

**YMCA of Honolulu**

[www.ymcahonolulu.org](http://www.ymcahonolulu.org)

## YMCA Youth Programs

The YMCA is the country's largest provider of child enrichment activities. We provide programs for over 3 million children and families at over 7,000 YMCAs nationwide. In all of our programs your child will learn how to interact with other children and adults. They'll learn how to share, make friends, and understand other people's feelings.

We strive to provide the best programs possible. At the YMCA, that means more than just activities. We believe that character development is an important aspect of what we do. The YMCA strives to instill the four core values of Caring, Honesty, Respect, and Responsibility in all of its volunteers, members, parents, and participants

## Preschool and Elementary Programs

### Kids Club and PALS Preschool Program

The Kid's Club (toddlers 18-36 months) provides opportunities and experiences which stimulate your child's physical, social, intellectual, and emotional growth. PALS (3-4 years) is a part-time preschool enrichment class providing a structured environment with formalized activities that continue to develop social and behavioral skills along with cognitive, gross and fine motor skills. One teacher per 4-5 children.

### A+ Programs K-6

Through a partnership with the Department of Education, the YMCA of Honolulu provides after school care for 7,000 children in grades K-6 through the A+ program at 47 public schools on Oahu.

### ASP K-6

An afterschool program held at your local YMCA, where kids are involved in many activities, including homework time, sports and games, and more. Program follows the schools' schedule. All staff are certified in CPR/First Aid and are trained in Child Management, and Child Abuse Prevention.

### One Day/ Waiver Programs K-6

All day childcare program by the day during schools' waiver days and Teacher Institute Days. Activities include arts and crafts, games, an more.

### Interession Programs and Specialty Day Camps K-5

Full day programs offered during weeks that school is not in session for fall, winter, and spring. Programs year round to accommodate Multi-Track Schools. Activities include recreational swim, sports and games, arts and crafts, music and dance, stories and drama, and weekly excursions.

## Middle and High School Programs

### Club Mid Explorers 6-9

In Club MID, teens will engage on a journey to discover new things about themselves, their peers and their world. Teens are given the freedom to grow, develop and explore at their own pace with guidance and supervision.

### Youth Legislature 6-12

A week long program designed to strengthen and improve teens' understanding of the legislative process and parliamentary procedures. Incorporated into this program are month long fundamental trainings that help build the confidence in each individual.

### Counseling and Treatment Programs 6-12

In this free program nearly 40 full-time staff members work with 4,200 teens to prevent school dropout, gang involvement and drug abuse. Middle and High School students form tight bonds together through group activities and discussion.

## Programs for All Ages

### YMCA Summer Programs K-12

A full set of programs to meet anyone's needs. *Summer Day Camp* offers adventurous activities and excursions. *Summer Time* offers quality childcare at an affordable rate. *Summer School Special* is designed to meet the needs of kids enrolled in summer school, offering care before and after summer school. Programs available for K-12. In our *Teen Leadership* program, teens serve as "Junior Leaders" working with children and assisting adult leaders, also participating in social events and community service projects that build confidence and problem solving skills.

### YMCA Camp H.R. Erdman Ages 6-17

YMCA Camp Erdman offers a wide variety of programs. *Summer Resident Camp* for ages 6-15. *Specialty Camps* for campers ages 10-15. *Leader in Training* camp for ages 15-16. *Teen Camp* for ages 14-17. Arts & crafts, swimming, kayaking, hiking, snorkeling, challenge course, athletics, nature, performing arts, beach adventures, writing and archery are just some of the many activities your child may choose to participate in.

### Aquatics 6 mo.- Adult

Open to all levels, YMCA aquatics programs teach basic and advanced swim principles, personal safety, skill development, water sports and games, and rescue. Certified Lifeguards on site, group and private lessons offered. We also offer a Swim Team for children 6-18 years.

### Performing Arts All Ages

With a growing list of classes, the YMCA's dance programs have something for everyone. We currently offer Jazz, Street, Ballet, Hip-Hop, Hula and more. We have classes for all ages and experience levels! Hula Hui O Kapunahala is one of these programs, offering not only hula, but ukulele, Hawaiian language and singing. These programs are for boys and girls.

### Martial Arts Programs Ages 4-Adult

A variety of martial arts classes are offered to all members of the YMCA ages 4 and older. Your child may choose to participate in a martial arts club like *Karate Kids*. Aikido, Judo, Karate, Shinden Karate, Muay Thai and Tae Kwon Do are just some of the programs we offer.

### Sports Programs

YMCA Youth Sports introduces children the basic skills of a sport, while developing sportsmanship and self-esteem and being part of a team. Parents, friends and older siblings are encouraged to volunteer; experience is not necessary, training provided by YMCA staff. Basketball, Volleyball, Soccer and Flag Football currently available.

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# Help your Keiki be Active & Healthy every day of the Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Go for a swim.</p> 	<p>Hop in place while watching TV.</p>	<p>Skip to the mailbox and back.</p>	<p>March instead of walking through the house.</p>	<p>Learn a new dance.</p>	<p>Take a break from homework to stretch.</p>	 <p>Do some gardening.</p>
<b>Have fun and play...</b>						
<p>Instead of ice cream or candy for dessert, have a fruit!</p>	<p>Do somersaults and cartwheels.</p>	<p>Help do chores.</p>	<p>Shoot hoops with friends.</p> 	<p>Race down the street and back hopping on one leg.</p>	<p>Ride your bike at a beach park.</p>	<p>Shop at the farmer's market for fresh air and fresh produce!</p>
<b>learn good habits...</b>						
<p>Push the shopping cart at the grocery store.</p> 	<p>Walk the dog (or a neighbor's)!</p>	<p>Put on a favorite CD and dance!</p>	<p>Play Frisbee.</p>	<p>Wash the family car.</p>	<p>Dance while taking a shower.</p> 	<p>Run in the sand at the beach.</p>
<p>Take a scenic hike.</p>	<p>Go for a night time walk to look at stars.</p>	<p>Hula Hoop!</p>	<p>Make iced tea instead of drinking juice or soda.</p>	<p>Have a contest to see who can do more push-ups.</p>	<p>Jump rope around the block.</p>	<p>Try tennis or another new sport.</p>
<b>grow stronger and have more energy...</b>						
 <p>Have a play date with friends!</p>	<p>Have a contest to see who can jump the highest.</p>	<p>Celebrate the end of another month – do 31 jumping jacks.</p>	<p><b>YMCA of Honolulu</b>  <a href="http://www.ymcahonolulu.org">www.ymcahonolulu.org</a></p> 