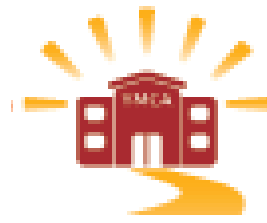


COMMUNITY HEALTH

September 2015

The YMCA of Martha's Vineyard is a non-profit, cause-driven, charitable organization that relies on the generous support of friends like you.

WE'RE HERE FOR YOUTH DEVELOPMENT SO OUR KIDS CAN STAY HEALTHY AND HAPPY



AFTERSCHOOL CONTINUES LEARNING, FUN & GROWTH

Afterschool is more than just a time of day. It's an opportunity to nurture children's development so they can reach their fullest potential. Offered at nearly 2,000 YMCA's across the country, afterschool programs serve 580,000 youth each year. The Y is committed to helping kids learn, grow and thrive in a healthy environment where they can establish positive relationships and experience a sense of accomplishment and belonging – critical ingredients for successful youth development. At the YMCA of Martha's Vineyard, we served over 50 children weekly through our Afterschool program, half of whom are able to attend through, Financial Assistance.

Why Afterschool at the Y?

- We are guided by the Y's core values: caring, honesty, respect, and responsibility.
- We partner closely with schools to align youth's after-hours learning with their daily curriculum.
- We focus on the whole child, nurturing the social-emotional, cognitive and physical abilities of every youth, through a well-rounded mix of activities.
- We strive to incorporate Healthy Eating and

Physical Activity Standards into each child's day by making time for active play and providing fruits and vegetables at every snack.

- We strengthen families by engaging and building strong relationships with parents and caregivers.
- We help each child develop positive character traits and gain valuable out-of-classroom life skills.

Through the Y Afterschool Program, Alex's free Place Teen Center, The Yard KidsMakeDance at the Y, Basketball, Bonitos and Makos Competitive Swim, Afterschool Program. At the Y, we give kids the basic tools to keep growing their skills and developing as people, while always putting fun first.

ALL ARE WELCOME

At the Y, we're always looking forward to a new season of opportunities, and everyone is invited to participate! Thanks to generous donations, **Y FOR ALL Financial Assistance** is available for Y Afterschool Program, Learn to Swim and Competitive Swim Teams.

For more information about how the Y can help you and your family live a fuller, happier, healthier life, call us today at **508.696.7171 x 0**, or visit us online at **www.ymcamv.org**.



**Healthy Snacks + Physical Exercise + Play + Arts & Crafts + Field Trips
+ Dance + Team Building + Social Interaction = RECIPE FOR SUCCESS**



MISSION IN ACTION – BRINGING HEALTHY HABITS HOME

We believe all children deserve the opportunity to reach their full potential, and fewer things are more fundamental to their development than learning healthy habits. When kids enjoy healthy meals and snacks and get active as part of the Y afterschool program, they develop habits that can help them grow into healthy active adults.

In 2011, the Y made a commitment to First Lady Michelle Obama and the Partnership for a Healthier American to help end the childhood obesity epidemic in the U.S. by implementing Healthy Eating and Physical Activity (HEPA) Standards in all 2,700 YMCAs across the country. Through these standards, the Y provides nutritious food, encourages healthy habits and shares knowledge with youth and their families that can lead to positive change for entire communities. Nationally in YMCA youth programs, HEPA Standards are reaching more than 700,000 kids.

With back to school season starting, it's important for children to learn healthy habits early so they may continue them throughout the school year. The Y Café and the YMCA of Martha's Vineyard partner with local businesses and farms to incorporate healthy, locally-sourced food for Island families.

The YMCA of Martha's Vineyard also helps children take this new food knowledge home, supporting HEPA's Family Engagement Standards through a monthly newsletter for caregivers, family nights, and one-on-one conversations with families.

Y Afterschool with Enrichment from: Felix Neck, Woodside Village visits, Art classes from local artisans, The Farm Institute, Woods Hole Aquarium, & other great adventures!



WHAT DO ALL KIDS GET AT THE Y?
The Perfect Combination of
HEALTH, FUN, CONFIDENCE, LEARNING.



YMCA OF MARTHA'S VINEYARD

SWARTZ FAMILY FACILITY

Home of Alex's Place

111R Edgartown Vineyard Haven Road, Vineyard Haven, MA 02568
P 508.696.7171 F 508.696.6806 www.ymcamv.org

UPCOMING ACTIVITIES

Fall Session I Program Dates: 9/8—10/17

Weekly Events:

Prenatal Yoga, Mondays 6:30pm*

Breast Feeding Café, Wednesdays 11am-1pm*

8/31- 9/4: End of Summer Before School
Vacation Week 9am-4pm
Members \$250, Public \$300

9/3: **Program Registration closes**,
members and non-members

9/4: Community Open Stage, 8pm
Admission: \$5, @ Alex's Place.

9/8: After-School Program starts;
Register with Member Services

9/8-11: Kindergarten Half Day Program;
12:20- 6pm. See website for details.

9/11: Middle School Socials
7th & 8th grade, \$5 @ Alex's Place.

9/12: CPR, AED First Aid Course
\$110, 9am-12pm.

9/13: **Vineyard Triathlon**, 6am
Swim.Bike.Run. Aquabike or Relay.
Sign up online at
www.vineyardtriathlon.com/
Benefit event for the YMCA.

9/14-18: Kindergarten Half Day Program;
12:20- 6pm. See website for details.

9/18: Community Open Stage, 8pm
Admission: \$5, @ Alex's Place.

9/19: Behind the Curtains w/Nashville
Hit Makers, Flatbreads & Co., 8pm.
Benefit event for the YMCA.

9/19: Meditation & Discussion*
W/Elliot Dascher, M.D., 10am-12pm

9/23 Comcast Digital Connectors
IT and Digital Literacy Program. 9
month program. Ages 14-19. Pre-
register @ Alex's Place.net

*FREE community events

**View our program guide and calendar
of events at www.ymcamv.org!**

This edition of Community Health
recognizes our partner in building a
stronger community.

**NEWMAN'S OWN
FOUNDATION**

THANK YOU!