THE YMCA
OUT OF SCHOOL TIME
PROGRAMS

Erika Wood
630.608.6708
ewood@ymcachicago.org

Allison Greenman
312.440.2461
agreenman@ymcachicago.org

Eric Werge
312.932.1239
ewerge@ymcachicago.org

Jill Doerner
773.620.6382
jdoerner@ymcachicago.org

2020-2021
SCHOOL YEAR
Beyond the Classroom
An Out of School Time Vision of Excellence

The YMCA of Metro Chicago’s Out of School Time (OST) program provides enrichment-focused care that empowers positive identity, develops transferable life skills, builds honesty and trust, instills healthy habits, and cultivates positive futures for school-aged youth in the city and its surrounding suburbs.

Quality Out of School Time (OST) programming sets youth up for academic success. Research has shown the following:

- 58% of students who participate in after school programming are more attentive in class.
- 19% of participants are more likely to attend class regularly and perform better on reading and math achievement tests, and earn higher grades.

Overall health and wellness extends outside the school. We offer a complimentary adult membership to all teachers and school administration during the duration of the contract. Teachers and school administration are welcome to upgrade their membership to a family membership. They would be responsible for the difference in fees.

The Y’s After School Youth

6,599 youth served in After school programming in Academic Year 2018-2019

53% of youth in Academic Year 2018-2019 served were part of the Community Schools Initiative, an after school program aimed at low-income CPS students.

The Y Difference

Unlike other OST organizations, the YMCA of Metropolitan Chicago is different because we are a non-profit with a family and youth development focused mission.

- The Y has provided OST programming for over 30 years. We are the largest OST provider in Chicago land, operating 94 after school sites serving approximately 6,000 youth 6-14 years of age across the region.
- We are a year-round resource for kids and families by providing a familiar and easy transition between OST, schools day out and summer camp programming.
- We believe that all youth should have access to a safe and enriched environment before and after their school day. We accept the CCAP (Illinois Department of Human Services’ (IDHS) Child Care Assistance Program) and our scholarship program provides financial assistance for children and families in need.
- We focus on inclusion. Our programs offer a special place for diverse learners and children with special needs. If a program modification is needed, the YMCA’s Director of Inclusion will work with the parents to supply whatever support is necessary to ensure the child will be safe and have a positive experience.

“What started out as a safe place for our daughter to be after school has turned into so much more. The counselors are so much more than just “baby-sitters”. They are true role models that embody the principles of the Y. We have had other opportunities for our daughter’s Out of School Time care but the structure, safety, cost effectiveness and personnel of the Y make it the best solution we have found.”

- Parent of Y Out of School Time Student

The Y Provides After School Programming for over 30 years. We are the largest OST provider in Chicago land, operating 94 after school sites serving approximately 6,000 youth 6-14 years of age across the region. We are a year-round resource for kids and families by providing a familiar and easy transition between OST, schools day out and summer camp programming.

We believe that all youth should have access to a safe and enriched environment before and after their school day. We accept the CCAP (Illinois Department of Human Services’ (IDHS) Child Care Assistance Program) and our scholarship program provides financial assistance for children and families in need.

We focus on inclusion. Our programs offer a special place for diverse learners and children with special needs. If a program modification is needed, the YMCA’s Director of Inclusion will work with the parents to supply whatever support is necessary to ensure the child will be safe and have a positive experience.

“WHAT STARTED OUT AS A SAFE PLACE FOR OUR DAUGHTER TO BE AFTER SCHOOL HAS TURNED INTO SO much more.”

- Parent of Y OUT OF SCHOOL TIME STUDENT
These are unprecedented and uncertain times. Schools across the country are working diligently to explore many possible solutions for how to approach the upcoming school year.

The Y understands that, in order to keep the school community safe, decisions are ever-changing based on the latest information and data. We also understand that schools must still find a way to advance learning outcomes for students -- and we want to help. We are here to support your students and families by providing flexible Out of School Time programming options.

All of our program models Include:

- Trained Y staff
- 2:30 ratio
- All program materials provided
- Start and end times negotiable based on needs of the school

"THE STAFF AT THE YMCA HAVE ALWAYS BEEN VERY COMMUNICATIVE WITH OUR STAFF. We have collaborated many times about students who may be struggling and have created plans so they have positive experiences during their time in their program. I truly believe that the YMCA staff have the students best interest at heart and work hard to make their experience enjoyable. Our students who come from the YMCA program, as opposed to other daycares, seem to transition into their school day much easier and look forward to attending the program after school."

— SCHOOL ADMINISTRATOR

Youth who participated in Y OST Programming for one year or more reported:

- working harder at school
- feeling that adults in the Y program listen to them
- being interested in the things they were learning

PROGRAMS THAT FIT YOUR CHANGING NEEDS

MODEL A: Traditional OST Program
Providing either on-site or nearby Y location use, this program supports the needs of working families by providing convenient and affordable OST.

- Implemented on-site
- Program includes:
  - homework time
  - snack time
  - small and large gross motor activity
  - science
  - arts
  - physical activity
  - literacy enrichment

MODEL B: Remote Learning Support and Enrichment
Supporting parents and students during a time of remote learning, this model provides a structured full-day of academic enrichment lessons, and homework support in a safe environment.

- Program includes:
  - homework time
  - snack time
  - small and large gross motor activity
  - science
  - arts
  - physical activity
  - literacy enrichment
  - Activities which allow for social emotional learning

MODEL C: Alternative School Day Programming OR 1/2 Day Programs – AM / PM
Providing services after school as well as during the duration of time kids are not at school through a structured extension of their traditional school day.

- Implemented on-site or remotely
- Academic support through
  - structured remote learning
  - social emotional learning opportunities
  - daily enrichment

OPTIONAL: Y Club/Enrichment
FOR IN-SCHOOL OTS ONLY: Enrichment programming that meets once a week, Monday-Thursday on a 10 week session.

- These offerings can include:
  - Destination Imagination Club
  - Lego Club
  - Art Club
  - Science Club

- Healthy Living Club
- Homework Club
- Performing Arts Club
- Movie Making Club
A SERVICE-FOCUSED PARTNERSHIP

The YMCA commitment to the schools we serve is one of partnership while supporting the families and youth in the community. We do all the work to ensure your school is providing high-quality, safe and enriching OST programs.

Some benefits of partnering with us include:

► Confidence in an established organization known for quality youth programming
► Convenience to families by providing on-site or remote programming
► Program model options that flex with your school’s needs this fall
► Ease of implementation – we provide all materials and staff

Our staff works with each unique school to design customized programs that emphasize the strengths and addresses the opportunities of each school. Each Out of School Time site emphasizes physical fitness, overall health, discipline and teamwork, which is customized by the local school staff and parents in their partnership with Y staff.

MAKING AN IMPACT

We measure and continuously improve our OST programs through five primary pathways to achieve outcomes. They are:

► Building the professional identities of all after school staff
► Creating positive and welcoming program environments for families and communities
► Implementing instructional support that emphasizes critical thinking and comprehension skills that are necessary for school success
► Using a curricular framework rooted in principles of design thinking, trauma-informed care, anti-bias education, and healthy living to inform all curricular choices
► Building connections and partnerships with families and the school community

In 2018-2019 academic year, teachers from existing schools the Y partners with reported:

► Classroom participation improved for 84 percent of students participating in Y programming
► Behavior and homework completion improved by 81 percent of students participating in Y programs

“We THE YMCA HAS BEEN AMAZING. I’VE BEEN IN THE PROGRAM FOR THE WHOLE YEAR AND IT HAS BEEN REALLY FUN!

The Y is a program that feels really trustworthy—you can trust the group and the teachers and it gives me energy for everything else I have to do!”

— 4TH GRADE STUDENT

“I am going to summer camp and I want to be in the program next year too!”

The Y is a program that feels really trustworthy—

9 out of 10 youth in a Y Out of School Time program reported a trusting relationship with a Y staff member.
The mission of the YMCA of Metro Chicago is to develop strong children, families and communities across Metropolitan Chicago through academic readiness, character development, violence prevention, and fitness and healthy living.

www.ymcachicago.org/programs/school-age