



# BUILDING BRIGHTER FUTURES



## ST. JOHNS COUNTY YOUTH DEVELOPMENT Before & After School Program 2016 - 2017

### **SPORTS & TEAM BUILDING CLUB:**

Our program encourages positive behavior and good choices through character development activities.

Students learn how to share, make friends and understand other people's feelings. Through the integration of values-based programs and recreation, students will learn and grow while having fun.

Sports will rotate depending on season & theme.

### **ARTS & HUMANITIES CLUB:**

Students will have fun expressing their creative sides by studying art forms and popular artists! Students will have the opportunity to extend their language into visual mediums.

Holidays and special events will be celebrated by exploring history, tradition, and culture through our projects.

### **LITERACY CLUB:**

This program empowers students to talk, read, and write about the issues that surround us.

Students will have the opportunity to explore fun writing activities, poetry, song, performing arts, and literacy based games!

### **SCIENCE & ENGINEERING CLUB:**

Students will get messy, build projects, and explore science, technology, engineering, and math! Students use their creativity to engage in project based learning activities. No text books here!

We get right down to the experiment or challenge and engage in student led discussions and observations.

**HOMEWORK SUPPORT:** Students receive assistance with their homework and take part in educational activities that reinforce what is learned at school. Research shows that children who spend time in constructive learning activities after school perform better in the classroom.

### **PHYSICAL FITNESS & NUTRITION:**

We take part in the Youth Fit for Life Program (YFFL). YFFL is an approach to ensure children are receiving at least 3 days a week of health, wellness and physical activity in the YMCA.

YFFL will have 45 minute, 3 days a week of activities that include: Nutrition, Strength, Cardio, and Flexibility.

Children also receive daily healthy snacks based on the guidelines from the USDA.

**Ponte Vedra YMCA 904.543.9622**  
**St. Augustine YMCA 904-471-9622**

***\*Financial assistance is available to those who qualify***

**STRENGTHENING THE FOUNDATIONS OF COMMUNITY**  
YMCA OF FLORIDA'S FIRST COAST | [FirstCoastYMCA.org](http://FirstCoastYMCA.org)