

A quality  
after-school program  
for  
elementary school  
students



We **create** an atmosphere of safety, trust, acceptance and disciplined fun;  
we **build** excitement, energy, ideas, character, self-esteem, new skills, and more fun;  
we **encourage** kids and staff to stretch their imaginations and capabilities through  
exploration, discussion, and innovation;  
and we **promote** leadership, community service, parent involvement,  
character values, self-discipline and achievement.

**Family YMCA at Tarrytown**  
*...we build strong kids, strong families, strong communities...*

## School's Out! Philosophy

The after school program of the Family YMCA at Tarrytown is state-licensed with a mission to strengthen individual, family, and community life, with an emphasis on values, enrichment and healthy lifestyle habits. We provide children of varying ages with opportunities to live, play, exercise, learn and relax together in a cooperative, stimulating yet comforting environment. Children are grouped according to age and, to a lesser extent ability, for certain activities.

The core of our program is character development. Staff are trained to continuously emphasize positive and respectful social skills, and model and teach character values in an age appropriate way: caring, honesty, respect, and responsibility.

Staff engage in 15 hours of continuing education each school year, and at least one staff per site is certified in CPR, AED and First Aid. Prior to hiring, all staff must pass a pre-employment screening process completed by a nationally recognized, state-of-the-art company that conducts background checks for any and all criminal, sex offender and terrorist records throughout the country. Site directors must have at least an associate's degree in education or a related field.

The YMCA offers a safe, secure and fun place for children to be when school is not in session. Parents are thus free to work, study and pursue their goals and interests, knowing that their children's needs are being met in a nurturing and structured environment.

## School's Out! Key Objectives

The YMCA School's Out! Program will provide...

- High quality, affordable childcare as an alternative to students returning to an empty home after school.
- Time for children to relax, stretch their bodies and minds and explore their own interests.
- An environment where children have fun learning, discovering, and creating using natural and technological materials and activities.
- Age appropriate activities and materials to meet the developmental needs of a wide range of children and help them accomplish goals.
- Opportunities to work alone, in small groups, or in large groups engaged in either active or quiet supervised activities.
- Opportunities for students to complete homework with assistance from a teacher on our staff.
- Opportunities for children to take responsibility for planning activities, serving snacks and clean-up.
- Short-and-long term projects and periodic field trips.
- Monthly and/or weekly schedules of thematic plans and activities with input from children.
- YMCA staff help children develop character by demonstrating, teaching and living the YMCA core values of caring, honesty, respect, and responsibility.



# School's Out! Age Appropriate Curriculum

**Active Play** - Children engage in challenging physical activities that help them develop physical coordination, endurance and strength. They have fun and release tension through these energetic activities. Through group work and play, they develop and strengthen social skills including cooperation, negotiation, team building, risk evaluation, and generally learning to follow the rules.

**Outdoor Play** - The playground is used primarily for free play. Organized games, sports and activities take place when we have access to school fields. As long as the weather is above 32 degrees F, children will go outside to play. (Note: Playgrounds are not available at all sites.)

**Indoor Play** - Children participate in a balance between organized group games and individual free play. We emphasize cooperation and teamwork. New games are continually introduced so that one game does not dominate the indoor playtime. Indoor games are dependent on gym availability.

**Constructive Play** - Children love to make things. They will be given a variety of interesting and age appropriate craft and building projects that challenge them to develop motor skills, use their ingenuity, and complete projects. We will provide all materials and give clear instructions to the children. Examples include Lego projects, Speed Stack, Jigsaw Puzzles, Jenga, building gliders, sewing, sculpting, in addition to art and craft projects.

**Educational Skills & Homework** - Each month, children engage in age-appropriate projects that emphasize educational skills such as reading comprehension, conducting research, writing, and public speaking. These projects may also include computer skills, mathematical and science concepts, review of current events, explorations of periods in history, dramatic presentations and teamwork. We also provide a quiet time and place for children to do their homework daily. A teacher/tutor is available to assist children in completing homework.

**Enrichment** - We provide endless opportunities for creative expression:

**Community Service Project** - organized and conducted by the children. Children will benefit from external social contact, build relationships with talented and caring older adults, for example at a local senior center, and have the opportunity to give back to their community through various, manageable tasks such as area clean ups and other environmental projects that will take place throughout the school year.

**Art** - Children are given the opportunity to paint, sculpt, sew and otherwise create art work that expresses their unique feelings and perceptions.

**Music** - Age appropriate music is used and/or created by the children.

**Dance** - Y Dance offers dance classes for all ages such as jazz, ballet, hip hop, and salsa during the winter session.

**Dramatic Play** - Improvisation, group work, and trust-building exercises all are incorporated to enable children to use drama to stretch their imaginations and express creativity.

**Storytelling** - A wide selection of books is always accessible to children for silent reading or storytelling.

**Arrival/Departure and Transition Times** - Arrival, departure and transition times are opportunities for staff to engage in meaningful conversations with children and families. Staff greets the children, inquires about the child's day, and then later shares information about the child with parents or guardians. It also provides staff and children with opportunities to reinforce concepts and skills (e.g., taking direction, listening, negotiation, assuming responsibility, as well as teamwork and character development concepts).

## Special Programs

Available in Tarrytown and Briarcliff Manor Only

**Aquatics** - The YMCA offers swim lessons that incorporate the latest research on motor control, motor learning and child development. Quality will be ensured through guidelines and constant evaluation. Instructions are delivered in a student-centered, caring atmosphere with well-trained instructors who give personalized attention. Lessons are developmentally appropriate and designed to quickly and affectively teach skills.

YMCA swim lessons are organized by skill and age levels. Preschool lessons are for ages three to five, and Youth lessons are for ages six to eleven.

**Theatre Program** - Two enrichment sessions that will culminate in performances for students, teachers, and parents. Y Theatre staff will conduct these enrichment programs in Tarrytown and Briarcliff Manor throughout the school year. Performance schedules will be distributed to Schools Out! participants and their families.



## Schools Out! & Kindertime Helpful Info & Program Benefits

### Dates & Hours of Operation:

Monday through Friday. School's Out! starts on the first day of school and runs daily from the dismissal of school until 6:30 p.m.

### Program Benefits:

- After school care on all school-wide half days
- 10% discount per child for family members of the Family YMCA at Tarrytown

Vacation Camps & Day Longs are available for an additional fee.

Financial assistance is available.

### Program Locations

Tarrytown:	John Paulding W.L. Morse Washington Irving YMCA
Elmsford: Briarcliff Manor:	Alice E. Grady Todd School



Check our website ([www.ymcatarrytown.org](http://www.ymcatarrytown.org))  
for schedules and activities.



### Registration Info

To register, complete and return the enclosed  
Deposit Form; or contact  
the Family YMCA at Tarrytown  
for more information.

## Family YMCA at Tarrytown

62 Main Street • Tarrytown, NY 10591  
Tel: (914) 631-4807 • Fax: (914) 631-4841

E-mail: [info@ymcatarrytown.org](mailto:info@ymcatarrytown.org) • Visit our website: [www.ymcatarrytown.org](http://www.ymcatarrytown.org)