EXCEL BEYOND THE BELL

YMCA Outside of School Program 2020

Character Development Learning Institute

Character Development Learning Institute – Is a licensed, evidence-based program through Y-USA that reflect the Y's holistic approach to youth development and our core values of honesty, caring, respect, and responsibility.

CDLI integrates social and emotional learning to cultivate values, skills, attitudes, and behaviors including grit, motivation, and a growth mindset necessary for youth to reach their full potential in learning, work and in life.

Youth Fit 4 Life

The Youth Fit 4 Life program is available at participating YMCA program locations* and works to improve the health of young children by promoting an appreciation for a healthy, physically active lifestyle into adulthood.

Children participate in the program four times per week for 45 minutes in each session. Each session includes physical fitness activities and a short educational component where children learn about healthy eating and setting goals.

Enrichment Activities

The Y's program utilizes developmentally appropriate activities that stimulate a child's intellectual, social, emotional and physical growth. We provide a warm, caring and fun environment that stimulates their natural curiosity and encourages personal expression.

Children develop communication, reasoning and problem-solving skills through play, interaction with other children, and exploration of their environment.

Homework Time

It is our goal to provide students with an academically rewarding program that promotes social development in a safe environment.

Our programs will include homework and distance learning assistance, reading/language arts, mathematics, history, social studies, and science. A broad range of activities may be implemented based on local student needs and interests.

SALINAS SOUTH COUNTY MONTEREY SAN BENITO

For more information call 831.373.4167 or visit www.centralcoastymca.org