

KALIHI BRANCH

1335 Kalihi Street · 848-2494



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 2011

Fall Intersession Programs

October 3-7 & 10, 2011

Families can rely on the Kalihi YMCA to provide innovative ways to have a good time. From arts and crafts to hands on nutritional cooking demonstrations, you can always count on the Kalihi YMCA to create a lifetime of memories for your child.

HAWAII, 5-2-1-0 LET'S GO!

October 3-7 & 10

Healthy kids and healthy families make everything possible. Eating and physical activity patterns start in early childhood.

5-2-1-0 is our way of promoting healthy lifestyles for children and families. We realize healthy living can be challenging so we encourage everyone to start small, think big and take one step at a time.

Here's what 5-2-1-0 means for you:

- 5 fruits and vegetables a day
- 2 hours or less of "screen time" (time watching TV, playing video games, and on the computer) a day
- 1 hour or more of physical activity a day
- 0 sugary drinks a day

The Kalihi YMCA will go over these messages and teach the children how simple following these rules can be. We will learn how to make tasty healthy treats and also learn exciting activities to keep their minds and bodies alert.

Participants will also take a trip to see how food is grown and participate in cultivating the 'Aina.



LET'S GO!

Available Sites:

Kalihi YMCA Branch

1335 Kalihi Street, Honolulu HI. 96819

Pearl Ridge Elementary School

98-940 Moanalua Rd, Aiea, HI 96701

Registration Forms Available Now

Program Fees:

Full Day (6:00 am - 5:30 pm) 6 days: \$125

Half Day (8:00 am - 2:00 pm) 6 days: \$75

Daily Rate: \$25 a day



Call today to find out more about
financial assistance and the YMCA.

FOR MORE INFO
www.ymcahonolulu.org OR 531-YMCA (9622)

Kalihi YMCA - Fall Intersession Child Care

Dates: October 3-7 & 10, 2011

Locations: Kalihi YMCA (1335 Kalihi St)
Pearl Ridge Elementary School
(98-940 Moanalua Rd.)

Program Options:

Option 1 - All Day Program

This option is for parents who need to be at work before 8:00 am and can not pick up their child until 5:30 pm. This option includes early morning child care starting at 6:00 am and extended afternoon care until 5:30 pm.

Program Hours: 6:00 am - 5:30 pm

Cost per child: \$125.00

Child Care Extra Fees:

\$5.00 Late Pick-Up Fee - After 5:30 pm
For every 15 min. late - per child

Option 2 - Half-Day Program

This option is specifically designed for parents who need child care during the regular school hours of 8:00 am and 2:00 pm. Your child **CAN NOT** be dropped off before 8:00 am and must be picked up by 2:00 pm to avoid extra fees.

Program Hours: 8:00 am - 2:00 pm

Cost per child: \$75.00

Child Care Extra Fees:

\$10.00 Early Drop Off (must be paid at time of drop off)
\$5.00 Late Pick-Up Fee - After 2:00 pm
For every 15 min. late - per child

REGISTRATION DEADLINE

Wednesday, September 28, 2011

DHS Reimbursement Paperwork:

Parents that are receiving DHS benefits and need their DHS 918 - Child Care Certificate and Provider Confirmation Form completed **must pay for the program in FULL**. The Kalihi YMCA is not set-up for direct payment from DHS. Parents can submit their DHS 918 to the YMCA however full payment for program will be needed before the first . **The DHS 918 Form must have the "Worker's Name", "Unit/Tel", and "Client ID#"**. DHS 918 Forms without the required information will be returned and may delay the process of completion. If you have any questions regarding your DHS 918 Form please call 447-3832.

Mahalo for considering the Kalihi YMCA for your child care needs. We are continuously looking to improve our programs. For any comments or thoughts please call us at 447-3831. Mahalo!