



Building healthy communities

YMCA Bayview Heights Play ON Program

Free Recreational Afterschool Program for students in **Grades 1-8**

Program operates every T-W-Thurs
2:30-5:30 PM PM Sept 19th – June 14th

Program focuses on Physical Activity

(Participants experience: An immediate increase in activity level, increased enjoyment of physical activity through exploring different types of recreation options, increased interest in participation. Fun Games in the Gym and outside-what are your favorites games we want to play them with you!)

Healthy Eating and Nutrition Education

(Learning to cook and prepare Healthy Snacks -Participants develop the ability to make healthy food choices, plan a healthy meal, demonstrate age-appropriate knowledge about nutrition, older participants read and assess food labels, and Younger participants understand the importance of fruits and vegetables.)

Health & Wellness Education

(Mindfulness activities build resiliency, self-esteem and self-reliance; and increase awareness of safety and health-related issues)

Opportunities to participate in a variety of recreational
Activities in a fun, safe and secure environment.

If you would like to **register** your child for this program

Please join us for our

YMCA Program Registration Open House

Bayview Heights Public School – Meet us room # 30

Sept 13th or 14th from 2:30-6:00PM

A lottery selection process will be in effect.

You will receive confirmation via phone call. Space limited to 30 students.

For more information please call: Tina Diamond at 289-928-0600