



FOR YOUTH DEVELOPMENT®
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YMCA Lew-Port UPK

2020– 2021 Full Day Program Options

WELCOME!

Thank you for your interest in our YMCA Extended Day Program. This newsletter should help to answer most questions about our program, but please feel free to contact us anytime.

About Us

The Lew-Port Extended Day Program is an opportunity for your child to gain additional cognitive, social, language, and motor skills.

The program is taught by the UPK teachers who currently hold NYS Certification in Early Childhood Education. The Extended Day Program is registered through the Office of Children and Family Services. If you have any questions or concerns please feel free to contact me.

Location:

4061 Creek Road
Youngstown, NY 14150

Katie Meister

Senior Program Director
Kmeister@ymcabn.org

Extended Day Program (11:25am – 3:30pm):

Full time (4-5 days per week) \$420/month

Part time (1-3 days per week) \$265/month

Morning and Afternoon busing (scheduled days must remain the same for afternoon busing throughout the school year) to home is available through the district. The children stay in the Pre-K wing with their teacher for the extended day program.

Extended Day Program with Before and After school Care (7:00am – 6:00pm):

Full time (4-5 days per week) \$545/month

Part time (1-3 days per week) \$335/month

The before/after care room is in the Pre-K wing of Lew-Port school. Children will be walked to class by YMCA staff if they participate in before school care. Children will stay with their Pre-K teacher for the extended day portion of the day. Children will be picked up from their classroom by YMCA staff for after school care.

Financial Assistance is available for families who qualify. Please contact the Niagara Falls Family YMCA at 285-8491 to apply and for more information.

What to Bring:

- Sneakers (for gym and outdoor time when available)
- Bagged lunch or money for lunch (Free and reduced lunch and breakfast available to those who qualify, see registration packet for details)
- Small blanket, towel and rest mat for rest time. Blanket or towel will go home daily; mat will be kept on site. Child may bring a "lovey" or cuddly toy for rest.
- Change of clothes (for those occasional spills and accidents)

We build early literacy and numeracy through the following activities:

- o Dramatic Play
- o Thematic Art
- o Gross Motor Play
- o Building with Blocks
- o Music Appreciation
- o Manipulative Toys



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Developmental Concepts and Activities Learned in the YMCA UPK Extended Day Program

Music Appreciation/ Creative Movement

Children enjoy both listening to music and making their own. Music is a universal language. Moving to music is a creative way to tap into a child's imagination and artistic side. Music helps children connect the outer world of movement and sound with the inner world of feelings and observations. Finger plays promote language development, fine-motor skills and coordination, as well as self-esteem. Young children are proud when they sing a song and do finger movements. Listening to music teaches pre-reading skills. They learn to hear differences in sounds. Creative movements expand a child's imagination.

Thematic Art

Art Projects may be thematic. Good art corners are well stocked with materials that can be used in a variety of ways. Art projects teach children that creativity is only limited by their own imagination. Art projects are excellent for developing a child's fine motor skills. Art projects build a child's self-esteem. The process not the product is the most important element of preschool art projects.

Gross Motor Play

Children take part in running, climbing, jumping, hopping, biking, digging in the sand and outdoor fun. Gross Motor play refines a child's gross (large- muscle) motor skills. The cross-lateral movement (right arm/left leg and vice versa) is critical to a child's later success in reading and writing.

Literacy

The book corner is a comfortable area for children to look through books. Children learn language skills and set the stage for a lifelong interest in reading.

Building with Blocks

Building with blocks promotes mathematical problem-solving. A child learns about gravity, stability, weight, balance, and systems from building with blocks. Blocks help children learn scientific, mathematical, art, social studies, and language concepts; uses small motor skills, and foster competence and self- esteem. Blocks teach math concepts such as depth, width, height, length, measurement, volume, area, classification, shape, symmetry, mapping, equality, and inequality. Blocks teach art concepts such as patterns, symmetry, and balance. A child gains pre-reading skills such as shape recognition, differentiation of shapes, and size relations.

Dramatic Play

This area of the room contains housekeeping and dress-up clothes. The dramatic play area frequently changes throughout the year. One day the area may be a supermarket and the next day a doctor's office. Playing make-believe allows a child to bring the complicated grown-up world down to size. Imaginative play helps youngsters to concentrate, to be attentive, and to use self-control. Dramatic play encourages children to think abstractly, which is an important pre-reading skill. Imaginative play helps children to learn empathy towards others.

Manipulative Toys

Children enjoy a variety of toys such as Lego's, Play-dough, Peg-boards, Large Beads to Thread, and Stacking. Manipulative toys help children develop fine- motor skills which is a precursor to writing.