



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GENERATION US

THE PLACE TO HANG OUT AFTER SCHOOL

CONNECT WITH YOUR  
CIRCLE OF FRIENDS

## MAYWOOD AVENUE CLUB BENEFITS

The Y offers a variety of special activities to assist our Generation Us Members to experience the feeling of self worth by participating in projects involving giving back, helping others, making a difference and being a role model in the community. Throughout this journey our participants will grow strong in their confidence of discovering who they are, what they want and where they are going! Most importantly this takes place within a fun, safe and supportive environment!



MEADOWLANDS AREA YMCA  
WWW.YMCAINFO.ORG  
201.955.5300

GRADES 4 TO 8

FLEXIBLE SCHEDULES

DROP IN SERVICE AVAILABLE

# WELCOME TO GENERATION US!

## PROGRAM OUTLINE

VOLUNTEER & COMMUNITY SERVICE OPPORTUNITIES  
SPECIAL GUEST SPEAKERS  
SPECIAL PROJECTS  
WALKING TRIPS  
HOMEWORK & STUDIES

MEMBER'S CHOICE ACTIVITIES  
HEALTHY CHOICES (SNACK PROVIDED)  
"TODAY'S TOPIC" DISCUSSIONS  
SAFE ZONE  
TALK IT OUT SESSIONS  
PEER PRESSURE TIPS

**HEALTHY U** is the nation's largest and most comprehensive after-school childhood obesity prevention program. Created by the Horizon Foundation for New Jersey in collaboration with the New Jersey YMCA State Alliance, the program utilizes the evidenced based CATCH curriculum. The Meadowlands Area YMCA implements Healthy U in each of our child care programs and has a certified master trainer that fully trains our staff in the CATCH curriculum. CATCH is an acronym for Coordinated Approach To Child Health and is an after-school curriculum for children which emphasizes healthy nutrition and physical activity behaviors.

In response to a call for action by First Lady Michelle Obama, the Meadowlands Area YMCA has signed on to be a part of the YMCA of the USA's commitment to the Partnership for a Healthier America (PHA) to focus on ending the childhood obesity epidemic. The Y's will be implementing the Y's Healthy Eating and Physical Activity standards in our early childhood and after school programs.

## FLEXIBLE PROGRAM HOURS & DATES

Parents may choose the days of the week and time slots that best meet their child care needs. The program operates when the Maywood Schools are in session and is available immediately after school even on scheduled School Calendar early dismissal days; however, if school is in session and is suddenly closed due to inclement weather or for any other reason, the program will not be open. The program will begin the first day of school.

### HOURS:

We cover scheduled half days that are on the school calendar.  
After School, Monday through Friday  
From School Dismissal till 4:30pm or 6:00 pm

### CONVENIENT LOCATION:

Maywood Avenue School,  
452 Maywood Ave Maywood

### ELIGIBILITY:

Children in grades Fourth through Eighth (4-8) who reside or attend school in Maywood.

## CO-SPONSORED BY

Meadowlands Area YMCA and Maywood Board of Education

## SCHOLARSHIP

The YMCA wishes to serve all children regardless of family income. Scholarship aid is available to those who qualify. Application may be obtained by contacting the North Arlington office. All information is held confidential.

## PAYMENT OPTION!

Save Your Postage and avoid late fees! We offer a payment plan for SACC participants. You can authorize the YMCA to charge your credit/debit card the recurring monthly tuition charge on the scheduled due date.



## TEEN/TWEEN TRAVEL CAMP RAIN OR SHINE!

11-15 YEARS  
7:30 AM - 6:00 PM

Available at several locations in Bergen County. Weekly registration allows the program to best meet a family's summer schedules. For more information, please call 201.955.5300 ext 26 or 28.

The "Y" Youth Camp is custom designed to help children grow physically, mentally and spiritually. This could not be possible without a foundation that was built using our four core values of honesty, respect, caring and responsibility. We strive to keep these values front and center throughout each and every camp adventure. Our YMCA staff are carefully selected and trained so that campers will achieve the unexpected, grow; as they learn valuable lessons and make friends and memories that will last a lifetime. Your children will be indoors, outdoors and on the road this summer with the Meadowlands Y Camp!







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**MEADOWLANDS AREA YMCA**

PO Box 252, Rutherford, NJ 07070  
Main Office: 436 Ridge Road, North Arlington, NJ 07031

www.YMCAinfo.org  
201 955-5300; Fax: 201 955-2055

**UNITY IS  
STRENGTH**

**FINANCIAL ASSISTANCE**

The YMCA wishes to serve all children regardless of family income. Scholarship aid is available to those who qualify. Application may be obtained by contacting the North Arlington office. All information is held confidential.

**COMMUNITY  
SERVICE**

**TALK IT OUT**



**GENERATION US**

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