Afterschool and Summer Programs are Essential for Equitable Recovery

For nearly three decades, families in our community have relied on the Y to provide convenient, affordable before and after school care and summer camp. But most of all, they enjoy the peace of mind that comes with knowing their children are growing and learning in a positive, fun environment.

Learn, Grow, Thrive is an Academic Support and Enrichment Program to help children re-engage in learning after this period of learning loss and social isolation. Program components will provide children with hands-on learning activities and experiences that will broaden their horizons and encourage them to try new things.

Academic Support – Reading, Writing, Math and Science
Using the New Jersey Core Curriculum Standards as a guide, our curriculum developed with Language Arts, Math and Science will get children excited as they make strides in both reading and math and learn about nature and the world around them as they explore the outdoors.

Social and Emotional Learning/Mental Health and Well Being
Trained staff will help children talk about their emotions, gain confidence, build healthy relationships, develop strong social skills and heal from trauma.

Physical Fitness
The Healthy U Fitness program provides children with moderate to vigorous physical activity each day and weekly nutrition lessons among these lessons, children will be taught slow, woah and go foods that empower them to make healthy food choices.

Health and Safety
Children will learn the proper procedures for wearing a face mask, hand washing, social distancing and best practices for proper hygiene.

Healthy Meals and Snacks
Children will be taught the importance of starting their day with a healthy breakfast, and eating a balanced lunch and snacks (Funds would be used to sustain and expand access for children to be fed during out-of-school time)

Enrichment
Essential to a child’s growth and development, enrichment classes will be included in the Program. Children may choose from classes in Art, Music, Yoga and Dance.

HAMILTON AREA YMCA
JKR 1315 Whitehorse-Mercerville Road, Hamilton, NJ 08619
p 609.581.9622 f 609.581.4737
SAWMILL 185 Sawmill Road, Hamilton NJ 08620
p 609.581.9622 ext. 21100 f 609.324.9845
hamiltonymca.org
Program Specifics
• 1:3 ratio – small groups that provide for face time and individualized attention.
• Staff are certified in CPR, AED, First Aid, EpiPen Administration, and Child Abuse Prevention. Plus, several staff members also now have certification in Mental Health First Aid. In addition, staff participate in trainings provided by the Child Care Health Consultants, Central Jersey Family Health Consortium: Keeping Healthy in Child Care during COVID-19 Series.

Audience
Children entering Kindergarten through Eighth Grade attending schools in Hamilton Township, Mercer County.

Demographics
Kuser
52.8% Hispanic
29.3% Black/African American
10.4% White
3.6% Asian
0.3% American Indian
0.3% Pacific Islander
3.3% Two or more races

65.8% - receiving FREE or Reduced Lunch

Kisthardt
50.6% Hispanic
27.5% White
15.9% African American
4.7% Two or more races
1.3% Asian

58.4% - receiving FREE or Reduced Lunch

Hamilton Township School District
4% Asian
28% Hispanic
18% Black
47% White
3% Two or more races

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SawMILL 185 Sawmill Road, Hamilton NJ 08620
p 609.581.9622 ext. 21100 f 609.324.9845
hamiltonymca.org
Program Schedule
Full and Half Day schedule available

Locations
Sawmill Day Camp, Hamilton Area YMCA JKR Branch and other locations.

Transportation
Transportation will be provided.

Scholarship
Scholarships will be provided for those that qualify.
## School Program

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<th>EXPENSE</th>
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<tr>
<td>Homework Teacher (13)</td>
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<td>Program Cost</td>
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</table>

Respectfully submitted,

Diana Zita  
CEO  
Hamilton Area YMCA
April 23, 2021

Congressman Chris Smith
4573 South Broad Street
Hamilton, NJ 08620

Dear Congressman Smith:

I am pleased to support the Hamilton Area YMCA in its request to receive federal funding for its Learn, Grow, Thrive program.

The Hamilton Area YMCA first started serving their community in 1951 and today they offer everything from childcare to cardio and free weights, senior services to teen mentoring and development. The mission of the Hamilton Area YMCA is to provide Hamilton Township and surrounding areas with a family-friendly recreation outlet to maximize every resident’s potential in achieving better physical, mental and spiritual fitness, and living a healthier, more rewarding life.

Learn, Grow, Thrive is an Academic Support and Enrichment Program for children entering Kindergarten through Eighth Grade to help them re-engage in learning after the impacts of the COVID-19 Pandemic. Program components will provide children with hands-on learning activities and experiences to broaden their horizons and encourage them to try new things.

COVID-19 has proven to be difficult for many students as they suffered learning loss and social isolation. Programs like the Learn, Grow, Thrive program are crucial to re-engage students in the learning and socialization processes in a post-COVID-19 world.

Thank you for your consideration in reviewing this grant application. If you have any questions or wish to speak to me directly, please contact my office at (609) 395-9911 or via email at SenGreenstein@njleg.org.

Sincerely,

Linda R. Greenstein
Senator, 14th Legislative District
April 23, 2021

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Hamilton, NJ 08620

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COVID-19 has proven to be extremely challenging for many students as they suffered learning loss and social isolation. Programs like the Learn, Grow, Thrive program are crucial to re-engage students in the learning and socialization processes in a post-COVID-19 world.

Thank you for your consideration in reviewing the Hamilton Area YMCA’s grant application. I am pleased to recommend them for federal funding. If you have any questions or wish to speak to any of us directly, please do not hesitate to contact our offices.

Sincerely,

Assemblyman Wayne P. DeAngelo

Assemblyman Dan R. Benson