



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Child Care Guide

YMCA of the Black Hills

Infants | Toddlers | Preschool



Learning Center Hours

Monday-Friday
7:00am-5:30pm

Top 5 Features of YMCA Learning Centers

1. We employ qualified teachers who want to be at the YMCA every day.
2. We serve nutritious meals and snacks with no added sugar and lots of fruits and vegetables.
3. Our programs provide activities to support school success.
4. We offer access to financial assistance programs.
5. We provide transportation to and from most area schools and select YMCA programs.

You want the very best for your child, and so do we. YMCA Child Care is a place for children to explore, learn, and grow, and feel safe, cared for and celebrated. We encourage positive relationships between children, staff, and parents to ensure a high-quality experience.

In every program, and every classroom, we address the specific needs of children based not only on age, but also individual pace of development. We believe the values and skills learned early on are vital building blocks for quality of life and future success.

At the YMCA, babies develop trust and security; toddlers learn to explore their world; preschoolers experience early literacy and math; school-age kids make friends and learn new skills. Most importantly, children learn how to be their best selves. That makes for confident kids today, and contributing and engaged adults tomorrow.

Some activities are teacher planned and guided, but each child can freely choose which activity, materials or space they wish to use. The YMCA strives to challenge and stimulate each child at their own developmental level and foster a positive self image by accepting each child as an individual.

The safety and health of your child is our top priority. That's why the YMCA Early Learning Centers go above and beyond state licensing requirements.

YMCA Early Learning Centers also work with Early Childhood Connections, a not-for-profit 501c3 corporation that provides professional development programming for early childhood educators. Our teachers are continually learning to provide the best care possible for your child.

Quality Staff

Child care staff are CPR and First Aid Certified and have passed background checks based on state licensing requirements. Staff continue to grow with ongoing professional development opportunities.

Early Learning

Teachers have a degree in Early Child Education (or related field), or a Child Development Credential and practical experience working with young children. Warm, caring teachers bond and develop trust with families. Each child has a primary caregiver, your main point of contact, to guide your child's development.

Learning Healthy Lifestyles

Your child shares meals and snacks with their peers, where they learn to make healthy food choices. All meals exceed USDA requirements, as we follow the Healthy Eating Standards put forth by the YMCA of the USA. These standards include a fruit or vegetable at every meal, water or milk as a beverage, 60 minutes of physical activity per day, and limited screen time per day (no screen time is given to children under four). Screen time is limited to educational viewing only.

Stay Connected

Families are welcome visitors to our programs at all times. We hope that parents/guardians will attend family functions, help with classroom projects, and attend field trips with us. We encourage families to join us for lunch. Just give us a heads up and we'll make sure to prepare additional meals.

Families meet at least twice a year with their child's Teacher to discuss their child's development for infants through preschoolers. Families may continue to meet with child care staff as needed on an ongoing basis.

Parents also have the opportunity to stay connected using our BrightWheel mobile app, receiving regular updates and frequent pictures, so you'll always be connected to your child throughout the week.

Membership Benefits

YMCA Child Care families can join the YMCA's fitness facilities and receive early registration for programming. Membership includes access to our Fitness Center, Group Fitness Studios, the Aquatic Center, Gyms, and access to personal wellness coaches. ChildWatch (drop-in child care while you work out) is available for a small fee for up to two hours/day for children ages 6 weeks to 12 years.



"I am very thankful for everything that the YMCA has done for me and Trevor. Because of the Y, I didn't have to choose between rent and childcare. I have no doubt that Trevor will be ready for school - thanks to all of the help from the Y."

Nicole, Trevor's mother

LITTLE ONES

Ages
6 weeks – 3 years

Learning to Explore Their World

In YMCA Child Care, children feel safe, secure, and happy while watching and absorbing knowledge and skills from everything and everyone around them. Teachers strive to attain balance and harmony with your child's home schedule – this means that we work with families to establish the right eating and sleeping routines for your child. We believe high quality child care is a partnership – together, we'll give your child the best start possible.



Toddlers 19 months – 3 years

Toddler classrooms maintain a ration of 1 adult: 5 toddlers

Toddlers love to move, discover, and play! We provide guidance as they develop their skills, gain independence, and master milestones. In the toddler classrooms, we start using Conscious Discipline(R), an award-winning, evidenced-based social and emotional learning (SEL) curriculum to guide this increasingly independent age group that will continue through their school years. Toddlers spend their day exploring materials in the block area, science center, art station, and outside for gross motor play. In addition, toddlers spend daily group time together enjoying painting projects, story time, sensory activities, and themed lessons like letters, sign language, colors, seasons, shapes, and more that foster their development.

Infants 6 weeks – 18 months

Infant classrooms maintain a ration of 1 adult: 5 infants

Infants learn through active, hands-on play with activities that help them learn and master new skills. That's why our classrooms are staffed with people who understand the cognitive, physical, and social development of infants, as little ones need to feel connected and supported. By utilizing Frog Street Curriculum, learning evolves through relationships and responsive caregiving. Our infant's daily schedules are based on the individual needs of the child. Infants spend their day playing with sensory objects and toys, enjoying stroller walks outside, and participating in activities like bubbles, water buckets, finger painting, dancing and more.

Teachers work closely with families to introduce foods to your child timely and safely. Mothers may choose to provide their own milk and are welcome to stop in anytime during the day to nurse.



Jumpstart Early Learning Program

Together with the John T. Vicurevich Foundation, we offer early learning childcare to eligible families at OneHeart (a transformational campus), Workforce Connections, Uplifting Parents and teen parents in our community! Jumpstart is an income-based program that provides families with quality child care and access to State Assistance resources. Applications are accepted at any time during the year.

PRESCHOOL

Ages
3 - 5

Ready for a Bright Start in School

Our preschool programs also use Conscious Discipline and Handwriting Without Tears Curricula. Handwriting Without Tears was specifically chosen because it prepares children for a smooth transition into kindergarten. This curriculum supports multisensory learning through visual, audio and kinesthetic learning while developing vocabulary, fine motor skills and alphabet knowledge prior to writing letters. Children learn how to play politely, take turns, listen to their teachers, clean up after themselves, and take responsibility.

Full Day Preschool 3 - 5 years

Preschool classrooms maintain a ration of 1 adult: 10 children

Full day preschool is a licensed, full day, year-round school readiness program. You have the flexibility to drop off and pick up your child anytime between 7:00am-6:00pm.



Daily Activities

Children join their friends in an interactive large group experience to engage the brain and talk about weekly themes, calendar, weather, letters, shapes, colors and numbers.

Children focus their energy on reading and writing. They also use their imagination through creative art.

Play is a child's work. Children are encouraged to socialize in a variety of learning centers such as dramatic play, art, sand and water, library, construction, science, and games.

Children experience large motor activities to move their bodies and pump their heart.

Quality literature is read aloud to children.

Meals are served 'family style' to make meal time a pleasant social experience. Manners are practiced during meal times.

Children attending our full day preschool program rest or nap daily on their individual cot.

YMCA Safety Around Water Program

Swim lessons are an integral part of our childcare program and are included in your tuition for children ages 3-5. Our Safety Around Water curriculum focuses on drowning prevention, pool safety rules and how to get in and out of the water safely.



Field trips and outings are an integral part of our program activities which include multiple indoor gyms and playgrounds and three outdoor playgrounds for use throughout the year.





YMCA of the Black Hills
625 – 9th Street
Rapid City, SD 57701