

MetroWest YMCA Hopkinton Early Childhood and Educational Programs

Elementary School Out-of-School Time

The MetroWest YMCA's Out-of-School Time programs allow children to be social, to feel empowered and to participate in hands-on learning activities. Through our programs, young people have opportunities to test themselves through action and performance, which enables their brains to mature and help them learn how to solve problems, make sound judgments and try on broader responsibilities. By participating in a large variety of engaging activities that support all areas of development, children will be more successful academically. Our programs provide safe and reliable environments for kids to select and develop new interests . . . while they have fun!



Wrap-Around Kindergarten

Our wrap-around programming for half-day Kindergarten students enrolled in Hopkinton and Ashland Public Schools enriches the day through language and math, science and nature, music and art as well as gross and fine motor skills. The program offers an encouraging environment, while meeting the needs of working families throughout the community. The MetroWest YMCA works with you and the public schools to provide safe transportation.

Elementary Out-of-School Time Full Day Kindergarten to 6th grade

In our before-school program, children attending Hopkinton Public Schools start their morning with relaxed and quiet activities. They enjoy games, free play, reading and receive bus transportation to the schools.

After the school day, children from both Ashland and Hopkinton Public Schools come to the YMCA where we encourage social, emotional and intellectual growth through group interaction, hands-on exploration and fun activities. We offer a flexible, child-focused schedule with the specific interests and needs of the children and families in mind. Activities include indoor and outdoor play and games, supervised homework periods, a variety of enrichment activities, including creative projects, team building, cooking and more.

We build strong kids by focusing on:

- Variety:** A wide array of activities are delivered by trained staff members.
- Social skills:** Elementary school is a social environment in which kids learn chiefly through interactions with peers and teachers. We help kids develop and practice "getting along."
- Emotional development:** Several studies link future success to a child's ability to deal with daily challenges and "tune in" to others. At the YMCA, we work to build self esteem and self concept in all programs.
- Nutrition:** We serve healthy snacks to build strong bodies.
- Physical Activity:** in the face of a growing youth obesity epidemic, the YMCA engages children in health enhancing physical activity on a regular basis.
- Partnerships:** The YMCA maintains relationships with the Ashland and Hopkinton Public Schools and other youth development partners so that we can help all children reach their highest potential.



Hours of Operation

Before-school: 7:00 a.m. until start of school

After-school: school release until 6:00 p.m.

Hours are adjusted for early release days. Vacation and snow day programming available.

MetroWest YMCA Mission Statement

The MetroWest YMCA is dedicated to the development of all people regardless of age, gender, race, religion, income and ability. Our programs, services and facilities are designed to enhance the spiritual, mental, physical and social quality of life for our families, our communities and ourselves.

For more information about our programs, center visits, parent handbooks, tuition rates or enrollment information, please call the Director at the site of your choice. Financial assistance is available.



MetroWest YMCA

We build strong kids,
strong families, strong communities.

45 East Street
Hopkinton, MA 01746

www.metrowestymca.org



Cultivating Potential



MetroWest YMCA

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strong families, strong communities.

Hopkinton Branch

45 East Street, Hopkinton MA 01746
www.metrowestymca.org (508) 435-9345



MetroWest YMCA Hopkinton Early Childhood and Educational Programs

We're accredited!

The MetroWest YMCA's Early Childhood Centers have been accredited by the National Association for the Education of Young Children (NAEYC). This mark of quality is nationally recognized as the gold standard in early childhood programs. It is achieved by completing an exacting one-year self-study to identify strengths and weaknesses, make adjustments, then successfully demonstrating excellence to independent on-site evaluators in ten quality categories.

Accreditation ensures the high quality and safety of programs, staff, facility, training and curriculum. It also signifies that our early childhood programs surpass state health and safety licensing requirements.

Quality Counts

- Our Early Childhood Programs also bear these hallmarks of quality:
 - Developmentally appropriate curriculum based on the Massachusetts Early Childhood Program Standards for 3 and 4 Year Olds and the Guidelines for Preschool
 - Learning Experiences Based on the Massachusetts Curriculum Frameworks (Spring 2003)
 - Clear and attainable goals and objectives for children and staff
 - Teachers have a Bachelor's Degree, Associate's Degree or are working toward a degree
 - Professional development and training for staff
 - Staff ratios below state requirements
 - Nutritious snacks
 - Physical activities to build strong bodies
 - Family participation, support and education
 - Referrals
 - Transition to kindergarten support
 - Systematic evaluation and monitoring to improve practices
 - All staff are First Aid and CPR certified

Early Years are Important



Your child is learning at an astonishing pace even before formal schooling begins.

The latest research shows that babies are born with about 100 billion neurons in their developing brains. By age 3, nearly 85 percent of their brain's core structure will be established. By age 6, physical connections will have been made for all the major cognitive and emotional functions – including vision, language, emotions and movements.

In the first 10 years of life, children have the capacity to learn twice as rapidly as adults.

Your child's early experiences and interactions with people will shape his or her intellect and provide a social and emotional context for relating to the world.

The Family Is The First Teacher

The family is your child's first and most important teacher. Individuals continue to learn and change throughout life, but the early years are those of greatest growth, and the time to lay the foundation for educational – and life – success.

Parents, Grandparents and other caregivers nurture your child and build trust. They can turn every day activities into learning opportunities. These roles are more important than ever before, because today's child is expected to enter kindergarten primed to learn.



The Benefits of Early Education

Research shows that children who participate in high-quality early learning programs develop better language skills, score higher on school readiness tests and have better social skills than peers who did not attend a program. They have fewer behavior problems and are 40% less likely to need special education services or be held back a grade. They are more likely to perform well academically, complete high school and become part of a productive workforce and contribute to society and the economy.

The Massachusetts Department of Early Education and Care (EEC), our licensing authority, supports high quality early learning programs because they create a level playing field for children entering school, and minimize potential costs associated with remedial and special education. Nationally, long term benefit studies by several universities and think tanks have propelled a strong movement to provide universal pre-kindergarten education.



Information in this brochure provided by the following resources:

- Ad Council www.bornlearning.org
- NAEYC Accreditation www.rightchoiceforkids.org
- The Future of Children www.thefutureofchildren.org
- Afterschool Alliance www.afterschoolalliance.org
- Early Education for All www.earlyeducationforall.org / www.strategiesforchildren.org
- SECPTAN State Early Childhood Policy Technical Assistance Network www.finebynine.org

Early Childhood Education

Nestled in the woods of Hopkinton, our cozy center creates a welcoming atmosphere for children and their families. Having immediate access to 116 acres, environmental education creates a unique cornerstone to our curriculum. Children have hands-on experiences that develop cognitive, social and emotional skills through play and interaction with nature. Our program supports the development of caring, social behavior that is crucial for the total development of the whole child.

Activities at the YMCA are designed to put learning in the context of play and to celebrate the joys of growing and discovery. They include gross motor and language activities, sensory experiences, creative expression, learning through hands-on exploration and acquisition of self-help skills. Our curriculum addresses each child's developmental needs and interests and emphasizes the YMCA character values of caring, honesty, respect, and responsibility. This individualized instruction will help your child grow and succeed.

Pre-Kindergarten Academy

A School-Readiness Program

Must be 4 years old by September 1

Half Day Program - Monday through Friday with Extended Day options

Academic Year Calendar

The Pre-K Academy program focuses primarily on providing children the exposure to skills and experiences necessary to start kindergarten ready to learn and flourish. The daily schedule and five day-a week commitment model those frequently used in kindergarten settings. Students build on the social, emotional, physical, listening, and other skills necessary to be successful in a kindergarten environment. In addition, students receive support in developing their early literacy and numeracy skills to promote their skills in language and mathematics. The program provides a rich variety of learning experiences that touch all of the senses. Group and individual learning experiences include opportunities for creative expression and environmental education.

Discovery Corner

2.9 to 5 years old

7:00 a.m. – 6:00 p.m. flexible schedule

Academic Year Calendar

In this program, children benefit from a mixed age group setting. The younger children have the older children as role models and examples of higher level performance, while the older children reinforce their own knowledge by teaching back and modeling to the younger. The focus of this classroom is on social interactions through play and learning experiences. With shared group activities, story time, and play, children are encouraged to cooperate and interact with adults and other children. In this program there is time for individual exploration as well as opportunities for children to work together to develop age appropriate skills.



The MetroWest YMCA can help your child prepare for the future. Call the Early Childhood Director for more information.



School Readiness?

School readiness is more than what children know -- it is being ready to learn.

Children are expected to acquire skills and knowledge BEFORE entering kindergarten so that they can learn at a pace that meets the high standards of the Massachusetts Comprehensive Assessment System (MCAS) and the Federal No Child Left Behind Act.

At age five, your child should already have:

- An expanded vocabulary of 2100 words
- Language skills including the ability to listen and to speak appropriately, print awareness, story sense and the understanding that ideas can be represented through drawings or letters
- Awareness of numbers, shapes and spatial relationships
- Curiosity about the world
- Persistence in completing tasks
- The ability to interact socially, take turns, follow directions, cooperate and be able to play and work well with others
- A positive sense of self worth and ability
- An ability to handle feelings – excitement, frustration, disappointment, boredom
- An understanding of social conventions

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