



YMCA OF GREATER NASHUA

[www.nmymca.org/yacademy](http://www.nmymca.org/yacademy)

# YMCA ACADEMY

An After School Program for the Amherst Clark-Wilkins Elementary School



As the largest provider of child care in the area and a leading not-for-profit charitable organization, we believe that our YMCA Academy After School Program can help students achieve academic success, explore new opportunities and build social, physical and emotional health while supporting your teachers and faculty in the work they do each day. Our view is that a successful after school program is a true partnership between the YMCA and the school community to help students learn, grow and thrive.

Here are some of the key components and benefits to the YMCA Academy:

## Academic Support

More than simply homework support, our staff will work with teachers to ensure that the activities happening after school support what is being done during the school day. In addition, we partner with BellXcel to incorporate a curriculum called LitArt that provides engaging activities centered around math and literacy. Assessments are done throughout the school year to measure the impact of the program.

## Social-Emotional Learning

Using the work we've developed through our YMCA Achievement Center and CASEL-aligned SEL curriculum, each day students will engage in activities and learning that will help them develop healthy identities, manage emotions, and achieve personal goals.

## Enrichment

Daily and weekly doses of physical activity, wellness and nutrition, arts, leadership development, global learning and inclusion and more help students become more well-rounded which aids in their personal and academic growth.

## Financial Assistance

Through the generosity of the community, the goal of the YMCA is that no child will be denied participation due to inability to pay. Financial Assistance is available on a sliding fee scale.

## Free YMCA Membership

All students enrolled in the YMCA Academy will receive a free Youth Membership for the school year and families can upgrade to a Family Membership at a discount. Membership opens up new worlds with reduced rates on activities such as swim lessons, sports leagues, dance classes, summer camp and more.

## Extended Care At No Additional Cost

Y Academy will run on school vacation weeks, holidays and snow days at no additional cost to families. When the schools are closed due to snow, vacation, etc, we will run programming at our YMCA branches.

## Special YMCA Membership Rates For Faculty/Staff

We want to help your teachers and staff take care of their own spirit, mind and body so they can better serve the students and families that you work with! All school district staff would have access to a special membership rate to help them lead a healthy lifestyle. This would include our robust virtual wellness programs.

# YMCA ACADEMY PROGRAM COMPONENTS

| COMPONENT  | DOSAGE                                    | DESCRIPTION  |
|--|---|--|
| <b>ACADEMIC ENRICHMENT</b> <ul style="list-style-type: none"> <li>• Homework Help</li> <li>• Math &amp; Literacy</li> </ul>            | <p>30 mins daily</p> <p>30 mins daily</p> | <p>A time for small groups or partners by grade to work on homework in the presence of an adult staff member.</p> <p>Broad-based conceptual/cognitive learning that may or may not directly relate to school content beyond homework using LitArt.</p>   |
| <b>HEALTH &amp; WELLNESS</b> <ul style="list-style-type: none"> <li>• Wellness &amp; Nutrition</li> <li>• Physical Activity</li> </ul> | <p>2x per month</p> <p>30 mins daily</p>  | <p>Nutrition education and other activities related to well-being aligned with the Y's Healthy Eating and Physical Activity (HEPA) standards (e.g., Food &amp; Fun, yoga, body image, hygiene, dental health).</p> <p>Indoor or outdoor activities that align with the Y's HEPA standards (e.g., CATCH, Food &amp; Fun, dance, team sports).</p> |
| <b>ARTS</b>  | 2 hrs weekly                              | Projects with clear learning objectives that engage youth in planning, implementation, and debriefing.   |
| <b>GLOBAL LEARNING &amp; INCLUSION</b>   | 1 hr weekly                               | Cultural events and projects that explore diverse perspectives, ideas, beliefs, and customs (e.g., "Who I am" activity or Passport Around the World).  |
| <b>21st-CENTURY SKILLS</b>   | 2x per week                               | Project-based learning aligned with school-day curriculum that involves teamwork, time management, STEM, journalism club, or robotics club.  |
| <b>LEADERSHIP DEVELOPMENT</b>  | 2x per week                               | Experiences that intentionally allow participants to plan, develop, and lead program components with staff support (e.g., snack choice, activity planning).  |
| <b>SERVICE-LEARNING</b>  | 1 project per quarter                     | Projects with clear learning objectives that engage youth in planning, implementation, and debriefing (e.g., community garden).  |
| <b>FAMILY AND PARENT ENGAGEMENT</b>  | A min of 1x every 3 months                | Multiple ways for parents and families to engage including monthly events, interactions with staff, and volunteer opportunities.   |

## YMCA ACADEMY PRICING

To allow for greater flexibility with what the parent/student needs the YMCA will offer 2, 3 and 5 day a week options.

- 5 Days per week: \$84
- 3 Days per week: \$64
- 2 Days per week: \$44

