

While at work, parents want to know their kids are safe, secure and happy. So, DeKalb CUSD 428 partnered with the Kishwaukee Family YMCA to bring you the District 428 Afterschool Program (DAP). DAP has program experiences for your child that makes it easy for you to have peace of mind. Your child will receive quality child care and educational support from DeKalb CUSD 428, and also receive YMCA programs designed to strengthen your child's health and wellness from the inside out!

The School District partnership with the YMCA offers your child the opportunity to participate in the featured activities listed below. These activities will all be taught by qualified YMCA staff, who are highly trained to work with children. These classes are INCLUDED in your rate!

YMCA ACTIVITIES SCHEDULE*					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brooks	SPORTS	ASSET & TEAMBUILDING	FITNESS	VARIETY	MARTIAL ARTS
Littlejohn	MARTIAL ARTS	SPORTS	ASSET & TEAMBUILDING	FITNESS	VARIETY
Cortland	VARIETY	MARTIAL ARTS	SPORTS	ASSET & TEAMBUILDING	FITNESS

ASSET & TEAMBUILDING

Asset building is the approach the YMCA uses to provide young people with the opportunities, skills, relationships, values, qualities and self-perceptions that they need to succeed. The 40 Developmental Assets represent everyday wisdom about positive experiences and characteristics that can lead to the healthy development of all young people. Children and teenagers who have high levels of these assets get involved in fewer risky behaviors and are much more likely to exhibit the positive values, such as leadership, good health, diversity, and success in school. During DAP, we will engage youth in asset rich hands-on activities that will guide them in becoming happy, healthy, and responsible adults.

SPORTS

Active FUN for every child! Expose your child to a variety of different sports. Play soccer, basketball, kickball, flag football, tennis and more. Games that get kids active are what this YMCA program is all about. Along with FUN children will learn about team building, sportsmanship and friendly competition.

VARIETY

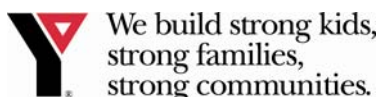
Variety day is designed to expose children to all different kinds of activities. Kids will have an opportunity to try out lots of interesting, fun things. Etiquette class, dance, fitness, arts and crafts will all be a part of variety day.

FITNESS

Making fitness fun is one of the main goals at the YMCA. We will do things that concentrate on cardiovascular exercise, flexibility, and low grade strength training. Kids will also learn the benefits of warming up and cooling down all while having fun!

MARTIAL ARTS

Martial arts is designed to bring out the hero in each participant through mental and physical exercise. The mental exercise is in the form of meditation/ mind relaxation skills to improve awareness, calmness, and self-control. Our Kung Fu and Karate physical exercises will teach students the basics of leverage, balance and strategy of movement to promote the students health and to respect and protect oneself and others wellbeing. A powerful word for the month is taught for the student to demonstrate in character building in thought, word and deed.



Questions? EMAIL: pjohnson@kishymca.org

* Schedule subject to change