

July 27, 2010.

## **Afterschool at the Y**

Everyone knows that the Y offers afterschool programs where kids are supervised and get a chance to do their homework. What people might not know about the program is that it is so much more than just a place for kids to be until they are picked up to go home.

Children who participate in the Pickens County YMCA's program are exposed to character developing values that teach them about caring, honesty, respect, responsibility and faith. They gain an understanding of what these values mean and how they are used in everyday life.

The kids also take part in fitness activities. These activities show children how being physically active can be fun. This year's afterschool program will also incorporate teaching the kids what it means to eat healthy. They will learn what types of food are good for them and what the benefits of them are.

Alida Gardiner, Senior Program Director, of the Pickens County YMCA says, "I am really looking forward to this year's afterschool program. We're making some changes (to the program) that I'm really excited about. We're going to be more about showing and teaching the kids things that will benefit them for the rest of their life. We're here to make a positive impact in their lives."

If you would like to have your child(ren) involved in the Pickens County YMCA's Afterschool Program please call 855-9622 or 878-8380. Information can also be found at [www.pcyymca.net](http://www.pcyymca.net).



Interns from the SCRIPT program taught the children about the major food groups through fun activities like coloring.



The kids take a moment for photo op