



YMCA AFTERSCHOOL NEWSLETTER

What is the YMCA After School Program?

Welcome to our first monthly newsletter for the parents of the children in our after school, Teens and Summer Camp programs. First, we would like to tell you about what our after school and teen programs offer your children. We provide a safe environment for your child to be in after school. More and more, both parents are working full time jobs and need to know their child and teen are safe and happy. We provide that here at the YMCA. We have adult supervision in compliance with the Wyo-

ming Department of Family Services. The children and teens are always treated with respect and dignity, even in the event of discipline.

We offer more than a safe environment though, we like the children and teens to learn, have fun while they are learning and to stay active and get good exercise. That is why we offer quick science experiments, arts and crafts, healthy eating and games to get them moving. They enjoy circle games, outside games when the weather is nice, playing games in the gym and of course, they

enjoy swimming in our heated pool. If the children and teens are tired but not exhausted at the end of the day, we feel they had a good productive day.



YMCA after School at Goins Elementary has a lot of fun. Dejakai and Destiny both say they like the YMCA after school program because they get more time with their

YMCA After School

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Special points of interest:

- ☺ What is the YMCA Afterschool Program
- ☺ The Teen After school program.
- ☺ What elementary students think of after school at the YMCA

After School all over

We offer our after school program for Kindergarten through 6th grade at the YMCA but we also offer it at four elementary schools. At Bain, Buffalo Ridge, Goins and Saddle

Ridge Elementary Schools, we have our YMCA counselors meet the children right after school and provide same after school schedule as all the after school locations, right there in their own school. We will be in

several more elementary schools like this starting this fall.

The parents are able to pick up their children on the school grounds by 5:30 and some children who live very close to the

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school are allowed to walk home if the parent wishes, but they leave just before dark.

If parents ever want to see what their children are doing, we put the schedule on our website, cheyeneymca.org. Once you go there, click on the "childcare" tab and you will see the schedule for all our after school locations and the schedule for all of our holiday camps, half day camps and summer camp.



During an experiment with seltzer water, raisins and carbon dioxide, interesting results appear.

What happens in the After School Program

The typical day in the after school program begins with a little exercise. We know the kids have been in school all day and need to unwind right away. The kids get to unwind by playing in the gym or outside.

Next, the kids have their healthy snacks they have packed from home because we also know how hungry the kids get.

They are also given time to do their homework, even though they are not home yet, as so many of the kids having told their counselors, "I do homework at home".

The kids then do the daily curriculum, which is different everyday.

From healthy snacks, to exercise and even science experiments and art, the kids are busy at the YMCA After school program.



The first and second graders prepare to taste a French chocolate sandwich. They loved it.

Director's Directives

YMCA After School Supervisor Denice Dillon was recently talking about what is different this year in after school as compared to previous years. "There is so much more for the kids to do this year. They have science experiments, they learn about their health, some great art crafts and so much more".

We asked her about the "Apprenticeship program". She smiled and told us

about what the kids have already done this year.

"They had a great time with their fairytale mock trials and meeting a real judge, real lawyers, police officers and even the district attorney. They really enjoyed recording their own news cast too."

The kids are currently working on their apprenticeship with the legislature. They have elected their own after school legislators who are listening to the class on some new rules they would like to adopt.



YMCA After School Counselor Haley Atkins enjoys some time with the Kindergarteners.

YMCA Teen Program

The Tutorial and enrichment: This features an enrichment program that focuses on grade improvement. Counselors and tutors will be available to mentor and help with any subject area a teen feels they need improvement in. They will be awards given to reward improvement or

maintaining great grades and study habits. Family nights are planned to involve parents in the achievements of their teen. We will have high school preparation days and college preparation days to expose teens to college campuses and lifestyles to in-

crease interest in a life after middle school and JR High.

Counselors and tutors available to mentor and help with any subject!

Teen Apprenticeships

The Apprenticeships: This is programming dedicated to Job shadowing and finding interests in different fields and careers. There will be different engaging and fun workshops that will provide training to all participants. There are also simulation days to gauge progress. Fields in-

cluded are Law, Medical, Media, Restaurant, Engineering, Law Enforcement, Agriculture, and Small Business Owner. There are planned field trips to give that on location feel to the training.



YMCA After School

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**We build strong kids, strong
Families, strong communities**

The Celebration of Filming and Theater: This reflects anything that has to do with filming and/or theater such as: acting, directing, editing, sound, cameraperson, writing, producing, stage acting, blocking, etc. This program is lead by two highly qualified instructors who have tons of experience working with teens. The most recent projects involved a Silent Film Play set to an olden time theme, a documentary on the past present and future of Cheyenne Frontier Days, and an editing camp to put it all together. Every project will have the real opportunity to be entered in a film festival and each student will be able to achieve recognition for all of his or her hard work and dedication.

YMCA Teen Program

The Exploration of the Arts and Fine Art: This is geared toward anyone that has interest in music, photography, and fine art (such as paintings, poetry, sculpture, etc.). There will be days dedicated to teaching, displaying, and exploring all these different areas with the purpose of exposing Cheyenne's youth to the finer arts.

Health and Nutrition Awareness

The focus of this program is dedicated to being physically active and teaching the importance of healthy eating and living. These will be days when we play such sports as flag football, basketball, ultimate Frisbee, kickball and many more

For more information on the Teen After School Program, contact Antron Ansley at 634-9633 Ext. #28 or e-mail to Aansley@cheyenneyymca.org



Amy and Antron getting ready to feed the hungry teens.