus.org/child-care