



YMCA OF GREATER NASHUA

[www.nmymca.org/beforethebell](http://www.nmymca.org/beforethebell)

# AMHERST BEFORE THE BELL

A YMCA Academy Before School Program for the Amherst Middle School



As the largest provider of child care in the area and a leading not-for-profit charitable organization, we believe that our YMCA's Before the Bell Program can help students explore new opportunities and build social, physical and emotional health while having a safe space to be in the morning hours before school. Our view is that a successful before school program is a true partnership between the YMCA and the school community to help students learn, grow and thrive.

Here are some of the key components and benefits to the YMCA Academy:

### Social-Emotional Learning

Using the work we've developed through our YMCA Achievement Center and CASEL-aligned SEL curriculum, each day students will engage in activities and learning that will help them develop healthy identities, manage emotions, and achieve personal goals.

Character Development Learning concentrates on 5 Practice Areas; Personal Development, Responsibility, Emotional Management, Relationship Building and Empathy. Students will begin each day with positive, forward-thinking activities provided by trained staffed.

### Financial Assistance

Through the generosity of the community, the goal of the YMCA is that no child will be denied participation due to inability to pay. Financial Assistance is available on a sliding fee scale.

### Snow Day Option at the Westwood Park YMCA

For an additional fee, AMS students can join our snow day program at the Westwood Park YMCA. Activities include SEL, sports, physical activity, LitArt (a curriculum developed by Y-USA around math and literacy) and STEM.



Scan To Register

### Schedule: 7-8 am

- Homework/study time
- Energy Block
- Leadership/Character Development
- Mindfulness Practice
- Social Time
- Book Club
- Stem Activities (ex. Legos, science experiments)

### Before the Bell Pricing

To allow for greater flexibility with what the parent/student needs the YMCA will offer 2, 3 and 5 day a week options. All Before the Bell participants will pay a \$30 Registration Fee.

5 Days per week: \$33

3 Days per week: \$25

2 Days per week: \$19

**Snow Day Option** at the Westwood Park YMCA For an additional fee of \$35.00