



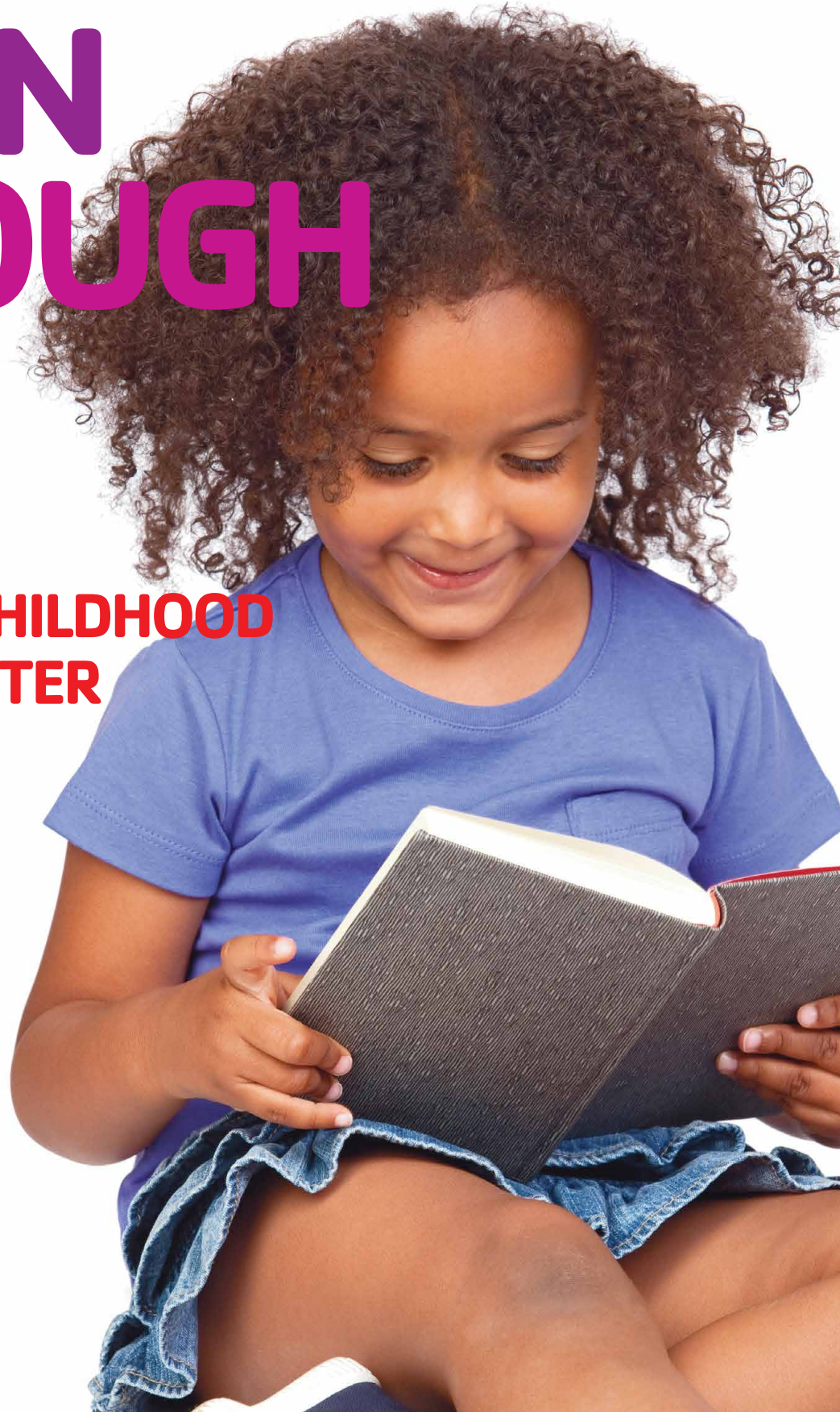
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARN THROUGH PLAY

## YMCA EARLY CHILDHOOD LEARNING CENTER

Individual Care for  
Little Individuals

[ymcanorth.org](http://ymcanorth.org)





# YMCA EARLY CHILDHOOD LEARNING CENTER (ECLC)

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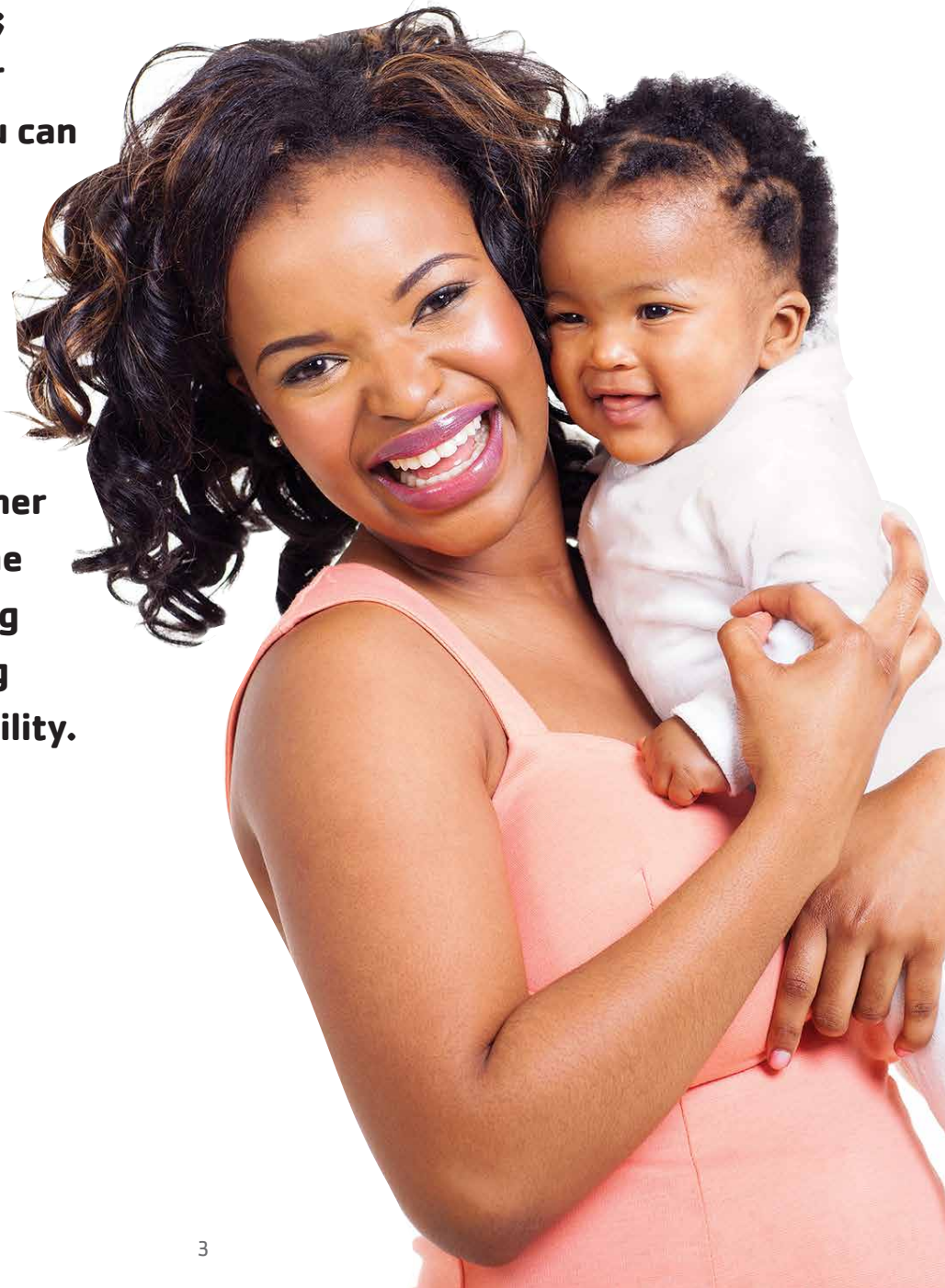
# WELCOME

## TO THE YMCA EARLY CHILDHOOD LEARNING CENTER

**We are proud to offer your family quality child care focused on learning and developing. Our primary goal is to provide your child with experiences and guidance you can count on, to aid in their development and to strengthen their individuality as they grow.**

**We're committed to giving families quality in every area of our programming. This is not simply a facility; we are people who are your partners. Partners that you can count on, whatever stage your family is in.**

**The Y is for everyone. For over 145 years, we have brought together parents and kids like no other organization – nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.**







## **QUALITY YOU CAN COUNT ON**

**The Y Early Childhood Learning Centers (ECLC) provide quality, affordable care for your child. Unique programs designed to motivate children intellectually, socially, emotionally and physically are at the core of every Y ECLC. The Y is committed to helping you and your kids learn through play.**

## **COMMITMENT YOU CAN COUNT ON**

**Family comes first at the Y. You'll find excellent care for your family's most precious members, your children. The time your child spends in our care supports your family values, expands your child's world, and provides solid learning through play and structured activities. The educational childcare your family receives at the Y ECLC is sure to deliver joy and rich experiences every day.**

## **PARTNERS YOU CAN COUNT ON**

**Our staff members are your partners, working together to help your kids grow up healthy, happy and strong. Like in any partnership, your involvement through sharing your observations, concerns and ideas help staff provide the development opportunities your child needs.**

## **COMMUNICATION YOU CAN COUNT ON**

**You won't miss a thing when it comes to your child's learning. The lines of communication are always open here. Daily and weekly updates on your child's progress and milestones make sure you can celebrate those important victories together. Conferences are held twice a year. Parents are provided a portfolio of their child's work plus a developmental assessment of their progress.**

**And feedback is very important to us. You'll have the opportunity to participate in program surveys, conducted at regular intervals.**

# ABOUT THE YMCA EARLY CHILDHOOD LEARNING CENTER

## THE Y DIFFERENCE

Children are everyone's future and your Y lives to (and loves to) invest in them. The Y Early Childhood Learning Center fills your child's day with opportunities to explore the wonders of their world, giving them experiences that help them grow and develop into confident, caring, happy individuals.

## OUR VALUES

Our Early Childhood Learning program is rooted in the Y's core values of **caring, honesty, respect and responsibility**. From those basic values comes a learning program designed to develop your child's potential through creative, intellectual, emotional, social and physical skills while they grow. Each day, children experience success in a warm, caring and fun environment that stimulates their natural curiosity and encourages personal expression.

## THE Y FAMILY NETWORK

When you're connected to the Y's Early Childhood Learning Center, you're connected to something much larger. A network devoted to children and families exists within your Y's community branch and extends throughout the city, state and country. This network, over 150 years strong, is committed to developing the total person – spirit, mind and body – through nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. From child care to youth programs to extraordinary camping opportunities, a healthy beginning at a Y ECLC can be the start of a healthy lifestyle throughout childhood and adulthood.

## MANAGEMENT PROFESSIONALS

On-site management is a team effort. Headed by the Center Director, the center's management team is always available to answer questions and help you with your child's individual educational or developmental goals and needs.

Our programming is highly successful because of the extraordinary people that make it all happen, every day. All staff meet or exceed state licensing guidelines and are hired not only for their experience and training, but also because they exhibit the following characteristics:

- A positive professional image
- An ability to communicate effectively with children
- An ability to create an environment reflecting care and safety
- An active interest in, and respect for, children
- An awareness of children's needs and the ability to meet them
- A commitment to communication with, and support of, every family in the program.

Our staff models the Y's core values of caring, honesty, respect and responsibility through their daily interactions with children, parents and staff.

## YOUR TEACHERS, YOUR PARTNERS

### True Engagement, Meaningful Assessment

Our nurturing teacher/care givers create and sustain a trusting environment that builds communication and mastery of skills with your child. Every time of day, even playtime, is seen as an opportunity to teach. Our staff intentionally uses every interaction with your child to help them learn and build new skills. Through true engagement, our teachers help to further develop your child's skills in literacy and problem solving while tending to their social and physical development. We monitor your child's progress to help determine the next steps in achieving their growth objectives.



# ABOUT YOUR YMCA EARLY CHILDHOOD LEARNING CENTER

## EDUCATIONAL PHILOSOPHY

Your Y ECLC offers programs that are designed with developmentally appropriate activities that stimulate a child's intellectual, social, emotional and physical growth. Centers 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. The values of caring, honesty, respect and responsibility are at the core of all programs and activities.

## OUR CURRICULUM – AGE-APPROPRIATE EXPERIENCES

The Y uses The Creative Curriculum® for Infants, Toddlers & Twos and The Creative Curriculum® for Preschool as the foundation for creating the best programs for children. The result is a comprehensive curriculum with a clear organizational structure and a particular focus on routines and learning experiences. Developmentally appropriate programs foster joyful and purposeful learning while they address specific needs. The Y also uses two initiatives to help motivate children be more physically active, eat healthy—and have fun doing it:

- Healthy Eating and Physical Activity (HEPA) standards
- Coordinated Approach to Children's Health (CATCH) Early Childhood Go for Health: It's Fun To Be Healthy curriculum. CATCH is research based and proven to work, making nutrition learning and physical activity fun.

## CARE & NURTURING

Our goal is to provide well-rounded experiences that nurture and enhance your child's development, by offering "learning through play." The purposeful, educational activities your child experiences stimulate critical thinking skills, develop creativity and enhance learning. Children are stimulated physically, emotionally, developmentally and socially preparing them for future success. Children are encouraged to develop language skills using words to problem-solve and communicate effectively. Our well-trained adult staff provides the best care and enrichment for your child in a safe, warm atmosphere that truly meets the needs of little individuals.

## SAFETY & SECURITY

Your child's safety and security is our top priority and is achieved through established and practiced procedures. We take every precaution to ensure safety for your child, including secure entry, frequent site inspections and maintenance of buildings, playgrounds and equipment.

## CPR & FIRST AID CERTIFICATION

Staff members are CPR and First Aid Certified. In the event your child has an injury, the staff will perform First Aid if necessary and notify you.

## FINANCIAL ASSISTANCE PLAN AVAILABLE

At the Y, no child is turned away. Financial assistance is available for qualifying applicants within our available resources. Financial Assistance is supported in part by contributions from Y Partners and other donors. Please let us know if we may serve you or your family in this way. Download an application at [ymcanorth.org](http://ymcanorth.org) or call 612-230-9622.

## QUALITY RATINGS

### NAEYC

We are accredited by the NAEYC Academy for Early Childhood Program Accreditation. We have voluntarily undergone a comprehensive process of internal self-study and improvement. Each NAEYC-Accredited program must meet all 10 of the NAEYC Early Childhood Program Standards. NAEYC Accreditation is the mark of quality for our accredited programs.

### Parent Aware

Our Parent Aware rating assures that we go above and beyond with staff training and professional development to establish best practices to prepare your child for Kindergarten.





# PROGRAM OVERVIEW

## ENRICHMENT & SPECIAL PROGRAMS

The Y ECLC includes Enrichment Programs at no additional cost. The following programs are included to enhance each child's learning experience.

### Language

This introductory program offers an array of wonderful activities to explore languages like Spanish or Sign Language in diverse and exciting ways; through games, storytelling, songs and other activities your child will discover useful words and simple phrases.

### Kids' Fitness

Stay fit through play! Instructors will help children build a foundation of healthy habits while having fun. Your child will enjoy learning about the importance of taking care of their bodies, exercise and movement utilizing the CATCH program.

### Swimming

Feed your child's curiosity through play and water activities in the pool. This program introduces children to a safe aquatic environment where fun games help them to become comfortable in and around water. Children learn about personal safety, build upon basic skills such as kicking, blowing bubbles and floating, plus enjoying songs, games and loads of water activities! Offered at select locations.

### Music & Movement

Inspire your child through the wonderful world of music and dance movement! Kids will enjoy exploring musical concepts in a variety of ways including singing, dancing, rhythm activities, finger play and musical instruments. These activities help to bridge the connection between music and movement, and develop large and small motor skills, focused on listening and self-expression.

## COORDINATED APPROACH TO CHILDREN'S HEALTH (CATCH)

Youth learn about the importance of healthy living through hands on learning, exercise and collaborating with peers.

The CATCH curriculum consists of:

- Movement and physical activity
- Hands-on snack preparation and gardening
- Reduced screen time
- Teamwork
- Family fun nights.

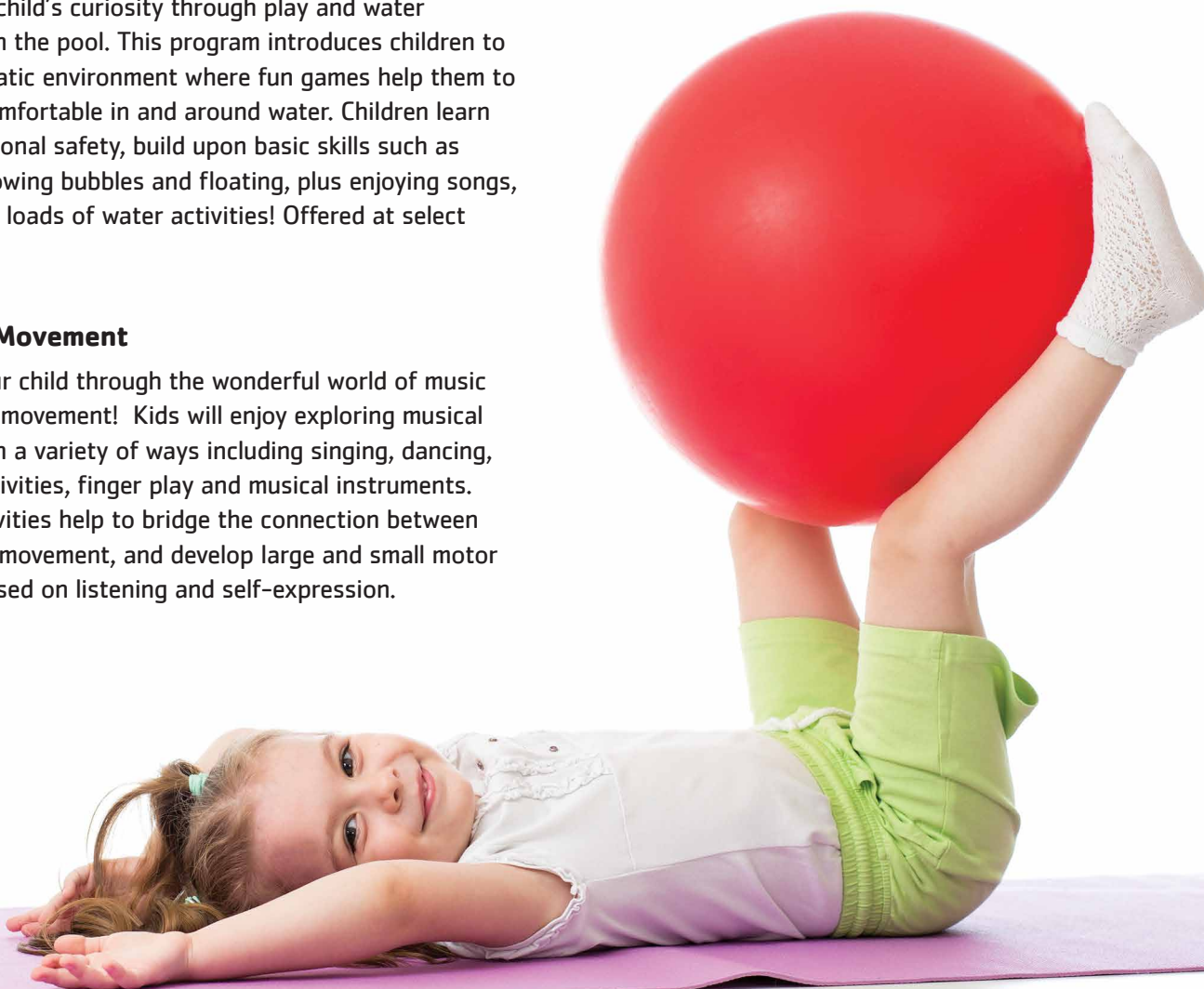
## ADULT: CHILD RATIOS

Infants: 1:4

Toddlers 1:7

Preschoolers 1:10

Additional program staff leads Specialty and Enrichment programs throughout the day.



# ABOUT YOUR YMCA EARLY CHILDHOOD LEARNING CENTER

## PROGRAM OVERVIEW

### COMMUNITY AWARENESS PROGRAMMING

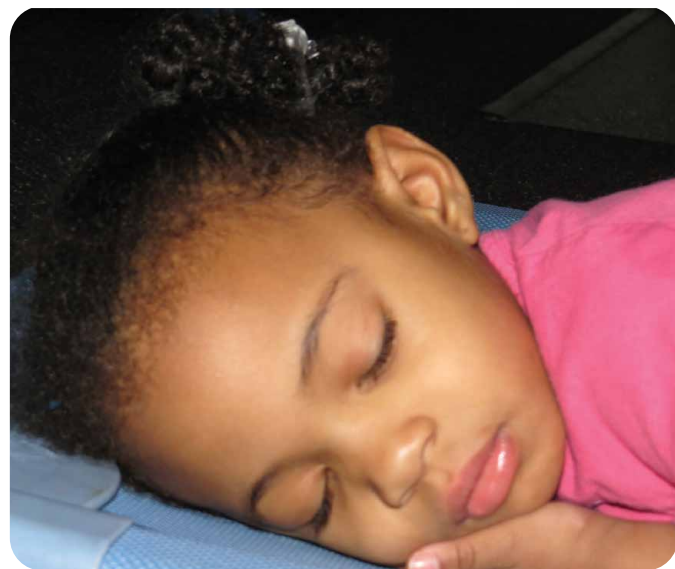
One of the goals for a child's development is awareness of their surrounding community. We accomplish this by incorporating age-appropriate field trips, good works projects and speaker/visitors into our curriculum.

### PHYSICAL ACTIVITIES – OUTDOOR, GYM OR POOL TIME

Physical activity is an important part of every day at the Y. Large motor skills are developed through daily active play. Your child's physical skills are individually strengthened through the use of the Y's extensive facilities.

### NAP & REST TIME – RECHARGING TIME

Proper rest is paramount to a child's healthy development. Rest time is scheduled daily in calming environments with caring supervision.



### SPECIAL EVENTS

Family nights, holiday programs, theme days and more. Special events add even more texture to your child's experience at the Y ECLC. Schedules of special events will be posted and communicated to families.



### MEALS & SNACKS – HEALTHY FOOD TIMES

Healthy meals and snacks are a cornerstone of your child's learning throughout the day. Smart food choices are taught and modeled by our staff such as drinking water and the importance of all 4 food groups. Breakfast, lunch and snack are served each day. Healthy food choices are driven by the HEPA standards and reinforced through the CATCH curriculum.

### HEALTHY EATING AND PHYSICAL ACTIVITY (HEPA) STANDARD

Our child care programs follow HEPA standards to create a healthy lifestyles for our youth. HEPA standards strive to:

- Engage kids in at least one hour of physical activity per day
- Offer water as the primary beverage; fruits and veggies as options with meals and snacks
- Limit screen time
- Educate parents about healthy living behaviors to incorporate at home.



## PROGRAM OVERVIEW

### PRE-ENROLLMENT

A pre-enrollment conference is available upon request.

### WHAT TO EXPECT THE FIRST DAY

When it's all new, the first day can be a real challenge for child and parent. That's why our teachers make an all out effort to be aware of new families and children and offer their help to parents to make the first day's adjustment a little easier on everyone. Some tips:

- Plan to spend a little extra time with your child the first few days while he/she makes the adjustment and eases into the new routine.
- Call or stop by during the day. You can see how your child is adjusting.
- Ask the Center Director for suggestions for both you and your child.
- Remember, adjustment time depends on the individual. Be patient, your child will soon feel comfortable.

### THE FIRST 30 DAYS

Whether the transition is to the Center or to a new classroom level, it can be a stressful time for both children and parents. To ease those nervous feelings, here's what you can expect from our staff:

- **Welcome and Teacher Introduction** – a staff member will speak with you within the first week to answer questions, offer observations and make sure you have the information you need on how the center runs or ways to make the transition easier.
- **A Phone Call** – at your request, the center staff will happily call you just to let you know how the day's going for your child.
- **Daily Communication** – The YMCA communicates about your child's day through an app called KidReports. Throughout the day you may receive pictures/videos, food intake, activities and any other pertinent information regarding your child's time at the Y. KidReports also provides important reminders.
- **End of the Month** – We are available to meet and discuss your child's transition and answer any questions you may have.
- **Parent Events** – Throughout the year we hold family events. These events are great opportunities to meet other parents and increase your parent network.

## PARENT COMMUNICATION

**Daily:** Artwork displays, family communication boards, family folders, messages via email/KidReports and personal connections with teachers.

**Monthly:** Newsletter, Calendar, Special Events, Family Connection Opportunities.

**Assessments:** Throughout each day's interactions, staff observes your child's progress toward goals.

**Parent Conferences:** We welcome conferences at any time per parent request. We offer formal conferences twice a year for sharing information, observations and questions about individual development and goals. Conferences celebrate individuality, milestones and are a time to reinforce support for your child's learning.

**Family Survey:** Surveys will be provided to collect your feedback and ideas throughout the year.



# INFANTS

## PROGRAM SNAPSHOT



### INFANTS

**Ages 6 weeks – 16 months**

Staff build positive one-on-one child and parent relationships, creating a strong partnership and incorporating parental care requests in the development of healthy, thriving children

### DEVELOPMENTAL FOCUS

- Creating trusting bonds with adults and environment
- Developing and mastering new skills
- Managing infant emotions

### CORE CONTENT AREAS

**Literacy** – developing language skills and communication through enjoyment of books, and awareness of pictures

**Science** – learning about the world around them, how to use objects, problem solving through pretend and play

**Social Studies** – infants learn about themselves and others

**Arts** – experimenting with art materials

**Healthy Habits** – promoting physical development by learning movement and motor skills

**Body, Mind and Spirit** – building a solid foundation for future growth

### YOUR INFANT'S DAY



Your child is truly unique and days are tailored to suit each child's individual schedules and needs.

# TODDLERS

## YOUR TODDLER'S DAY

### PROGRAM SNAPSHOT



### TODDLERS

**Ages 16 months – 33 months**

Children gain a strong foundation for learning through interaction and exploration. Classroom experiences develop self control, cooperation and communication skills in a nurturing environment.

### DEVELOPMENTAL FOCUS

- Build and master communication skills
- Build and master fine/gross motor skills
- Communicate emotions and needs effectively

### CORE CONTENT AREAS

**Literacy** – building vocabulary, language use and communication skills

**Mathematics** – basic counting and patterns

**Science** – beginning awareness of the world around us

**Social Studies** – beginning awareness of people and places

**Arts** – beginning enjoyment of dance, music & visual art

**Technology** – awareness of tools

**Healthy Habits** – basics of healthy eating, personal safety and enjoyment of physical activities

**Body, Mind and Spirit** – developing social skills while promoting core values

\*Hand washing frequently and as needed, diaper change, and bathroom are closely monitored throughout the day and offered on as needed basis.

### TRANSITIONS: LEARNING TIME

Transitions happen through the day and offer a predictable routine that helps children feel secure and aids learning such as: washing hands before a meal, stories before nap time, etc. Through transitions, children learn social skills and develop self-help abilities.



# PRESCHOOL

## PROGRAM SNAPSHOT

### Ages 33 months – 4 years old

Preschoolers develop their cognitive skills through hands-on activities that create enthusiasm and excitement for successful learning.

### DEVELOPMENTAL FOCUS

#### Building a foundation for successful learning:

- **Pre-Writing Skills**
  - Teacher assisted name recognition and sign-in
  - Interactive writing
  - Letter formation
- **Pre-Reading**
  - Shared reading
  - Letter recognition
  - Introduction of rhyming and alliteration
- **Developing Math Skills**
  - Counting
  - Shape sorting
  - Matching patterns
- **Social/Emotional Development**
  - Exploring solutions to conflict
  - Recognizing feelings
  - Building peer relationships
- **Physical Skill Development**
  - Large and fine motor skills



# PRESCHOOL & PRE-KINDERGARTEN

## PROGRAM SNAPSHOT

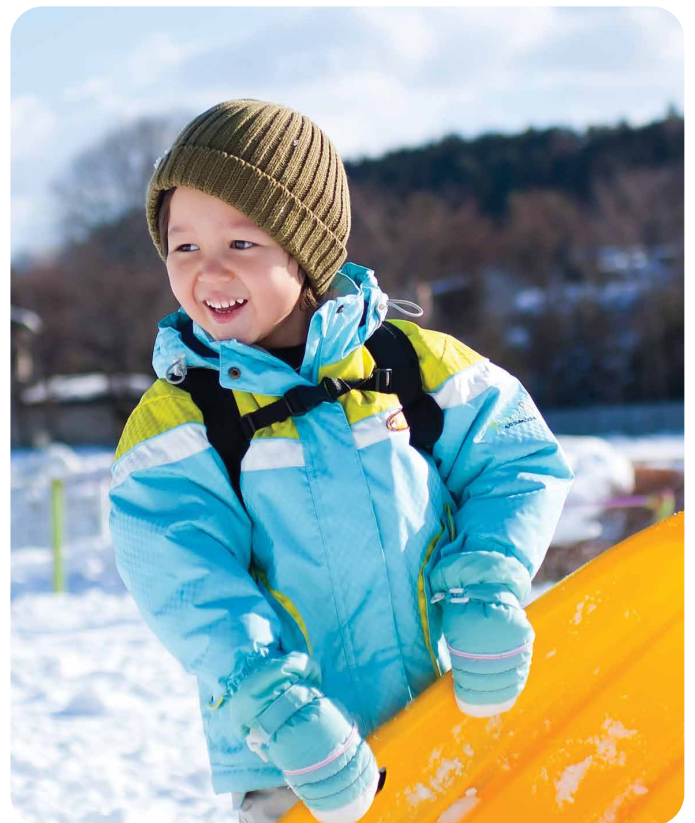
### Ages 4 – 5 years old

Pre-Kindergarten develops skills for classroom readiness; socially, emotionally, physically and cognitively. Children develop a passion for learning and experience a true sense of achievement.

## DEVELOPMENTAL FOCUS

Readiness in skills required for Kindergarten.

- **Building Writing Skills**
  - Model writing
  - Letter practice
- **Building Reading Skills**
  - Interactive reading
  - Book knowledge
  - Print knowledge
  - Take home activities for parent involvement
- **Developing Math Skills**
  - Structured activities
  - Math games
  - Exploring concepts of addition, subtractions and classification
- **Social/Emotional Development**
  - Problem solving with peers
  - Building peer relationships
  - Developing self-regulation
  - Understanding social clues
- **Physical Skill Development**
  - Large and fine motor skills



# PRESCHOOL & PRE-KINDERGARTEN

## PROGRAM SNAPSHOT



## YOUR PRESCHOOLERS DAY



— Arrival



— Drop Off & Sign In



Ease into the Day



— Breakfast



Morning Meeting



Active Learning



— Small Groups



— Enrichment Activities vary by site



Large Motor/Outside Exploration



— Lunch



Rest Time



— Snack



— Active Learning/ Outside Exploration



Summary Circle



### CORE CONTENT AREAS

**Literacy** – increased vocabulary and language skills, comprehension and enjoyment

**Mathematics** – beginning understanding of numbers concepts, patterns and relationships

**Science** – beginning understanding of physical, life and environmental sciences

**Social Studies** – understanding of people, places and environments

**Arts** – knowledge and understanding of dance, music, drama and visual arts

**Technology** – awareness and beginning basics of tools and technology

**Health Habits** – understanding of healthy eating, physical and personal safety and building life long enjoyment of physical activities

**Body, Mind and Spirit** – developing social skills, core values and a foundation for social responsibility

### TRANSITIONS: LEARNING TIME

Transitions happen through the day and offer a predictable routine that helps children feel secure and aids learning such as: washing hands before a meal, stories before nap time, etc. Through transitions, children learn social skills and develop self-help abilities.



# SCHOOL AGE CARE

## BEFORE & AFTER SCHOOL

Grades K – 6

Membership not required

### PROGRAM OVERVIEW

As a part of the Y's youth development focus, this program is designed to meet the educational and recreational needs of growing kids. We create safe, structured environments under the supervision of caring adult staff who serve as role models for your child. Children are given activity choices where they can make friends, learn, play and thrive. Our curriculum offers enriching activities in these areas:

**Arts & Humanities**

**Science & Technology**

**Service-Learning**

**Health, Wellness & Fitness**

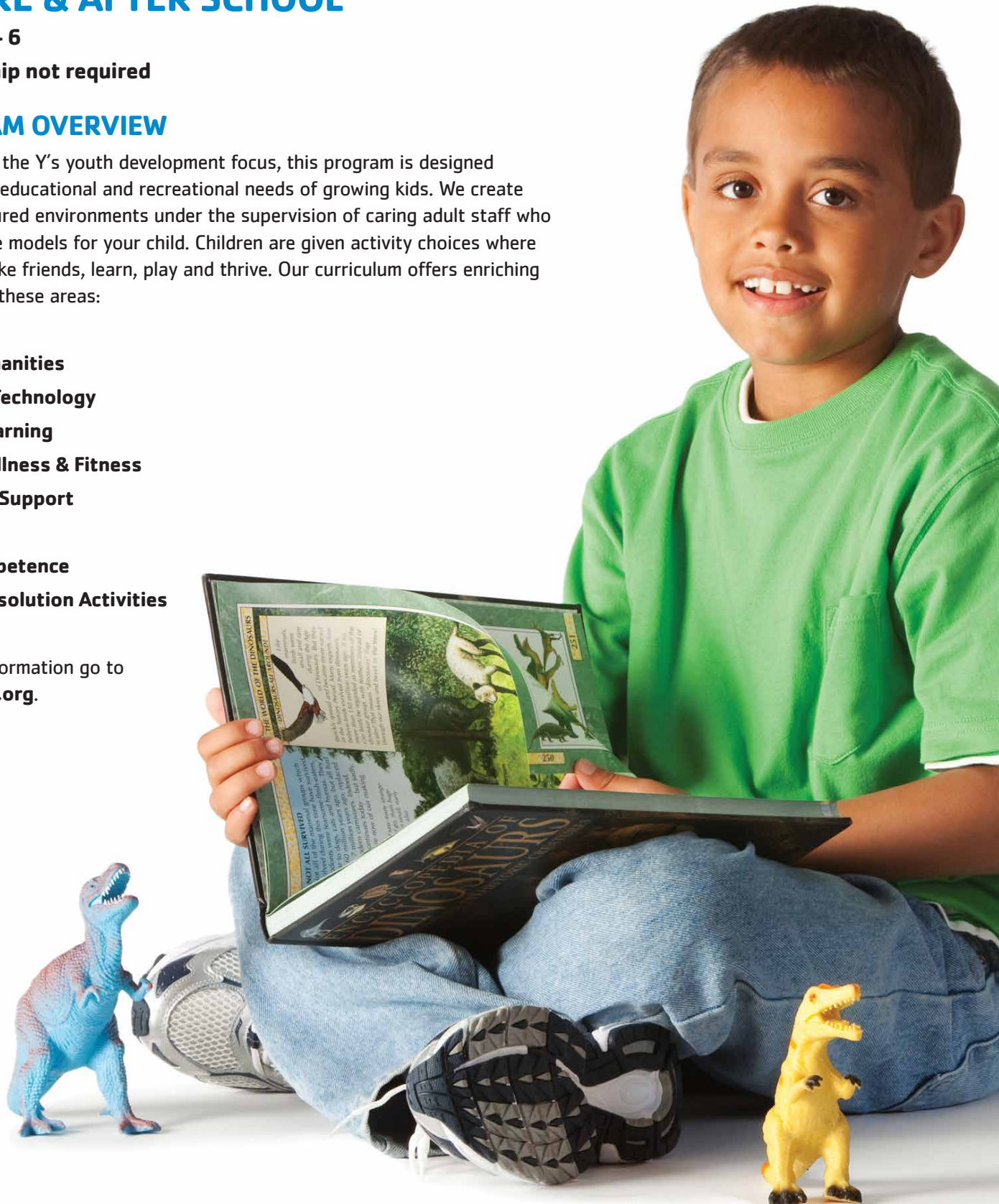
**Homework Support**

**Literacy**

**Social Competence**

**Conflict Resolution Activities**

For more information go to  
[ymcanorth.org](http://ymcanorth.org).





# SCHOOL AGE CARE

## SUMMER POWER

**Fascinating adventures in a safe, quality, childcare program.**

**Grades 1-5**

**Membership not required**

Summer Power is a super-lively, full-day enrichment program focused on quality, small group, age-appropriate activities. Kids stay motivated, entertained and are encouraged to make choices and exercise independent thinking. Each week is packed with an amazing variety of activities including field trips to exciting places plus inviting special interest clubs and unique programs like water games and cooking projects. Kids will learn new things while they make new friends.

Wonderful outdoor and indoor spaces at the Y give kids a wide variety of options. They'll enjoy pools, splash decks, gyms, playgrounds and more.

**No two weeks are alike!** Intriguing weekly themes guide engaging activities and give kids topics to look forward to. Our trained staff provides supervision, care and guidance for participants in this unrivaled summer program.

**It's honest-to-goodness fun!**

Go to [ymcanorth.org/summer](http://ymcanorth.org/summer)



# Y FAMILY INVOLVEMENT

## Y FAMILY EVENTS

The Y offers periodic family events, an opportunity for families to play and celebrate together: Holiday Parties, Talent Shows, Picnics, Swim Parties and more. They are free and open to the public. Check your local Y for more information.

## Y MEMBERSHIP OPPORTUNITIES

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day making sure that you, your family and your community have the resources and support needed to learn through play.

With a focus on developing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership will not just bring about meaningful change in yourself, but in your community too.

**Find out more:**

**Stop in at your local Y.**



## HERE'S WHAT YOU GET WITH YOUR MEMBERSHIP:

**FREE** Group Exercise classes for adults and kids

**FREE** Fitness solutions and assessments

**FREE** programs and activities for kids and families

**FREE** guest passes (annual amount per membership)

**FREE** Kids Stuff (drop-off child care) while you work out

### PLUS:

- Access to more than 20 locations in the Twin Cities, Rochester and Western Wisconsin and access to all Ys in Minnesota
- Access to all participating nationwide YMCA locations (some restrictions apply)
- No annual contract
- Personalized fitness options: Personal Training, Group Training and Pilates Reformer
- Special member rates on swim lessons, Youth Sports, camps, summer programs and more
- Open lanes for lap swim
- Open swim for families
- Open gym



# Y FAMILY INVOLVEMENT

## HEALTHY FAMILY HOME

At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside. You can bring a healthier way of living to your family through the Y's Healthy Family Home resource. You'll find simple ways to incorporate healthy habits that will make a difference for your entire family. And it's all conveniently online at [ymca.net](http://ymca.net). Additional resources are available at [ymcamn.org](http://ymcamn.org)

## PARENT PARTICIPATION

We encourage parents to participate in the programs with their children whenever possible. Parents are welcome on field trips as well as classroom activities. There are many opportunities for parents to volunteer within the program, such as being a guest reader, helping during homework time, talking about your career, leading an activity or sharing your interests with the children. See your Site Director/Coordinator for more details.

The Y Parent Advisory is a wonderful opportunity to express your views on how we can improve our program. Parents and staff come together to share ideas and suggestions regarding program content and quality, family activities, enrichment programs and other items of interest.

**We encourage you to participate!**

## PARENT REFERRAL PROGRAM

Pssst! Spread the word! When you're happy, we're happy – and when you spread your happiness to your friends and family through our referral program you'll be rewarded, too.

We appreciate the trust and confidence that you place in us each day and when you spread your confidence in our Y ECLC through a referral to other parents, you'll receive a **WEEK'S FREE TUITION** for your oldest child in Y ECLC.

### Here's how it works:

1. Pass on the referred parent's name, along with some basic information about the family to your Y ECLC director. Complete the Parent Referral Form found online at [ymcanorth.org/parentreferral](http://ymcanorth.org/parentreferral) and give it to your Y ECLC director. We'll take care of the rest!
2. After the new family has enrolled their child in any of our Y ECLC locations and has used our child care services for four (4) weeks, your account will be credited accordingly

Yes, you may refer as many parents as you wish and earn more. **Every time a child is enrolled as a result of your recommendation, you will receive a WEEK'S FREE TUITION!**



# RESOURCES

[ymcanorth.org](http://ymcanorth.org)

612-230-9622

For more information on YMCA programs and events.

[ymca.net](http://ymca.net)

Comprehensive information on what the Y is all about, news from the Y, information for military families, healthy home site portal, Y finder iPhone App download and more!



**NATIONALLY ACCREDITED**

By the National Association for the  
Education of Young Children



# YMCA EARLY CHILDHOOD LEARNING CENTER

**YMCA of the North**  
2125 East Hennepin Avenue  
Minneapolis, MN  
612-230-9622  
[ymcanorth.org](http://ymcanorth.org)

