



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2022 - 2023 After-School Program Handbook

Alamance County Community YMCA  
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(336) 395-9622  
[acymca.org](http://acymca.org)

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YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this Institution does not discriminate based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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## **Purpose**

We know that learning does not end when school ends. The way your children spend time after school can make a big difference in their personal development and your family life balance. At the Y, our children engage in a variety of exciting physical and imaginative activities that encourage them to explore who they are and what they can achieve. Through guided play, children learn to respect themselves and others, work out their differences and discover the value of friendship. Giving children time during our after-school program to do their homework, allows families to spend more quality time together.

Our After-School Program is for children in grades Kindergarten through 5th grade. Our middle school program is for children in grades 6th through 8th. For teacher workdays, we offer Kid Fun Days as a child care service. For a child to attend each of these programs, they should be registered at the Welcome Desk at the Y or online at [acymca.org](http://acymca.org). Holiday Camps are available as full day child care during the winter and spring breaks of the traditional ABSS student calendar.

We are committed to teaching character development in our youth programs. Especially the values of caring, honesty, respect, responsibility and faith. YMCA programs are open to all children, regardless of race, sex, religion, nationality, gender identity or ability to pay.

## **Operating Schedule**

Full-time care is offered from the time school ends until 6:00pm.

Part-time care is offered two days a week from the time school ends until 6:00pm

Children are to be picked up from the YMCA by 6:00pm. A late fee of \$10.00 per child will be charged for all children picked up after 6:05pm. A late fee form will be given to you to sign acknowledging that you are late picking up your child and understand that you will be charged accordingly. You will be drafted the next day for this late fee from your account on file.

### **K-5th Grade Daily Schedule**

2:30 - 3:15      Bus Route and Attendance

3:15 – 3:45      Dinner

3:45 – 5:15      Organized Group Activities

5:15 - 6:00      Rides Out and Snack

3:45-4:15      Optional homework time

## 6th - 8th Grade

3:30 - 4:15	Bus Route and Attendance
4:15 - 4:45	Super Snack/Devotion
4:45 - 5:30	Physical Activity
5:30 - 6:00	Rides Out

## Fees

A \$25 non-refundable registration fee is due at registration per family. We also offer a multiple child discount of \$10 off per child.

	YMCA Members	Program Participants
<b>Full-time (One Child)</b>	\$170 per month	\$210 per month
<b>Part-time</b>	\$100 per month	\$120 per month
<b>Navigators</b>	\$110 per month	\$140 per month

All after school payments are required to be drafted on a bank or credit card draft. Monthly fees will be automatically drafted on the first day of the month, beginning September 1<sup>st</sup> and ending May 1<sup>st</sup>.

## Financial Assistance

The YMCA is committed to serving all, regardless of inability to pay. We provide confidential financial assistance to those families that qualify. If you are experiencing financial difficulty and cannot afford child care fees in full, please get a Financial Assistance Application from our Welcome Desk or online at [acymca.org](http://acymca.org). Financial Assistance is not offered for Kids Fun Days or Holiday Camps.

## Withdrawal Policy

A two week notice prior to the first day of each month is required to withdraw your child from the After School Program. A cancellation form is available at the Welcome Desk of the Y. Monthly fees will be charged until the cancellation form is received. There are no refunds given for the missed days or for special occasions. If your child has an extended illness, please notify us in writing and provide a doctor's note and you will not be billed for those missed days.

## Transportation

The Y provides bus transportation from various public and private schools in Alamance County. The transportation schedule is based on the traditional ABSS student calendar not on each individual school

calendar. Transportation is not offered if schools release early due to weather. We do not offer child care on early release days. Currently, we provide transportation for the following schools:

- Altamahaw Ossipee Elementary
- Alexander Wilson Elementary
- Elon Elementary
- Hillcrest Elementary
- E.M. Holt Elementary
- Highland Elementary
- Smith Elementary
- Turrentine Middle

The YMCA reserves the right to discontinue transportation from any school if enrollment from that school drops below five children.

### **Kid Fun Days (Teacher Workdays)**

The Y provides full child care on days when the traditional ABSS student calendar has teacher workdays and certain holidays scheduled. Pre-registration is required, if you fail to register your child in advance you will be charged \$10.00 to register on the day of care.

Fees: This program is free for After School participants, while non After School Participants will be charged \$25 per day.

The following dates fall under Kid Fun Days:

- October 31<sup>st</sup>
- November 8<sup>th</sup>, 11<sup>th</sup>, and 23<sup>rd</sup>
- January 16<sup>th</sup>, 26<sup>th</sup>, and 27<sup>th</sup>
- February 24<sup>th</sup>
- March 31<sup>st</sup>

### **Holiday Camps (Winter and Spring Breaks)**

The Y provides all day care during winter and spring break days that align with the traditional ABSS student calendar. Pre-registration is required, if you fail to register your child in advance you will be charged \$10.00 to register on the day of care.

Fees: All After School Program Participants will be charged \$25.00 per day. Non After School Participants will be charged \$35.00 per day.

The following days fall under Holiday Camp:

- Winter Break: December 19<sup>th</sup>-23<sup>rd</sup>, December 27<sup>th</sup>-30<sup>th</sup>, January 2<sup>nd</sup>
- Spring Break: April 10<sup>th</sup>-14<sup>th</sup>

Holidays We Observe (When child care is not offered)

- New Year's Day
- Memorial Day
- Labor Day
- Good Friday
- Thanksgiving Day
- The Friday after Thanksgiving
- Christmas Eve
- Christmas Day

## Activities

Children will participate in a number of different activities while attending our After-School Program. A few of these activities include: board games, homework, arts and crafts, character development devotions and organized sports. Children will participate in a number of special activities on Fridays; One of these activities will include swimming.

## Dinner and Snacks

The YMCA will provide a hot meal upon the kid's arrival from school and a snack at the end of the day. These meals and snacks will be provided to your child at no cost to you thanks to funding received from personal donors, the state of North Carolina-USDA, YMCA of the USA and the Walmart Foundation. Our food service program is inclusive of all and does not discriminate based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. \* See our full non-discrimination state at the end of this handbook.

## Swimming

After-school children have the opportunity to swim every Friday. All children will take a swim test to determine their swimming level. After completing the swim test, students will wear swim bands that will help lifeguards identify which area of the pool they are approved to swim in. A swim band is worn by each child to distinguish his or her swimming ability. Safety comes first when it comes to water and the well-being of each child. Non-swimmers (ie. swimmers who do not sufficiently pass the swim test) will be **required** to wear life jackets. If a student's swimming ability improves, they can request to be re-tested and be given a new swim band based on their new swimming skill level. If your child wants to swim on Fridays, they will need to sign up for swim with counselor. Space is limited each week.

## Homework

Homework is offered Monday through Thursday for each child for 30 minutes. This homework time is optional, if you want to require your child to stay for homework email the After School Director at [mnunn@acymca.org](mailto:mnunn@acymca.org). We do not assure that your child will complete their homework during the allotted time. Please encourage your child to take advantage of this quiet time to complete their homework, or at least get started.

## Pick-up/Release Procedure

Rides out is a system offered for the convenience of the parent when picking up your child. Between the hours of 5:15 - 6:00pm, we will have a staff member in the front circle of the Y with a sign out sheet. This staff member will call for your child without you having to get out of the car. **If you pick up your child before 5:15pm, you must park in one of the parking lots (not the circle) and walk into the Y.** A staff member will call for your child so you can sign them out. If you authorize someone other than yourself to pick up your child, please notify us either in writing or by phone call the day of the scheduled pick up. The authorized individual will be asked to provide ID.

## Social Media Accounts

Feel free to follow our social media accounts. We have two specifically for our youth programs. You can find our accounts on Facebook and Instagram by searching Alamance County YMCA Youth Programs. By following these accounts, you will receive up to date information about programs and see fun posts about group activities.

## Inclement Weather Policy

If school is dismissed early due to inclement weather, the Y will not provide after school care. However, if school remains closed for several days and we are able to secure staff, we will offer care. To determine if the Y is providing care, please call (336) 395-9622. You can also visit [acymca.org](http://acymca.org) or social media accounts (Facebook and Instagram).

On certain inclement weather days, we will offer child care. An email will be sent to all participants notifying them of the option of child care. All full-time, part-time and Navigator participants will be charged \$25.00 for this all day child care. Program participants will be charged \$35.00.

## Medication

All medications your child takes in our care must be given to the Director of Youth Development, in the original container, on your child's first day of care. A medication authorization form is available at the

conclusion of this packet and must be completed in order for us to administer medication to your child. A current photo must accompany the medication for safety purposes. This form includes the name of medicine, what time the medication needs to be taken, permission to administer, parent's name and doctor's phone number for a reference. Medication may not be administered without this consent form. If medication is not picked up by your child's last day of care, we will hold the medication for a maximum of one week and after it will be discarded.

## **Emergency Contact**

Every effort will be made to reach you or other contacts on the After School Registration Form that you completed in the event of an emergency. If we are unable to reach any of the persons listed, we will take the necessary actions for the health and safety of your child. Should there be any changes in the emergency contact numbers, please notify the YMCA in writing so we may update your child's file.

## **Email Communication**

We utilize email to ensure parent to staff communication. If you do not receive emails from us, please make sure the Director of Youth Development knows to add you to the email chain. You can use email to inform us if your child will not be attending on a certain day or for any other communication you may need.

## **Discipline Policy**

We believe children learn self-control when adults treat them with dignity and use techniques such as:

- Guiding children by setting clear consistent limits for group behavior. Older children should help set their own limits.
- Visualizing mistakes as learning opportunities.
- Redirecting children to a more acceptable behavior or activity.
- Listening to children when they talk about their feelings and frustrations.
- Patiently reminding children of the rules and the rationale as needed.

Corporal punishment or abusive language of any kind is not allowed in any program at the Alamance County YMCA, Rules will be consistent based on the understanding of the individual needs and development, and will promote self-discipline and acceptable behavior. Positive reinforcement will be used to guide the children. If necessary, a time-out period will be used to help regain control. If a discipline problem continues to persist, parents and the staff will work together to resolve the conflict.

To ensure the uniform handling of discipline problems and corrective discipline procedures, the following guidelines have been established:



Minor OffensesMajor Offenses

Back talking to a counselor

Fighting/Kicking

Not listening to directions

Foul Language

Leaving the group

Going into unauthorized areas

Being disruptive/loud

Throwing objects (Sticks, rocks, etc.)

Antagonizing/starting trouble

Destroying YMCA equipment or property

Play fighting or wrestling

Endangering the safety of others

Going through other people's items

Name calling, teasing, and bullying

Lying/deceiving, theft

The discipline procedure for each category is as follows:

Minor OffensesMajor Offenses

Oral Warning

1 - Written Warning

Time-out

2 - Written Warning/Parent Conference

1 - Written Warning &amp; Time-out

3 - One Day Suspension

2 - Written Warning

4 - Three Day Suspension

3 - Parent Conference

5 - Expulsion from the Program

4 - One Day Suspension

5 - Three Day Suspension

6 - Expulsion from the Program

Expulsions from the program are for the remainder of the school year. Refunds will be considered on a case by case situation. A child who has been expelled from the program may request to be allowed back in the next school year. This request must be approved by the Executive Director and, if granted, the child will be on a 90-day probation period.

**Cell Phones/Electronics**

While we recognize that most students now carry cell phones and other electronics, we do not allow them to be used during YMCA After School Programming. We believe in the benefits of healthy activity and social engagement so we promote that philosophy through our daily activity schedule. If you need to reach your child, feel free to contact the Welcome Desk at (336) 395-9622. If your child is caught using their electronic device while attending the program, a staff member will take their phone away and give it to you during rides out.

## **Commitment to a Child Safe Environment**

The Alamance County YMCA is committed to keeping children safe in our community. This means educating ourselves and our community about child abuse and how we can work together to prevent it. Please read further to learn more about what you can do to protect children from abuse.

## **Information About Abuse**

Child abusers can be parents, caretakers, friends, neighbors or anyone who comes in contact with your child - even other youth. It takes everyone's help to stop the cycle of abuse. Below are the four types of child abuse that are registered by most states:

- Emotional - Threatening a child using words that can hurt a child's feelings and self-esteem; withholding love and support from a child.
- Physical - Causing injuries to a child on purpose, such as bruises, burns, scars, or broken bones.
- Sexual - Having sexual contact in any form with a child, including exposing, fondling, intercourse, pornography or internet solicitation.
- Neglect - Not providing children with enough food, clothing, shelter, medical care, hygiene, or supervision.

Child abuse can happen between an adult and a child, or from one child to another (peer to peer).

## **Child Safe Policy**

**Our Staff** - The Alamance County YMCA has more than 200 staff members and volunteers working with youth in multiple departments.

**Our Screening** - To keep children in our program safe, we take the following steps in our intensive screening of employees and volunteers;

- Detailed Application Forms
- Comprehensive Interview Process
- Reference Checks
- Criminal Background Checks
- Internet Searches

**Our Trainings** - Employees complete an extensive child abuse prevention training program. Supervisors and managers complete additional training to further promote a child-safe environment. All staff members are mandated to report any suspected child abuse.

**Our Policies** - Staff are prohibited from working one-on-one with youth. Policies exist to ensure staff and volunteers are not alone with a child. If you observe a member of our staff violating this or any other policy, please alert us.

## Working Together for Safety

Whether your child is attending one of our programs, or any youth program we suggest having open and honest discussions with your child on a routine basis about his or her experience. Talk to your child about his or her experiences in our program, school, sports and other activities.

Drop in on your child's program and trust your instincts - Don't wait to tell a supervisor if something seems strange

Watch for warning signs of abuse:

- Unexplainable bruising or other physical markings
- Disturbed sleeping or eating patterns
- Abrupt changes in behavior-anxiety, clinging, aggressiveness, withdrawal, depression
- Fear of a certain person or place
- Discomfort with physical contact

Listen and watch for signs of your child receiving special attention that other children are not receiving, including favors, treats, gifts, rides, increasing affection, alone time, partially outside the activities of school, child care or other activities.

Every once in a while, ask your child these questions:

- Is anyone scaring or threatening you?
- Is anyone asking you to keep secrets?
- Has anyone said anything to you that made you feel bad?
- Is anyone touching you in a way that you don't like?

Encourage your child to tell you or another trusted adult if anything happens to him or her.

If You Suspect Abuse...

- Report this to the local Child Protective Services (336) 229-2908 or local law enforcement (911).
- If you think your child has been physically injured, seek medical attention.
- If you have any questions or concerns regarding a member of our Y staff, please contact our CEO Walter Britt or Jason Fields at (336) 395-9622
- National Child Abuse Hotline (800) 422-4453
- Alamance County Department of Social Services (336) 229-2908
- Crossroads Sexual Assault Response and Resource Center (336) 228-0813



**United States  
Department of  
Agriculture**

## **USDA Non-Discrimination Statement**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

USDA is an equal opportunity provider, employer, and lender.

## Medication Consent Form

Child's Name \_\_\_\_\_

Medicine \_\_\_\_\_ No. Given \_\_\_\_\_

Time of Day \_\_\_\_\_ Special Instructions  
\_\_\_\_\_

Parent's Signature \_\_\_\_\_

<b>DATE</b>	<b>TIME OF DAY</b>	<b>NO. GIVEN</b>	<b>STAFF INITIALS</b>

Please provide a picture of your child for security purposes.